



YMCA SOUTHCOAST



THE Play With *Purpose* **PLACE**

Fall II Programs
October 26th – December 20th

STOICO/FIRSTFED | FALL II 2026

October 26–December 20



Check out some of our programming for the Fall II Session!
Registration begins October 5th YMCA members and October 12th for Program Participants

AXEL DANCE ACADEMY

Various days and times available
Ages 18 Months– Adults

Email: axeldance@ymcasc.org

TODDLER BALL

Thursday • 4:30–5:00pm
Ages 2–4

Members: \$65 | Program Participants: \$85

YOUTH BASKETBALL SKILLS

Thursday • 5:00–5:45pm
Ages 5–7

Members: \$75 | Program Participants: \$95

YOUTH BASKETBALL SKILLS

Thursday • 5:45–6:30pm
Ages 8–12

Members: \$75 | Program Participants: \$95

HOMESCHOOL GYM CLASS

Thursday • 12:00–1:00pm
Ages 5–12

Members: \$65 | Program Participants: \$85

JR. CHEFS

Monday • 6:00–6:45pm
Ages 5–12

Members: \$80 | Program Participants: \$100

ACRO CLINIC

Wednesday 11/25 • Time TBD
Ages

Members: \$\$ | Program Participants: \$\$

*THURSDAY CLASSES PRORATED DUE TO THANKSGIVING 11/26

CHILD WATCH

Details: 6 weeks – 8 years

Monday – Friday • 9:00–11:00am

Monday – Thursday • 4:30–7:00pm

Saturday • 8:00–11:30am

ADULT HIP HOP

Wednesday • 7:15–8:00pm

Ages 18 & Up

6-week session – No class 11/11 or 11/25

Members: \$65 | Program Participants: \$85

PERSONAL TRAINING

Various times and days available

60-Minute Session:

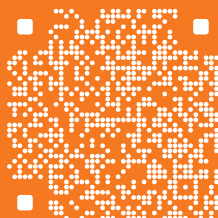
Members: \$54/session

- 6 Pack/ \$324
- 10 Pack/ \$486
- 20 Pack/ \$972

30-Minute Session:

Members: \$32/session

- 6 Pack/ \$170
- 12 Pack/ \$320



SCAN TO
VISIT OUR
WEBSITE



BUILDING HOURS

Monday– Thursday • 5:00a–8:00p

Friday • 5:00a–7:00p

Saturday • 7:00a–2:00p

Sunday • 7:00a–12:00p

[SSOUSA@YMCASC.ORG](mailto:ssousa@ymcasc.org) | 508.678.9622 | [YMCASC.ORG](http://ymcasc.org)

YMCA SOUTHCOAST

DARTMOUTH YMCA | FALL II 2026

October 26– December 20



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Registration begins October 5th YMCA members and October 12th for Program Participants

COFFEE & COMMUNITY

Tuesday 10/20, 11/17, 12/15 • 9:30–10:30am

Join us for Coffee Hour—a relaxed welcoming time to connect with fellow members and YMCA staff. Enjoy a cup of coffee, spark great conversations, and build community.

Bring a friend and come be part of the fun! Complimentary for members and free for the community to attend.



Free to Members

MAHJONG MONDAYS

Mondays • 10AM–12PM

American Mahjong is a fun and social tile based game of skill, strategy and calculation. Come learn, play and connect with fellow members. Whether you are a complete beginner or looking to sharpen your skills, all are welcome to join us every Monday morning for a great time with great people!

Members: \$0 | Program Participants: \$5



KIDS NIGHT OUT– NERF NIGHT

Friday, November 13th • 5:30PM–8PM
Ages 8–12

Play dodge ball & capture the flag style games with your favorite foam darts! Wear comfortable clothes, and either bring your own Nerf (or similar) blaster & safety glasses or borrow one of ours! Pizza dinner & foam darts will be provided.

Must pre-register to attend!

Members: \$30 | Program Participants: \$35



SUPPORT OUR COMMUNITY

Volunteering • Multiple Dates & Times Available

The YMCA is built on community– help build ours by volunteering your time to support the Sharing The Harvest Farm or Full Plate Project. For details, please reach out to our Volunteer Coordinator, Chloe Gilligan at sharingtheharvest@ymcasc.org.



All are Welcome

LET'S GET AFTER IT

2nd Monday of every month 11/9 10AM • 12/14 10AM

If you aren't sure where to start or are feeling overwhelmed in the weight room, join Dyana on the second Monday of the month at 10am. She will teach you how to use the equipment safely with proper form to help you succeed in your fitness journey.



Free to Members

TRAIN WITHOUT A TRAINER

Individual Program Design

Start with custom training consultation with Wellness Coordinator, Dyana Meehan to identify your goals and habits. Work together to develop a personalized workout plan to follow for 6–8 weeks, and check in weekly to assess your progress and goals.



Members: \$75

PERSONAL TRAINING

Various times and days available

60-Minute Session:
Members: \$54/session
• 6 Pack/ \$324
• 10 Pack/\$486
• 20 Pack/\$972

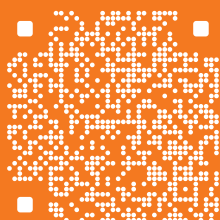
30-Minute Session:
Members: \$32/session
• 6 Pack/\$170
• 12 Pack/\$320



BUILDING HOURS



Monday– Friday • 6:30am – 7:00 pm
Saturday • 7:00 am – 1:00 pm
Sunday • Closed



SCAN TO
VISIT OUR
WEBSITE

RWHALEN@YMCASC.ORG | 508•993•3361 | YMCASC.ORG

YMCA SOUTHCOAST

FALL RIVER YMCA | FALL II 2026

October 26– December 20



SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY

A parent/child class which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

STAGE B WATER EXPLORATION

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



PRE-K STAGE 1/2

Wednesday 4pm–4:30pm
Wednesday 4:30pm–5pm
Saturday 9:30am–10am
Saturday 10am–10:30am
Ages: 3–5

Members: \$80 | Program Participants: \$160

PRE-K STAGE 3/4

Wednesday 5pm–5:30pm
Friday 4pm–4:30pm
Ages: 3–5

Members: \$80 | Program Participants: \$160

YOUTH STAGE 1/2

Monday 4:30pm–5pm
Wednesday 4:30pm–5pm
Thursday 4:30pm–5pm
Saturday 10:30am–11am
Ages: 6–12

Members: \$80 | Program Participants: \$160

YOUTH STAGE 3

Tuesday 4:30pm–5pm
Wednesday 4pm–4:30pm
Saturday 11am–11:30am
Ages: 6–12

Members: \$80 | Program Participants: \$160

YOUTH STAGE 4

Monday 4pm–4:30pm
Thursdays 5pm–5:30pm
Friday 4:30pm–5pm
Ages: 6–12

Members: \$80 | Program Participants: \$160

YOUTH STAGE 5/6

Monday 5pm–5:30pm
Wednesday 5pm–5:30pm
Ages: 6–12

Members: \$80 | Program Participants: \$160

POOL HOURS

Monday–Friday • 5am–8:45pm
Saturday • 7am–3:45pm
Sunday • 9am–12:45pm

BCARUSI@YMCASC.ORG | 508.675.7841 | YMCASC.ORG

YMCA SOUTHCOAST

FALL RIVER YMCA | FALL II 2026

October 26–December 20



AQUATICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOUTH STAGE 4 4PM–4:30PM	PRE-K STAGE 1/2 4PM–4:30PM	PRE-K STAGE 1/2 4PM–4:30PM	YOUTH STAGE 1/2 4:30PM–5PM	PRE-K STAGE 3/4 4PM–4:30PM	STAGE A/B INFANT 9AM–9:30AM
YOUTH STAGE 1/2 4:30PM–5PM	YOUTH STAGE 3 4:30PM–5PM	YOUTH STAGE 3 4PM–4:30PM	YOUTH STAGE 4 5PM–5:30PM	YOUTH STAGE 4 4:30PM–5PM	PRE-K STAGE 1/2 9:30AM–10AM
YOUTH STAGE 5/6 5PM–5:30PM	PRE-K STAGE 3/4 5PM–5:30PM	PRE-K STAGE 1/2 4:30PM–5PM	YOUTH STAGE 3 5:30PM–6PM	TEEN CLASS 5PM–5:30PM	PRE-K STAGE 1/2 10AM–10:30AM
		YOUTH STAGE 1/2 4:30PM–5PM			YOUTH STAGE 1/2 10:30AM–11AM
		PRE-K STAGE 3/4 5PM–5:30PM			YOUTH STAGE 3 11AM–11:30AM
		YOUTH STAGE 5/6 5PM–5:30PM			
				CONTACT To learn more contact bcarusi@ymcasc.org Members \$80 Program Participants \$160 *Thanksgiving 11/26 Prorated	

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FALL RIVER YMCA | FALL II 2026

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BAKING BUDDIES

Wednesdays 6:15–7:15pm
Ages 7–12

Members: \$65 | Program Participants: \$90

BASKETBALL SKILLS

Thursdays 6–7pm
Ages 5–8

Members: \$95 | Program Participants: \$120

BASKETBALL SKILLS

Thursdays 7–8pm
Ages 9–12

Members: \$95 | Program Participants: \$120

CHILD WATCH

Free for family memberships
6 months – 11 years

Monday & Friday • 9am–12pm

Monday – Thursday • 4pm–7:30pm

Saturday • 8am–12pm

PERSONAL TRAINING

Various times and days available

60-Minute Session:

Members: \$54/session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972

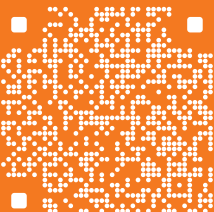


30-Minute Session:

Members: \$32/session

- 6 Pack/\$170
- 12 Pack/\$320

*THURSDAY CLASSES PRORATED DUE TO THANKSGIVING 11/26



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BUILDING HOURS

Monday–Friday • 5am–9pm

Saturday • 7am–4pm

Sunday • 7am–1pm

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YMCA SOUTHCOAST

GLEASON FAMILY YMCA | FALL II 2026

October 26–December 20



SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY

A parent/child class which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

STAGE B WATER EXPLORATION

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



SWIM LESSON PLACEMENT EVALUATION

By Appointment. Please contact Danielle Gilmore

FREE

SWIM TESTING

By Appointment. Please contact Danielle Gilmore • All ages

15 Minutes or less: \$10 / 16–30 Minutes: \$20

RIPTIDES COMPETITIVE SWIM TEAM

September 2026 – March 2027

Participants must be 6+ years of age by December 1st, 2026

Pricing varies by age and practice length.

AMERICAN RED CROSS LIFEGUARDING

December break offering, dates and times TBD.

Participants must be 15+ years of age by last day of class

Members: \$375 | Program Participants: \$400

HSI BLS, CPR OR FIRST AID CERTIFICATIONS

To schedule a class please contact Danielle Gilmore • Ages 13+

Members: \$50 | Program Participants: \$75

HSI EMERGENCY USE OF MEDICAL OXYGEN CERT

To schedule a class please contact Danielle Gilmore • Ages 13+

Members: \$35 | Program Participants: \$50

POOL HOURS

Monday– Friday | 5:00 am – 8:45 pm

Saturday | 7:00 am – 3:30 pm

Sunday | 9:00 am – 12:30 pm

DGILMORE@YMCASC.ORG | 508.295.9622 | YMCASC.ORG

YMCA SOUTHCOAST

GLEASON FAMILY YMCA | FALL II 2026

October 26–December 20



AQUATICS

MON

TUES

WED

THURS

FRI

SAT

SUN

STAGE 1
PRESCHOOL
4:00–4:30pm

STAGE A/B
PARENT/CHILD
10:45–11:15am

STAGE 1/2
YOUTH
4:00–4:30pm

STAGE A/B
PARENT/CHILD
10:45–11:15am

STAGE 3
PRESCHOOL
11:00–11:30am

STAGE 1
PRESCHOOL
9:00–9:30am

STAGE 1
PRESCHOOL
9:00–9:30am

STAGE 2
PRESCHOOL
4:35–5:05pm

STAGE 1
PRESCHOOL
11:20–11:50am

STAGE 4
PRESCHOOL
4:35–5:05pm

STAGE 1
PRESCHOOL
11:20–11:50am

STAGE 2
PRESCHOOL
11:30am–12:00pm

STAGE 5/6
YOUTH
9:00–9:30am

STAGE 1/2
YOUTH
9:00–9:30am

STAGE 3
PRESCHOOL
4:35–5:05pm

STAGE 4 YOUTH
4:00–4:30pm

STAGE 4 YOUTH
4:35–5:05pm

STAGE 3
PRESCHOOL
12:00–12:30pm

STAGE 1
PRESCHOOL
4:00–4:30pm

STAGE A/B
PARENT/CHILD
9:35–10:05am

STAGE A/B
PARENT/CHILD
9:35–10:05am

STAGE A/B
PARENT/CHILD
5:10–5:40pm

STAGE 2
PRESCHOOL
4:35–5:05pm

STAGE 3
PRESCHOOL
5:10–5:40pm

STAGE 1/2
YOUTH
4:35–5:05pm

STAGE 3 YOUTH
4:00–4:30pm

STAGE 1
PRESCHOOL
10:10–10:40am

STAGE 3
PRESCHOOL
9:35–10:05am

STAGE 4
PRESCHOOL
5:10–5:40pm

STAGE 3 YOUTH
5:10–5:40pm

STAGE 3 YOUTH
5:10–5:40pm

STAGE 3 YOUTH
5:10–5:40pm

STAGE 2
PRESCHOOL
4:35–5:05pm

STAGE 4 YOUTH
10:10–10:40am

STAGE 1
PRESCHOOL
10:10–10:40am

STAGE 1/2
YOUTH
5:45–6:15pm

STAGE 2
PRESCHOOL
5:45–6:15pm

STAGE 4 YOUTH
5:45–6:15pm

STAGE 5/6
YOUTH
4:35–5:05pm

STAGE 2
PRESCHOOL
10:45–11:15am

STAGE 3 YOUTH
10:10–10:40am

TEEN/ADULT
LESSONS
5:45–6:15pm

STAGE 5/6
YOUTH
5:45–6:15pm

STAGE 1/2
YOUTH
5:10–5:40pm

STAGE 3/4
PRESCHOOL
10:45–11:15am

STAGE A/B
PARENT/CHILD
10:45–11:15am

STAGE 4 YOUTH
5:10–5:40pm

STAGE 3 YOUTH
10:45–11:15am

STAGE 2
PRESCHOOL
10:45–11:15am

STAGE A/B
PARENT/CHILD
5:45–6:15pm

STAGE 1
PRESCHOOL
11:20–11:50am

STAGE 4 YOUTH
11:20–11:50am

TEEN/ADULT
LESSONS
5:45–6:15pm

STAGE 1/2
YOUTH
11:20–11:50am

SWIM LESSONS

Members | \$80

Program Participants | \$160

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YMCA SOUTHCOAST

GLEASON FAMILY YMCA | FALL II 2026

October 26–December 20



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MAGSTAR DANCE



Sunday • 9–9:30am • Ages 3–5

Sunday • 9:45–10:15am • Ages 6–8

Members: \$73 | Program Participants: \$130

TEEN STRENGTH



Monday & Wednesday • 4:00–5:00pm • Ages 8–12

Monday & Wednesday • 5:00–6:00pm • Ages 13–17

Members: \$160 | Program Participants: \$222

AIKIDO



Thursday • 5:30pm | Ages 4–5

Saturday • 12:30pm | Ages 4–6

Members: \$79 | Program Participants: \$114

Thursday • 6:00pm | Ages 6–9

Saturday • 1:00pm | Ages 6–9

Members: \$79 | Program Participants: \$114

Thursday • 6:45pm | Ages 9+

Saturday • 1:45pm | Ages 9+

Members: \$150 | Program Participants: \$220

SPORTS MIX

Tuesday & Thursday 10:15am | Ages 2–4

Members: \$73 | Program Participants: \$130

PRE-SCHOOL PLAY GROUP

Tuesday & Thursday 9:30am | Ages 2–4

Members: \$73 | Program Participants: \$130

CHILD WATCH

FREE for Members
6 Months– 7 years old



Monday–Saturday • 8:30am–12:30 pm

Monday – Friday • 4:00pm– 7:30 pm

INDOOR PICKLEBALL

Monday Wednesday, Friday • 7am–1pm

Tuesday & Thursday • 6–8pm

Sunday 2–4:45pm

GET SLIM

Thursday • 10–11am

Members: \$79 | Program Participants: \$114

SPECIAL EVENTS

Scholastic Book Fair – Annual holiday book fair
in the lobby. Open during normal business
hours to shop. November 30 – December 6

Open to all to shop

PERSONAL TRAINING

Various times and days available

60-Minute Session:

Members: \$54/session

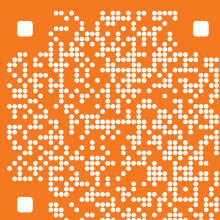
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BUILDING HOURS

Monday– Friday • 5am–9pm

Saturday • 7:00 am –5:00 pm

Sunday • 7:00 am –5:00 pm

LBRITO@YMCASC.ORG | 508-295-9622 | YMCASC.ORG

YMCA SOUTHCOAST

NEW BEDFORD YMCA | FALL II 2026

October 26–December 20



SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY

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STAGE 6 STROKE MECHANICS

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ADULT SWIM LESSONS

Tuesdays: 7pm & 7:30pm
Wednesdays: 7pm
Thursdays (Intermediate): 7:30pm
Ages: 14+

Members: \$80/\$120(intermediate)

Program Participants: \$160/\$240(intermediate)

TROPICAL STORM

Tuesdays & Thursdays
4:30pm (ages 10 & under)
6:30pm (ages 11 & over)

Members: \$160 | Program Participants: \$240

PRIVATE LESSONS

Call or email to schedule
All Ages

Members: \$250 | Program Participants: \$350

SEMI-PRIVATE LESSONS

Call or email to schedule
All Ages

Members: \$150 | Program Participants: \$250

CREATE YOUR OWN SWIM CLASS

Call or email to schedule
All Ages

Members: \$10/class | Program Participants: \$20/class

*THURSDAY CLASSES PRORATED DUE TO THANKSGIVING 11/26

POOL HOURS

Monday– Friday • 5am–9pm
Saturday • 7am–5pm
Sunday • 7am–5pm

SWHITE@YMCASC.ORG | 508-997-0734 | YMCASC.ORG

YMCA SOUTHCOAST

NEW BEDFORD YMCA | FALL II 2026

October 26–December 20



AQUATICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRE-K STAGE 1/2 4PM 5PM	PARENT/CHILD STAGE A/B 6PM	PRE-K STAGE 1/2 4PM 5PM	PARENT/CHILD STAGE A/B 10AM 5PM	PRE-K STAGE 1/2 4:30PM 5:30PM	PARENT/CHILD STAGE A/B 10AM 10:30AM
PRE-K STAGE 3/4 5PM	PRE-K STAGE C 5:30PM	PRE-K STAGE 3/4 4:30PM	PRE-K STAGE C 10:30AM 5:30PM	PRE-K STAGE 3/4 4PM 5PM	PRE-K STAGE C 11AM
YOUTH STAGE 1/2 4:30PM 5:30PM	PRE-K STAGE 1/2 4PM 4:30PM	YOUTH STAGE 1/2 4:30PM 5:30PM	PRE-K STAGE 1/2 11AM 4PM 4:30PM	YOUTH STAGE 1/2 5PM	PRE-K STAGE 1/2 9AM 9:30AM 10:30AM
YOUTH STAGE 3 4PM 5:30PM	PRE-K STAGE 3/4 5PM	YOUTH STAGE 3 4PM 6PM	PRE-K STAGE 3/4 5:30PM	YOUTH STAGE 3 4:30PM 5:30PM	PRE-K STAGE 3/4 9:30AM YOUTH STAGE 1/2 9:30AM 11AM
YOUTH STAGE 4 4:30PM	YOUTH STAGE 1/2 4PM 6:30PM	YOUTH STAGE 4 6PM	YOUTH STAGE 1/2 7PM	YOUTH STAGE 4 4PM 6PM	YOUTH STAGE 3 10AM YOUTH STAGE 4 9AM 10:30AM
YOUTH STAGE 5/6 6PM	YOUTH STAGE 3 4:30PM	YOUTH STAGE 5/6 6:30PM	YOUTH STAGE 3 4PM 6:30PM	YOUTH STAGE 5/6 5PM	YOUTH STAGE 5/6 9AM
	YOUTH STAGE 4 4:30PM 6PM	ADULT BEGINNER 7PM	YOUTH STAGE 4 4:30PM 6PM	CONTACT To learn more contact swhite@ymcasc.org Members \$80 Program Participants \$160 *Thanksgiving 11/26 Prorated	
	YOUTH STAGE 5/6 5PM		ADULT INTERMEDIATE 7:30PM		
	ADULT BEGINNER 7PM 7:30PM				

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October 26–December 20



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Registration begins October 5th for YMCA members and October 12th for Program Participants

KIDS NIGHT OUT!

October 16th • November 20th • December 18th
5:45–8:15pm
Ages 5–12

Members: \$30 | Program Participants: \$55

TEENS NIGHT OUT

October 24th • November 28th • December 19th
6–9pm
Ages 13–17

Members: FREE | Program Participants: FREE

TANG SOO DO

Fridays • 5pm
Beginners Age 6+

Members: \$126 | Program Participants: \$148

TANG SOO DO

Fridays • 6pm
Advanced Ages 7+

Members: \$126 | Program Participants: \$148

PRESCHOOL

Ages 2.9–5 years
Monday – Friday • Space is Limited

Donna Calis: dcalis@ymcasc.org

*THURSDAY CLASSES PRORATED DUE TO THANKSGIVING 11/26

CHILD WATCH

Ages 6mo–8 years old
Must pre-register and have forms completed
in Playerspace

Monday – Friday • 7 to 11am

Monday – Thursday • 5 to 7pm

BASKETBALL SKILLS AND DRILLS

Wednesdays • 5:45–6:30pm
Ages 5–6

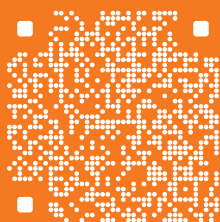
Members: \$75 | Program Participants: \$150

BASKETBALL SKILLS AND DRILLS

Thursdays • 5:45–6:30pm
Ages 7–8

Thursdays • 6:30–7:15pm
Ages 9–11

Members: \$75 | Program Participants: \$150



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Saturday • 7am–5pm
Sunday • 7am–5pm

KJACKSON-LEE@YMCASC.ORG | 508-997-0734 | YMCASC.ORG

YMCA SOUTHCOAST

NEW BEDFORD YMCA | FALL II 2026

October 26–December 20



Check out some of our programming for the Fall II Session!
Registration begins October 5th for YMCA members and October 12th for Program Participants

YOGA FOR KIDS

October 23rd • 5pm
Ages 5+

Members: Free | Program Participants: Guest Pass

TEEN ONLY POWER SHRED

Tuesday • 4pm
Ages 12+

Members: Free | Program Participants: Guest Pass

BOOMERS YOGA

Tues. & Thurs. • 11am
Ages 60+

Members: Free | Program Participants: Guest Pass

CHAIR YOGA

Wednesday • 11am
Ages 16+

Members: Free | Program Participants: Guest Pass

LABLAST

Wednesday • 4pm
Ages 16+

Members: Free | Program Participants: Guest Pass

SALSA SHINES

Wednesday • 7pm
Ages 16+

Members: Free | Program Participants: Guest Pass

*THURSDAY CLASSES PRORATED DUE TO THANKSGIVING 11/26

DANCE ME IN – ALL ABILITIES PROGRAM

Wednesday • 1:30pm
Ages 18+

Members: Free | Program Participants: \$5

MIGHTY & MOBILE 6 WEEK GROUP TRAINING

Tuesday Nov. 3 – Dec. 8 • 5–6pm
Ages 12+

Members: \$90 | Program Participants: \$180

HEATWAVE HIIT

Wed. Nov. 4 – Dec. 9 • 5:30 – 6:30pm
Ages 12+

Members: \$90 | Program Participants: \$180

INTRO TO LIFT LEVEL 2

Tues. Nov. 10th – Dec 15th • 11am
Ages 18+

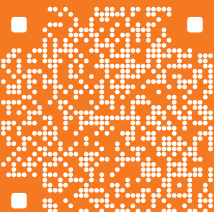
Members: \$90 | Program Participants: \$180

PERSONAL TRAINING

Various times and days available

60-Minute Session:
Members: \$54/session
• 6 Pack/ \$324
• 10 Pack/\$486
• 20 Pack/\$972

30-Minute Session:
Members: \$32/session
• 6 Pack/\$170
• 12 Pack/\$320



SCAN TO
VISIT OUR
WEBSITE



BUILDING HOURS

Monday–Friday • 5am–9pm
Saturday • 7am–5pm
Sunday • 7am–5pm

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