



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY COMMUNITY

PROGRAM GUIDE

YMCA SOUTHCOAST

Dartmouth | Fall River | Mattapoisett
New Bedford | Wareham

**Fall II & Winter
Sessions 2011 | 2012**



YMCA SOUTHCOAST
18 South Water Street
New Bedford MA 02740-7236
ymcasouthcoast.org

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YMCA SOUTHCOAST

REGISTRATION DATES

FALL II SESSION

October 31 – December 17

WINTER I SESSION

January 2 – February 19

REGISTRATION BEGINS

Members: October 17

General Public: October 24

REGISTRATION BEGINS

Members: December 12

General Public: December 19

STRENGTHENING THE FOUNDATIONS OF COMMUNITY

The Y is a powerful association of men, women and children of all ages and all walks of life joined together by a shared passion to strengthen the foundations of community.

With a commitment of nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long standing relationships and physical presence not just to promise, but to deliver lasting personal and social change.

Though the world may be unpredictable one thing remains certain – the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

Thank you for supporting YMCA Southcoast!

YMCA SOUTHCOAST

Board & Staff Associates



LIVESTRONG



PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

PILOT PROGRAM STARTING IN NOVEMBER

To learn more about LIVESTRONG at the YMCA, contact:

Mary Beth Gamache 508.997.0734 x30
mgamache@ymcasouthcoast.org

MEMBERSHIP RATES

Membership at YMCA SOUTHCOAST includes access to ALL five of our branch locations
Dartmouth | Fall River | Mattapoisett | New Bedford | Wareham

MEMBERSHIP TYPE

Youth | Teen up to the age of 19

RATES

\$15.00 Joining Fee
\$10.00 Monthly EFT

Young Adult between the ages of 20-29

\$60.00 Joining Fee
\$29.00 Monthly EFT

Adult between the ages of 30-64

\$75.00 Joining Fee
\$43.25 Monthly EFT

Senior 65 years or older

\$60.00 Joining Fee
\$33.75 Monthly EFT

Senior Couple

Married individuals 65 years or older

\$70.00 Joining Fee
\$52.50 Monthly EFT

One Parent Family

One adult and any children 18 and under and any full time student 22 and under living in the same household

\$80.00 Joining Fee
\$49.00 Monthly EFT

Family

Spouses and any children 18 and under and any full time student 22 and under living in the same household

\$90.00 Joining Fee
\$66.00 Monthly EFT

Locker/Towel/Parking*

Inquire at your local branch

Permanent Combination Locker rental plus two daily towels

*Parking Fall River Only

NOTE: Membership fees due to change upon date of birth.

OUR MISSION

YMCA Southcoast's mission is the improvement of the spiritual, mental, social, educational and physical conditions of all persons.

OUR FINANCIAL ASSISTANCE POLICY

It is the policy of the Y that no one is turned away because of inability to pay. The Y recognizes the need to serve all members of the community, regardless of their ability to pay the full cost of membership. Applications are available at our website or at the Welcome Center of all five YMCA Southcoast branches.

SHORT-TERM MEMBERSHIPS

One month & three month memberships are available for adults and families and may be applied to an annual membership if done within 30 days. A one month trial membership may only be purchased one time per year. Inquire for rates on these special memberships.

MEMBER REWARDS PROGRAMS

Receive up to \$400 back on your membership from Blue Cross/Blue Shield, Fallon, Tufts and Harvard Pilgrim. Ask the Welcome Center for details.

GUEST PASS FEES

Up to three guest passes may be applied toward membership provided they have been purchased within 30 days. The Y reserves the right to limit guest pass sales.

Youth Teen	\$5
Adult	\$10
Seniors	\$7
Young Adult	\$8
Family Pass	\$15 *Gleason Branch Only
Other Y Visitor	\$3
Shower Pass	\$4
Massage Pass	\$5
Family Swim	\$7 1st Adult, \$1 each additional up to 4
Military Active Full-time	\$4
Military Adult Locker Room	\$8 *New Bedford Branch Only

MEMBERSHIP - MONTHLY E.F.T. DRAFT

This is a payment plan that allows a member to pay for a continuous membership in equal monthly payments that are automatically deducted from one's checking or credit card account for as long as one belongs to the Y.

JOINING FEE

A joining fee is due at the time of member enrollment and if your membership lapses for more than one month. The funds are used for building repairs and Capital Development. This fee is included in the new member fee and is also considered a one month trial membership.

CORPORATE MEMBERSHIP DISCOUNTS

A Y corporate membership consists of a minimum of twenty individuals who have a common employer. Employees are eligible for a discount on a full year membership. Twenty or more employees receive a 10% savings. Please call 508.996.9622 x23 for more information.

SENIOR WHOLE HEALTH

New! Free 3-month Senior Adult Membership. Available to anyone 65+ enrolled in MassHealth Standard. Simply stop by the Welcome Center for more information.

SEVERE WEATHER CANCELLATIONS

Due to circumstances of inclement weather, the Y will make every effort to make up a scheduled program class if it is cancelled or delayed due to weather. Refunds/credits will not be issued due to weather related emergencies.

MY Y IS EVERY Y

YMCA Southcoast members are able to use ANY Y facility in New England through the new "My Y is Every Y" program. Visit our website at ymcasouthcoast.org for a full listing of Y facilities. Some restrictions apply.

LOOK WHAT WE OFFER

AMENITY	DARTMOUTH	MATTAPOISETT	NEW BEDFORD	GLEASON FAMILY	FALL RIVER
Aerobics Studio			X	X	X
Batting Cages			X		
CHILD CARE FACILITIES					
Child Watch/Baby-sitting		X	X	X	X
Afterschool Care	X	X	X	X	X
Preschool Child Care		X	X	X	
Community Meeting Room	X	X	X	X	X
Golf Driving Range			X		
Indoor Gymnasium			X	X	X
Indoor Pool			X	X	X
Indoor Track			X	X	
Indoor Kiddie Pool				X	
Locker Service			X	X	X
Massage			X		
Outdoor Basketball Courts	X	X		X	
Outdoor Playing Fields	X	X		X	
Outdoor Walking Trail 1/2 mile	X	X		X	
Playground		X		X	
Racquetball Courts			X		
Rock Climbing Wall	X	X	X	X	X
Ropes Course	X	X		X	
Seasonal Outdoor Pool	X	X		X	
Skate Park		X		X	
Special Needs Locker Room			X	X	
Squash Court					X
Stadium Stairs			X		
Steam and/or Sauna			X		X
Towel Service			X	X	X
Wellness Center			X	X	X
Youth Center				X	
Youth Weight Circuit			X	X	

BRANCH LOCATIONS

Fall River YMCA
199 North Main Street
Fall River, MA 02720
508.675.7841

FRANK DUFFY | Executive Director
MICHELLE ALVES | Membership Director
SARAH CASTRO | Assistant Program Director
CHUCK DOW | Facilities Director
STEVE LANGLAIS | Aquatic Director
KATE MESSIER | Child Care Director

Directions

From **195W**
Take Exit 6 | Pleasant Street, stay on left
Turn right on Pleasant Street
Turn left onto Seventh Street
Turn left onto Bedford Street
Turn right onto North Main Street

From **195E**
Take Exit 5 | Rt. 1385
Keep left at fork onto Milliken Boulevard
Milliken Boulevard becomes Durfee Street
Turn right onto Bank Street
Turn left onto North Main Street

Branch Hours

Mon–Fri 6:00 am – 8:00 pm
Saturday 8:00 am– 3:00 pm
Sunday 11:00 am– 3:00 pm

Pool Hours

Pool areas close 10 minutes before closing
Monday–Friday 6:00 am–7:50 pm
Saturday 8:00 am–2:50 pm

All major building improvements at our five branches are made possible by the generosity of our members and friends.

Thank You.

To learn more on how you can make a difference contact your local Y branch.

Dartmouth YMCA
276 Gulf Road
Dartmouth, MA 02748
508.993.3361

DEREK HEIM | Executive Director
DEREK CHRISTIANSON | Farm Project Consultant
DANIEL KING | Farm Director
ELYSHA DALY | Program Coordinator
ROCHELLE WHALEN | Office Manager

Directions

From **195E** to exit 12 N. Dartmouth
From **195W** take Exit 12 A
Turn right on to Faunce Corner Road then follow to Route 6
Turn left onto Route 6
Take first right onto Tucker Rd.
Tucker Road becomes Russells Mills Road
Stay straight to go onto Bakerville Road
Turn LEFT onto Gulf Road
The Y is on the right

Branch Hours

Monday–Friday 8:00 am – 6:00 pm

Mattapoisett YMCA
38 Reservation Road
Mattapoisett, MA 02739
508.758.4203

DANIEL BERRY | Executive Director
AMY KING | Office Manager
ELIZABETH LYNCH | Sales & Event Coordinator
RORY MCFEE | Facilities Director
HEATHER MORRISON | Camp Massasoit Director
TRICIA WEAVER | Shining Tides Preschool Director & School Age Child Care Director

Directions

From **195 E|W**
Take exit 19A
Take a right at lights onto Route 6
Pass through next set of lights
Reservation Road is on left across from Knights of Columbus
The Y is located at the end of Reservation Road off Route 6

Branch Hours

Monday–Friday 8:00 am – 6:00 pm



AND ASSOCIATES

Gleason Family YMCA

33 Charge Pond Road
Wareham, MA 02571
508.295.9622

LAURA PRISCO | Executive Director
GREG BAKER | Youth & Teen Director
LU BRITO | Senior Program Director
KEITH ESTES | Facilities Director
SHARON FAYETTE | Sippican Child Care Director
KIM HALL | Office Manager
DOREEN JAMBA | Aquatic Director & Swim Team Coach
DONNA MAYNARD | Assistant Program Director
& Camp Director
NICOLE MERUSI | Member/Family Services Director
SCOTT SIMMONS | Assistant Aquatic Director
& Head Swim Team Coach
JILL TOMPKINS | Development Director - Capital
JO-ANN WATSON | Marketing & Development Director

Directions

From 195E | W
take Route 195 to exit 21 | Wareham
Proceed south on Route 28 for 1.25 miles
Turn left on Charge Pond Road
The Y is 1/4 mile on the right

Branch hours

Program areas close 15 minutes prior to closing.
Monday–Thursday 5:30 am–9:30 pm
Friday 5:30 am–9:00 pm
Saturday 7:30 am–5:00 pm
Sunday 10:00 am–5:00 pm

New Bedford YMCA

25 South Water Street
New Bedford, MA 02740
508.997.0734

DANIEL BERRY | Executive Director
TARA PACHECO | Associate Executive Director
BILL FRATES | Building Property Manager
MARY BETH GAMACHE | Health & Wellness Director
MAXINE HEBERT | After School & Camp Director
JODILYNN MACHADO | Child Care Director
GEORGE MORRISON | Aquatic Director
ROBYN SHWEDO | Member/Family Services Director

Directions

From 195E | W
Rt 195 to Exit 15 | Route 18 Downtown
Go right at the 2nd set of lights onto Union Street
Take 1st left onto South Water Street
The Y is on right

Branch hours

Program areas close 15 minutes prior to closing.
Monday–Thursday 5:30 am–9:30 pm
Friday 5:30 am–9:00 pm
Saturday 7:30 am–5:00 pm
Sunday 10:00 am–5:00 pm

Association Office

18 South Water Street
New Bedford, MA 02740
508.996.9622

GARY SCHUYLER | President & CEO
ROBERT TRAHAN | Vice President & CFO
NANCY LARUE BONELL | Vice President & COO
FATIMA ARAUJO | Association Membership Director
JENNIFER CUDDY | Human Resources Assistant
DEBRA JORGE | Administrative Assistant
KELLY MACHADO | Marketing Specialist
KAREN PAC | Child Care Administrator
MAUREEN QUAIL | Business Manager
MARIE ROUSSEAU | Accounts Payable
KENDRA STRANGIS | Human Resources Director



All Branches Closed
Thanksgiving | Thursday November 24th
Christmas | Sunday December 25th
New Years | Sunday January 1st



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<http://gettag.mobi>

ymcasouthcoast.org

EVENTS CALENDAR

Fun & Affordable Family Activities

OCTOBER

FRIDAY
10/14



WINE TASTING AT THE MARION MUSIC HALL
GLEASON FAMILY YMCA | 6 PM - 9 PM
Silent Auction, music and appetizers provided by local restaurants. Former Building 19 flyer artist Ed Smith will be drawing caricatures for a nominal fee. Tickets \$50 before event and \$55 at the door. Available at the Y or at ymcasouthcoast.org

FRIDAY
10/21 &
SATURDAY
10/22

4TH ANNUAL HAUNTED BARN & HAYRIDE
DARTMOUTH YMCA | 6:00 PM - 9 PM
This 30 minute haunted tour is perfect for those with a ghoulish spirit. Join us as we transform the Dartmouth YMCA and our fields into a haunted surprise. Recommended for children over the age of 5. For information and details call 508.993.3361
Adults \$8 | Children \$5

FRIDAY
10/21



PAJAMA PARTY | MOVIE NIGHT KIDS NIGHT OUT
MATTAPOISETT YMCA | 6:00 - 9:00 PM
Drop off your child in their pajamas for an age appropriate movie and a healthy snack. Movie TBD closer to the date.
Members \$12 | General Public \$15

SATURDAY
10/22

YARD SALE
GLEASON FAMILY YMCA | 9 AM - 3 PM
Open to members and General Public Clean out the cupboards, sell your crafts! Too many vegetables from your garden? Bring your own table, make some money and have fun!
Vendor Fee \$20 | Rain Date Sunday October 23rd

SATURDAY
10/22

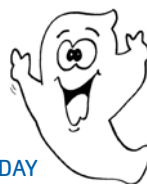


PUMPKIN SPLASH
FALL RIVER YMCA | 12:30 PM
Come swim with the pumpkins. Pick a pumpkin and then decorate it, along with other arts & crafts. Call 508.675.7841 for details.
\$5 per child

SATURDAY
10/22

Y TRICK OR TREAT
DARTMOUTH YMCA | 5:30 PM - 6:30 PM

This fun filled family event is perfect for all ages and those who seek an alternative to our Haunted Barn and Hayride. Events include trick or treat trail, crafts, pumpkin painting, and storytelling. For information and details call 508.993.3361
Children \$5



FRIDAY
10/28

HAUNTED FOREST
GLEASON FAMILY YMCA | 6 PM - 8 PM
Walk through our illuminated forest.
\$4 per person

FRIDAY
10/28

FAMILY HALLOWEEN HAYRIDE
MATTAPOISETT YMCA | 6 PM - 8 PM
Bring your family to the Y for a fun family Halloween event including a hayride, games, crafts and a costume contest! Costume Contest to be held at 7 pm.
\$5/person | Children under 1 are free



FRIDAY
10/28

HALLOWEEN HOOPLA
NEW BEDFORD YMCA | 6:30 PM - 7:30 PM
Bring your ghouls and goblins for a night of fun and games. Event includes games, crafts and a pumpkin splash* in the pool to end the night. Pre-Registration is required. *Family swim rules apply.
Ages 3-7 | \$5/person

NOVEMBER

SATURDAY
11/12

MIDDLE SCHOOL DANCE
GLEASON FAMILY YMCA | 7 - 10 PM
Members & General Public \$5

FRIDAY
11/18

FLICK N' FLOAT
GLEASON FAMILY YMCA | 7 - 9 PM
Come float in our pool & enjoy a movie on our big 50 ft screen! Movies are age appropriate and family friendly.
Adults \$8 | Child \$5 | Family Pass \$20

EVENTS CALENDAR

Fun & Affordable Family Activities

DECEMBER

FRIDAY
12/2

FLICK N' FLOAT
GLEASON FAMILY YMCA | 7 - 9 PM
Come float in our pool & enjoy a movie on our big 50 ft screen! Movies are age appropriate and family friendly.
Adults \$8 | Child \$5 | Family Pass \$20

SATURDAY
12/10

MIDDLE SCHOOL DANCE
GLEASON FAMILY YMCA | 7 - 10 PM
Members & General Public \$5

SATURDAY
12/10

BREAKFAST & PHOTOS WITH SANTA
GLEASON FAMILY YMCA | 9 - 11 AM
Enjoy a hearty pancake breakfast and have your photo taken with Santa.
Adults \$8 | Child \$8 includes photo | Family \$22



THURSDAY
12/15

ANNUAL CHRISTMAS TREE LIGHTING
MATTAPOISETT YMCA | 6 - 7 PM
Join us for carols, hot chocolate and of course the official tree lighting by Santa Claus himself.
This is a free event.

FRIDAY
12/16

KID'S WINTER BASH
DARTMOUTH YMCA | 6 - 9 PM
The winter bash is all about fun! Join us for an evening of food, music, games and fun to celebrate the winter season. The program includes a special guest DJ, snow cones, and more. Recommended for children over the age of 5. For information call 508.993.3361
Members \$12 | General Public \$15



SATURDAY
12/17

BREAKFAST WITH SANTA
FALL RIVER YMCA | 9 AM - 12:30 PM
Enjoy a hearty pancake breakfast with Santa.
Tickets available at the Y or call 508.675.7841

JANUARY

FRIDAY
1/13

FLICK N' FLOAT
GLEASON FAMILY YMCA | 7 - 9 PM
Come float in our pool & enjoy a movie on our big 50 ft screen! Movies are age appropriate and family friendly.
Adults \$8 | Child \$5 | Family Pass \$20



FRIDAY
1/13



MAD SCIENTIST INTERACTIVE FAMILY SHOW
DARTMOUTH YMCA | 7 PM

Family oriented event with a one hour interactive science show and create your own science experiment project. Reserve tickets-seating is limited.
For information call 508.993.3361
Adults \$10 | Children \$5 | Family of Four \$20

FEBRUARY

FRIDAY
2/3

FLICK N' FLOAT
GLEASON FAMILY YMCA | 7 - 9 PM
Come float in our pool & enjoy a movie on our big 50 ft screen! Movies are age appropriate and family friendly.
Adults \$8 | Child \$5 | Family Pass \$20

SATURDAY
2/11

MIDDLE SCHOOL DANCE
GLEASON FAMILY YMCA | 7 - 10 PM
Members & General Public \$5

SATURDAY
2/11

TEDDY BEAR TEA AT THE WAMSUTTA CLUB
DARTMOUTH YMCA | TWO SEATINGS
It's all the craze! Join the Dartmouth Y for the second annual Teddy Bear Tea. With more than 100 registrations last year the event is sure to be a beariffic time in 2012. For more information and event brochure visit ymcasouthcoast.org or call 508.993.3361



SATURDAY
2/18

SAP TO SYRUP FARMER'S BREAKFAST
DARTMOUTH YMCA | 8:30 - 10 AM
Hearty pancake breakfast with maple syrup, roasted potatoes & sausage. Tickets should be purchased in advance-seating is limited.
Adults \$10 | Children \$5 | Children 3 & under FREE



SATURDAY
2/18

THE SWEET SCIENCE OF MAPLE SUGARING
DARTMOUTH YMCA | 10 AM - 1 PM
Family Event! Sugaring demonstrations, samples of maple syrup, hayrides and more!
Donation \$10 per family

For more activities visit ymcasouthcoast.org

YOUTH DEVELOPMENT

Preschool & Afterschool Child Care

Here at the Y we know the difficulties of balancing work and family. Our child care program provides you the opportunity to work with the piece of mind knowing your child is being cared for in a safe, nurturing and structured environment. We provide experiences that enhance each child's cognitive, language, social, emotional, physical, and creative development. Your child will participate in a variety of activities such as music, arts & crafts, dramatic play, outdoor play, and educational basics.

Preschool Child Care

Shining Tides Preschool

at the Mattapoisett YMCA

Contact: Tricia Weaver 508.758.4203 x101
or tweaver@ymcasouthcoast.org

- NAEYC Accredited and EEC Licensed
- Creative Curriculum
- Age 3 | Tuesday & Friday 8:30–11:45 am
- Age 4 | Mon, Wed & Thur 8:30–11:45 am
- Kindergarten Readiness
- Age 4 | Mon-Fri 8:30–11:45 am
- Extended Lunch Option 11:45–12:30 pm

Sippican Early Learning Center

at the Sippican Elementary School in Marion

Contact: Sharon Fayette, 508.748.0651
or sfayette@ymcasouthcoast.org

- Open year-round Monday - Friday 7 am - 5:30 pm
- EEC Licensed
- PACE vouchers accepted
- Creative Curriculum
- Ages 15 mo- toddler, preschool, kindergarten
- Full day program - maximum 9 hours
- Half day program - 4 hours
- Children can register for 2, 3, 4 or 5 half or full days
- After School also available at this site
- Children in morning kindergarten classes
- 12:30–2:30 pm – Sippican Early Learning Center
- 2:30–6:00 pm – After School Program

New Bedford Pre-School

at the New Bedford YMCA

Contact: Jodilyn Machado, 508.997.0734 x19
or [jlmachado@ymcasouthcoast.org](mailto:jl Machado@ymcasouthcoast.org)

- Open 6:30 am to 5:30 pm
- Full or morning program Monday–Friday
- Universal Pre-K Classroom
- Creative Curriculum
- Land of the Letter People Curriculum
- Swim lessons
- Youth membership for full-time enrollment
- PACE and EEC slots accepted
- NAEYC accredited since 1995

After School Child Care

Dartmouth YMCA

Contact: Elysha Daly, 508.993.3361 x12
or edaly@ymcasouthcoast.org

- Transportation: Quinn, DeMello, Cushman and Dartmouth Middle Schools
- Activities include homework assistance, healthy snack, recreational time and enrichment
- Licensed by EEC
- Serves ages 5–14
- PACE vouchers accepted
- YCares Financial Assistance available

Mattapoisett YMCA

Contact: Tricia Weaver, 508.758.4203
or tweaver@ymcasouthcoast.org

Two location sites

Rochester Memorial

Mattapoisett-A bus transports students

from Old Hammondtown School & Center School

- Open Mon–Fri after school until 6:00 pm
- Homework assistance, healthy snack, recreational time
- Grades K–6
- Licensed by EEC
- PACE vouchers accepted
- YCares Financial Assistance available

Fall River YMCA

Contact: Kate Messier, 508.675.7841 x29
or kmessier@ymcasouthcoast.org

- Licensed by EEC for children ages 5–14
- Open Mon–Fri after school until 6:00 pm
- Full day care available on snow days and during school vacations
- Transportation available from most schools
- Homework club, daily healthy snack, fitness activities and cross-curriculum enrichment activities.
- PACE vouchers and EEC accepted.
- YCares Financial Assistance is available

New Bedford YMCA

Contact: Maxine Hebert, 508.997.0734 x46
or mhebert@ymcasouthcoast.org

- Licensed program for children ages 5–12
- Open Mon–Fri after school until 6 pm
- Transportation available from most schools
- Swim lessons, arts & crafts, gym games and structured homework time
- Daily healthy snack provided
- Licensed by EEC
- PACE vouchers accepted
- YCares Financial Assistance may be available

Gleason Family YMCA

Contact: Donna Maynard, 508.295.9622 x31
or dmaynard@ymcasouthcoast.org

Sippican Elementary School-Marion

- Open Mon–Fri after school until 6:00 pm
- Homework assistance, healthy snack, recreational time
- EEC Licensed
- Grades K–6
- PACE vouchers accepted
- YCares Financial Assistance available

After the Bell at the Gleason Family YMCA

Contact: Donna Maynard, 508.295.9622 x31
or dmaynard@ymcasouthcoast.org

Tuesday and Thursday 3:15 - 5:30 pm.

Children are bussed from school to the Y where they are provided homework help, followed by an organized activity such as gym games, rock wall climbing, swimming, outdoor play and arts & crafts.



YOUTH DEVELOPMENT

Sports & Play Preschool

Alphabetivities | Ages 3-5

Getting ready for school and still unsure about the alphabet? Come to this fun and engaging class all about the ABC's. Children will learn through stories, rhymes, songs, crafts and games.

Members \$40 General Public \$76

Site	Days	Times
NB	Wednesday	11:00-11:45 am

Fridays with Stories | Ages 2-5

Kids will love hearing a creative story followed by activity and snack. Join us as we explore fun filled stories and activities related to the week's story.

Members \$40 General Public \$76

Site	Days	Times
W	Friday	10:00-11:00 am

Indoor Mini Basketball | Ages 2-5 Winter Only

It's all about mini here! Join us as we introduce the sport of basketball with mini nets and balls. Perfect for participants to learn the sport, develop sportsmanship and make new friends..

Members \$40.00 General Public \$76.00

Site	Days	Times
D	Monday	10:00-10:30 am
D	Monday	12:30-1:00 pm

Indoor Mini Lacrosse | Ages 2-5 Fall II Only

It's a perfect time to introduce a new and exciting sport. Participants will learn the basic skills, practice and develop sportsmanship.

Members \$40.00 General Public \$76.00

Site	Days	Times
D	Wednesday	10:00-10:30 am
D	Wednesday	12:30-1:00 pm

Junior Tumbling | Ages 2.5-5

Children will not only learn floor exercises and tumbling, they will learn the basics of gymnastics.

Members \$30 General Public \$60

Site	Days	Times
FR	Wednesday	9:30-10:15 am

Mini Architects | Ages 2-5 Fall II Only

Does your child like Lego's? Join us as we help bring out the creative mind. Participants will design, build and explore with Lego and Duplo blocks.

Members \$40.00 General Public \$76.00

Site	Days	Times
D	Monday	10:00-10:30 am
D	Monday	12:30-1:00 pm

Mini Scientists | Ages 2-5 Winter Only

Balloons, Rockets, Planes and more! Participants will explore the interesting fascination with science. They will build, test and explore age-appropriate experiments.

Members \$40.00 General Public \$76.00

Site	Days	Times
D	Wednesday	10:00-10:30 am
D	Wednesday	12:30-1:00 pm

Play Doh Fun | Ages 2-5 Fall II Only

Join us as we explore modeling fun! Participants will create, build, and explore with Play-Doh; the ultimate exploration and sensory building activity.

Members \$40.00 General Public \$76.00

Site	Days	Times
D	Tuesday	10:00-10:30 am
D	Tuesday	12:30-1:00 pm

Preschool Playgroup | Ages up to 5

A great time for unstructured creative play for toddlers and preschoolers. Children under 1 are free. Requires parent participation.

Members Free General Public \$3/child

Site	Days	Times
FR	Wednesday	10:30-11:15 am
W	Friday	10:00-11:00 am

Rumblin' Bumblin' Tumblin' | Ages 3-5

This program will get your child running and exploring balance, flexibility and the capabilities of his or her body. Using colorful mats and fun obstacles, this class is meant to help participants learn to enjoy being active at a young age! The physical coordination discovered in this setting will be quickly applied to any other physical activities your child wants to try.

Members \$40.00 General Public \$76.00

Site	Days	Times
W	Wednesday	10:30-11:00 am



Shapes N' Things | Ages 3-5

Does your child love shapes and colors? If so then this class all about exploration is for them. Every week we will learn different shapes and colors through engaging lessons and explore through stories and crafts.

Members \$40 General Public \$76

Site	Days	Times
NB	Wednesday	10:00-10:45 am

Sports Mix

Develop a love for sports while encouraging teamwork and good sportsmanship. This non-competitive class is designed to help preschool age children develop coordination and begin to learn the basic concepts of sports that will help them to excel on the court or field.

Members \$40.00 General Public \$76.00

Site	Days Ages	Times
D	Thursday 2-5	10:00-10:30 am
D	Thursday 2-5	12:30-1:00 pm
NB	Friday 3-5	11:00 - 11:45 am
W	Thursday 3-5	10:30-11:00 am
W	Saturday 3-5	9:30-10:00 am

Squeaky Sneakers | Ages 2.5-5

Basic basketball fundamentals are taught and then reinforced through teamwork and drills.

Members \$40 General Public \$76

Site	Days	Times
NB	Friday	12:00-12:45 pm

Sticky Fingers | Ages 2-5 Winter Only

Does your child like to get messy? If so then this class is perfect for them. Children will explore through the use of their hands...Play Dough, Goop, Slime, and more.

Members \$40.00 General Public \$76.00

Site	Days	Times
D	Tuesday	10:00-10:30 am
D	Tuesday	12:30-1:00 pm

YOUTH DEVELOPMENT

Sports & Play Youth



3x3 Basketball League | 5th - 12th Graders

To register, a team must have 3-4 players. Each player will be given a jersey at the beginning of the season that must be worn during games. Only original team members may play with a given team, otherwise the game will be forfeited. Each team is guaranteed two games every Thursday/Friday. Season ends with a tournament on the last day.

\$60 per team

Site:	Days Grade	Times:
W	Friday 5th/6th	3:00-6:00 pm
W	Friday 7th/8th	3:00-6:00 pm
W	Thursday 9th/10th	3:00-6:00 pm
W	Thursday 11th/12th	3:00-6:00 pm

After the Bell | Grades K-5

Children will be transported to the Y twice a week where they can get help with their homework, swim in our pool, climb our rock wall or participate in a group game. Program runs Tuesdays & Thursdays, and children must pre-register to ensure they will receive transportation from the school to the Y. Registration paperwork can be picked up at the Y.

Members \$31.00 General Public \$52.00

Site	Days	Times
W	Tuesday & Thursday	3:00-5:30 pm

American Girl Enrichment Program | K-5 Fall II Only

This enrichment program is all about exploring dolls, scrap booking, crocheting and friendships. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
Potter School	Tuesday	3:30-4:30 pm
DeMello School	Wednesday	3:30-4:30 pm
Quinn School	Thursday	3:30-4:30 pm

Basketball Skills & Drills | Ages 7-10

Is basketball your favorite sport? The class is tailored to accommodate beginners and advanced players. Topics covered will be shooting, ball handling, defense, lay up techniques, game playing strategy and more. Your child will develop teamwork skills and have fun while learning their favorite sport.

Members \$48.00 General Public \$86.00

Site	Days	Times
NB	Thursday	6:00-7:00 pm

Basketball Skills & Drills Enrichment Program | K-5 Winter I Only

Join us as we participate in some great exercise while learning teamwork, cooperation and sportsmanship. Participants will learn basic basketball skills and the basics of team play. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
Potter School	Monday	3:30-4:30 pm
Quinn School	Wednesday	3:30-4:30 pm
DeMello School	Thursday	3:30-4:30 pm

Big Dig Enrichment Program | K-5 Winter Only

Do you have the steady hand? This enrichment program is a look at fossils, owl pellets, and other fascinating finds! Join us as we explore the science of discovery. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
DeMello School	Monday	3:30-4:30 pm
Quinn School	Tuesday	3:30-4:30 pm
Potter School	Thursday	3:30-4:30 pm

Boys Elite Club | Grades 5-8

This is an opportunity for boys to hang out and have fun without worrying about girls.

Members Free General Public Guest Pass

Site	Days	Times
W	Tuesday	4:00-6:00 pm

Child Watch

The Child Watch service is designed to accommodate children ages 3 months to 9 years for limited amounts of time; 1-2 hours while parents use the facilities. Limited openings available for infants 3-6 months. Please pick a copy of the guidelines at the Child Watch room or at the Welcome Center. Our guidelines enable us to provide a safe environment for your children. These guidelines apply to all members, staff, and volunteers.

\$3 per child/per hour | a card for \$20/10 hours

Site	Days	Times
FR	Monday-Friday	9:30 am-12:30 pm
FR	Saturday	9:00 am - 12:00 pm
NB*	Monday-Friday	8:30-11:30 am
NB*	Monday-Thursday	5:00-7:30 pm
NB*	Saturday	9:00-11:00 am
W	Mon, Wed, Fri	8:30 am-12:30 pm
W	Monday-Friday	4:00-8:00 pm
W	Tues,Thur,Sat	8:30-11:30 am

*NB Child Watch Preschool age only

Climbing Wall

Participants in the beginner class will learn rock climbing terminology, proper hand placement and footwork, and how to safely rock climb.

Members \$56.00 General Public \$97.00

Chipmunk | Ages 6-10

Perfect for those who have never climbed before. This class will focus on the basics of climbing.

Site	Days	Times
NB	Tuesday	5:00-6:00 pm
NB	Thursday	6:00-7:00 pm

Squirrel | Ages 8-12

Designed for those who are already comfortable with climbing. Focus on increasing participants climbing abilities, as well as learning to boulder, traverse & tie different knots.

Site	Days	Times
NB	Tuesday	7:00-8:00 pm
NB	Thursday	5:00-6:00 pm

Flying Squirrel | Ages 12+

The objective of this level is to teach all students how to safely belay.

Site	Days	Times
NB	Tuesday	6:00-7:00 pm
NB	Thursday	7:00-8:00 pm

Group Climbing Lessons | Ages 6+

Do you want to go beyond just climbing for fun? Spend a night each week with one of our instructors and a group of three climbing classmates learning techniques, tricks and other valuable climbing skills. You even get the opportunity to get out on the Y's High Ropes Course! Perfect for any age and any skill level.

Members \$68.00 General Public \$89.00

Site	Days	Times
W	Monday	5:30-6:30 pm
W	Tuesday	5:30-6:30 pm
W	Wednesday	5:30-6:30 pm
W	Thursday	5:30-6:30 pm
W	Friday	5:30-6:30 pm

Private Climbing Wall Lessons | Ages 6+

Take your climbing to the next level with a one-on-one session with one of the Y's professional climbing instructors. Learn valuable skills for climbing outdoors, fine tune your muscles for advanced climbing and push yourself to new limits! Climbing shoes highly recommended.

Members \$90.00 General Public \$120.00

Site	Days	Times
W	Monday	6:30-7:30 pm
W	Tuesday	6:30-7:30 pm
W	Wednesday	6:30-7:30 pm
W	Thursday	6:30-7:30 pm
W	Friday	6:30-7:30 pm

YOUTH DEVELOPMENT

Sports & Play Youth



Dance – Jazz Performance | Ages 5-9 | Nov 5 – Dec 17

The Jazz Performance class is meant as a follow-up to the Jazz Fundamentals class held in the Fall 1 session. The skills learned and perfected in Jazz Fundamentals are put to use as the troupe puts together a holiday recital to be performed in December.

Members \$68.00 General Public \$89.00

Site	Days	Times
W	Saturday	11:00–11:30 am

Drop & Shop | Ages 5-12

Leave your kids at the Y while you get some holiday shopping done. Kids will have swim, climb wall, do arts & crafts and play games. Prepay to reserve a space one week earlier. Parents need to provide snacks, meals, bathing suit and towel.

Members \$24.00 General Public \$30.00

Site	Days	Times
W	*Friday, 11/25	5:30-9:00 am
W	*Friday, 11/25	9:00 am-1:00 pm
W	*Friday, 11/25	1:00-5:00 pm

*Care available starting at 5:30 am. Leave your child longer than planned for \$7/member, \$9 general public per additional hour. Two block maximum. Meals not provided.

W	Saturday, 12/10	9:00 am-1:00 pm
W	Saturday, 12/17	9:00 am-1:00 pm

Duct Tape Art Enrichment Program | K-5 Fall II Only

The newest fad in art design! Participants will explore and design art from duct tape. Projects include pens, roses, bracelets, wallets, and more. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
DeMello School	Monday	3:30-4:30 pm
Quinn School	Tuesday	3:30-4:30 pm
Potter School	Thursday	3:30-4:30 pm

Fall River Basketball Program | Ages 6-9

60 min. class | 45 minutes of drills & 15 minutes of play.

Members \$48.00 General Public \$86.00

Site	Days	Times
FR	Tuesday	6:30-7:30 pm



Fit Kids

Concerned about your child's weight? This program is a holistic approach to overweight and obesity issues facing children. Fit Kids helps families identify the issues that have led to your child's current level of health, and helps to change direction through exercise, active games, and education.

Members \$48.00 General Public \$86.00

Site	Days Ages	Times
FR	Thursday 8-15	6:00-7:00 pm
NB	Tuesday 7-10	5:00-6:00 pm
NB	Thursday 7-10	5:00-6:00 pm

W Call Lu Brito for times and dates 508.295.9622 x19

Floor Hockey Enrichment Program | K-5 Winter Only

Join us as we participate in some great exercise while learning teamwork, cooperation and sportsmanship. Participants will learn basic floor hockey skills and the basics of team play. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
DeMello School	Monday	3:30-4:30 pm
Potter School	Thursday	3:30-4:30 pm
Quinn School	Friday	3:30-4:30 pm

Girls Elite Club | Grades 5-8

Every Monday evening Girls Rule! This female only group meets weekly to encourage self confidence and make friends with similar interests in a healthy and safe environment.

Members Free General Public Guest Pass

Site	Days	Times
W	Monday	4:00-6:00 pm

Home School Gym & Swim

Home School PE gets your home-school students active and having fun. Participants get one hour in the pool and one hour in the gym with a PE Instructor. Students learn new games, develop coordination and have a chance to socialize with other home-schooled children.

Members \$63.00 General Public \$87.00

Site	Days Ages	Times
FR	Please call for days and times.	
W	Thursday 5-9	10:00 am-12:00 pm
W	Thursday 10-14	10:00 am-12:00 pm

Homework Boost Enrichment Program | K-5

It's cool to get the extra boost! Join us as we assist with homework help, learning skills, and extra learning. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00

General Public \$86.00

Site	Days	Times
Potter School	Monday	3:30-4:30 pm
Quinn School	Tuesday	3:30-4:30 pm
DeMello School	Thursday	3:30-4:30 pm

Indoor Lacrosse Enrichment Program | K-5 Fall II Only

Join us as we participate in some great exercise while learning teamwork, cooperation and sportsmanship. Participants will learn basic lacrosse skills and the basics of team play. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00

General Public \$86.00

Site	Days	Times
DeMello School	Monday	3:30-4:30 pm
Potter School	Thursday	3:30-4:30 pm
Quinn School	Friday	3:30-4:30 pm

Indoor Soccer Enrichment Program | K-5 Fall II Only

Join us as we participate in some great exercise while learning teamwork, cooperation and sportsmanship. Participants will learn basic soccer skills and the basics of team play. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00

General Public \$86.00

Site	Days	Times
Potter School	Monday	3:30-4:30 pm
Quinn School	Wednesday	3:30-4:30 pm
DeMello School	Thursday	3:30-4:30 pm

Introduction to Floor Hockey | Ages 6-10

An introduction to the game of floor hockey. Participants will learn the basic skills of passing, shooting and defending while learning the rules of the game and trying different positions.

Members \$48.00

General Public \$86.00

Site	Days	Times
FR	Tuesday	5:30-6:30 pm

YOUTH DEVELOPMENT

Sports & Play Youth

Jewelry & Embroidery Enrichment Program | K-5 Winter Only

Bring the artistic mind. Participants will design and create jewelry using beads, gimp, metal and embroidery. Learn something new and explore an area that is cool to share with friends. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Potter School	Tuesday	3:30-4:30 pm
DeMello School	Wednesday	3:30-4:30 pm
Quinn School	Thursday	3:30-4:30 pm

Karate/Kenpo/Self-Defense | Ages 4-12

Through martial arts you will learn various techniques to protect yourself in today's society as well as develop physical fitness, flexibility, and self-confidence. Uniforms can be purchased separately, see instructor.

½ Hour | Members \$56.00 **General Public \$88.00**

1 Hour | Members \$92.00 **General Public \$132.00**

Class schedule is based on belt level and age of participant. Please call for schedule.

Dartmouth 508.993.3361
Mattapoisett 508.758.4203

W | Ages 4-6 Thurs 6:00-6:30 pm & Sat 11:30 am -12:00 pm
W | Ages 7-12 Thurs 6:30-7:30 pm & Sat 12:00-1:00 pm

Karate Tang Soo Do | Youth & Adult

Develop physical fitness, mental discipline, and fighting techniques. The minimum age is 6 years old. Uniforms purchased separately. *NEW STUDENTS WILL RECEIVE A FREE UNIFORM

Members \$110.00 **General Public \$147.00**

Site	Days Ages	Times
NB	Tuesday & Friday 6+	6:15-7:15 pm

Kid's Night Out | Ages 6-12

Kids have dinner, watch a movie and play games. Prepay to reserve a space one week prior.

Members \$12.00 **General Public \$15.00**

Site	Days	Times
D	11/4 1/27 2/10	6:00-9:00 pm
M	11/18 12/9 12/16 1/20	6:00-9:00 pm

Leaders Club | Ages 12-17

We are looking for teenagers to participate in giving back to the community and learn leadership skills. They will participate in several social outings, including rally weekends involving hundreds of leaders from all over the Northeast. Must attend 80% of meetings. FREE

Site	Days	Times
FR	Thursday	5:30-6:30 pm
NB	Wednesday	6:00-8:00 pm
W	Wednesday	4:00-6:00 pm

LEGO Imagination Enrichment Program | K-5 Fall II Only

Engineering at its best! This enrichment program will discover multiple aspects of engineering using LEGO's. Join us as we build, erect, explore structures and other fun LEGO creations. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Potter School	Tuesday	3:30-4:30 pm
DeMello School	Wednesday	3:30-4:30 pm
Quinn School	Thursday	3:30-4:30 pm

Mini Architects Enrichment Program | K Fall II Only

Does your child like to build? Join us as we help bring out the creative mind. Participants will design, build and explore with Lego's, Duplo's and other structure building materials. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Cushman School	Monday	3:30-4:30 pm

Mini Basketball Enrichment Program | K Fall II Only

Join us as we participate in some great exercise while learning teamwork, cooperation and sportsmanship. Participants will learn basic basketball skills and the basics of team play. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Cushman School	Tuesday	3:30-4:30 pm

Mini Lacrosse Enrichment Program | K Winter Only

Join us as we participate in some great exercise while learning teamwork, cooperation and sportsmanship. Participants will learn basic lacrosse skills and the basics of team play. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Cushman School	Tuesday	3:30-4:30 pm

Mini Scientists Enrichment Program | K Winter Only

Start your child off early. Discover the magic of science! Participants will explore with magnets, senses, slime, color and other messy science fun. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Cushman School	Tuesday	3:30-4:30 pm

Move to the Beat Enrichment Program | K Winter Only

This fun interactive class will include instruments, songs and more! Bring your Mozart alive through this exciting program. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Cushman School	Monday	3:30-4:30 pm

Noodle Hockey Enrichment Program | K Fall II Only

Ready, Set, Go! This face paced version of floor hockey is fun for all. Similar to floor hockey but using a pool noodle. Participants will enjoy fast paced exercise while learning teamwork and sportsmanship. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Cushman School	Thursday	3:30-4:30 pm

Performance Martial Arts

formerly Kung Fu Gymnastics

Learn the fundamentals of martial arts in this stimulating, active, creative class! Nexus Martial Arts and the Y have teamed up in designing a curriculum that focuses on the values and technique of martial arts, while maintaining a fun and exciting atmosphere.

Members \$49.00 **General Public \$77.00**

Site	Days Ages	Times
W	Tuesday 4-6	6:00-6:45 pm
W	Tuesday 7-10	7:00-8:00 pm
W	Wednesday 4-6	6:00-6:45 pm
W	Wednesday 7-10	7:00-8:00 pm
W	Sunday 4-6	11:30 am-12:15 pm
W	Sunday 7-10	12:30-1:30 pm

Play-Doh Fun Enrichment Program | K Fall II Only

Join us as we explore modeling fun! Participants will create, build, and explore with play-doh! The ultimate exploration and sensory building activity. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 **General Public \$86.00**

Site	Days	Times
Cushman School	Wednesday	3:30-4:30 pm



YOUTH DEVELOPMENT

Sports & Play Youth



Primitime! | Ages 6-13

Join us for a variety of supervised activities.

Members Free	General Public	Guest Pass Fee
Site	Days Ages	Times
NB	Tues & Thurs 6-8	5:00-8:00 pm
NB	Tuesday-Friday 9-13	5:00-8:00 pm

Quick Start Tennis | Ages 6-8

Anyone who plays tennis can tell you that the key to success is good technique. Quick Start Tennis gets young athletes ready to hit the courts by training them first on form and fundamentals. Group instruction allows for dynamic games to keep players engaged and get them excited about the fun sport of tennis. Rackets are provided!

Members \$78.00 General Public \$99.00

Site	Days/Ages	Times
W	Saturday	10:00 - 11:00 am

Recreational Flag Football | Ages 6-8

With a one hour practice during the week and refereed games on Saturdays, this program gives young athletes a chance to develop an understanding of football and begin to master skills while learning to play a role on a team. Teams of 8-12 players will end the season with a new sense of community and a better understanding of the sport. Each player gets a jersey. Please consider being a volunteer coach! Contact Greg Baker at gbaker@ymcasouthcoast.org.

Members \$89.00 General Public \$119.00

Site	Days	Times
W	Saturday	Games between 12:00-4:00 pm

Run, Jump, Hide, Dive Enrichment Program | K Winter Only

Ready, Set, Go! This program is filled with fast paced play including games like tag, battleship, paranoia, trains & more. If you are looking to run around playing games with friends this is for you. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
Cushman School	Thursday	3:30-4:30 pm

Sports Mix | Ages 5-12

Develop a love for active sports while encouraging good sportsmanship and teamwork. Sports include...football, soccer, basketball, noodle hockey, tee-ball, kickball & track.

Members \$45.00 General Public \$90.00

Site	Days Ages	Times
FR	Saturday 5-8	9:00-9:45 am
FR	Saturday 9-12	10:00-10:45 am

Sports Specific Training | 6-8 week sessions

Receive a tailored strength and conditioning program for your specific team. Pre-season, in-season, or post-season programs available for your specific sport.

Members \$50 | team member
General Public \$70 | team member

*Individual pricing available upon request

Site

NB	Call Mary Beth Gamache	508.997.0734 x30
W	Call Lu Brito	508.295.9622 x19

Superhero Club Enrichment Program | K-5 Winter Only

That's right! This enrichment program is all about exploring our favorite superheroes and more. The program will be theme based and explore all your favorites through games, activities and more. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
Potter School	Tuesday	3:30-4:30 pm
DeMello School	Wednesday	3:30-4:30 pm
Quinn School	Thursday	3:30-4:30 pm

Table Top Sports Enrichment Program | K-5 Fall II Only

Do you have what it takes? Challenge your friends to the ultimate table top sports. Sports include paper football, penny hockey, table tennis, and more. *Student must attend Dartmouth Public Schools to participate in this program..

Members \$48.00 General Public \$86.00

Site	Days	Times
Quinn School	Monday	3:30-4:30 pm
DeMello School	Tuesday	3:30-4:30 pm
Potter School	Wednesday	3:30-4:30 pm

Teen Challenge | Ages 10-15

Teens are supposed to get 60 minutes of physical activity a day; does yours? Each session will include 30 minutes of cardio and 30 minutes of strength training. Your child will gain the knowledge to develop a fitness program they will use for a lifetime.

Members \$92.00 General Public \$183.00

Site	Days	Times
NB	Tuesday & Thursday	4:00 - 5:00 pm

Teen Flag Football League | Ages 12-15

A 5 on 5 flag football league will take place at Ruggles Park in Fall River. There will be a referee and scorekeeper/stat-keeper. Games will be first to 5 points/best of three. Schedule based on number of teams.

\$30/player | \$125/team

Site	Days	Times
FR	Saturday	11:15 am

Teen | Youth Strength Training

Learn basics of weight training, proper technique, nutritional information along with the rules & etiquette of the wellness center.

Members \$20.00 General Public \$42.00

Site	Days Ages:	Times
NB	Call Mary Beth Gamache for orientation 508-997.0734 x30	
W	Saturday 8-11	1:00-2:00 pm
W	Saturday 12-15	2:00-3:00 pm

Ultimate Card Games Enrichment Program | K-5 Winter Only

This enrichment program is all about card games! Join us as we learn some great card games and share with each other our favorites. Games include kips and cuts, spit, war, bacon soup, and more. *Student must attend Dartmouth Public Schools to participate in this program.

Members \$48.00 General Public \$86.00

Site	Days	Times
Quinn School	Monday	3:30-4:30 pm
DeMello School	Tuesday	3:30-4:30 pm
Potter School	Wednesday	3:30-4:30 pm

Youth Circuit Orientation

Learn the basics of weight training & proper technique.

Members Free

Site	Days	Times By Appointment
W NB		Sign up at the Youth Wellness Center

Youth & Government | Grades 9-12

Democracy must be learned by each generation. This is how youth have been learning about governmental processes since 1936. Youth and Government clubs give middle school and high school students the chance to be involved in civic duties and service-learning projects by being a part of a model government that functions on all levels: local to international. Visit the MA Youth Government website at www.maymca.org Program runs from September 2011 - March 2012.

Contact

NB	Dan Berry 508.997.0734 x45
W	Greg Baker at 508.295.9622 x20

Site	Days	Times
NB	Monday	6:00-7:00 pm
W	TBD	TBD

YOUTH DEVELOPMENT

Preschool Swim

Shrimp/Kippers | Age: 6–12 months

Ratio of students per instructor: 12:1
This is an introduction to the aquatic environment for parents and their infants. *With Parent

New Bedford	Start Times
Tuesday	10:30 am
Wednesday	10:00 am
Thursday	9:30 am 6:30 pm
Saturday	11:30 am



Wareham	Start Times
Monday	10:30 am
Tuesday	10:00 am 5:30 pm
Wednesday	10:00 am
Thursday	9:30 am
Friday	10:00 am
Saturday	9:15 am
Sunday	10:15 am 11:45 am

Pike with Parent | Age: 2–3 years

Ratio of students per instructor 6:1
This class is for children who have participated in our parent child program, have good listening skills and are able to swim independently with a flotation device. Parents participate in the water the first two weeks.

Fall River	Start Times
Saturday	10:00 am
Saturday	10:30 am



New Bedford	Start Times
Monday	10:00 am 6:00 pm
Tuesday	9:30 am
Saturday	10:30 am

Wareham	Start Times
Monday	9:30 am
Tuesday	9:30 am
Wednesday	9:00 am
Thursday	5:30 pm
Saturday	10:15 am
Sunday	11:15 am

Pike | Age: 3–5 years

Ratio of students per instructor 5:1
This level is designed for new swimmers, teaching basic paddle stroke and kicking skills.

Fall River	Start Times
Monday	10:00 am 5:00 pm 5:30 pm
Tuesday	4:45 pm 5:15 pm
Wednesday	5:00 pm 5:30 pm
Thursday	5:30 pm 6:00 pm
Friday	5:00 pm
Saturday	10:00 am 10:30 am, 11:00 am 11:30 am



New Bedford	Start Times
Monday	10:30 am 11:00 am 3:15 pm 4:30 pm 6:00 pm
Tuesday	10:00 am 4:30 pm 6:30 pm
Wednesday	10:30 am 3:15 pm 6:00 pm
Thursday	10:00 am 10:30 am 3:15 pm 4:30 pm 6:30 pm
Friday	10:00 am 4:30 pm 6:00 pm
Saturday	9:00 am 9:30 am 10:00 am 10:30 am 11:00 am 11:30 am
Sunday	11:00 am 11:30 am

Wareham	Start Times
Monday	9:00 am 10:00 am 11:00 am 3:15 pm 4:30 pm 5:15 pm
Tuesday	9:00 am 10:30 am 2:00 pm 3:00 pm 5:00 pm 5:30 pm
Wednesday	9:30 am 11:00 am 3:45 pm 4:45 pm
Thursday	9:00 am 10:30 am 2:00 pm 3:00 pm
Friday	10:00 am 10:30 am 11:00 am 3:15 pm 3:45 pm
Saturday	9:15 am 9:45 am 10:15 am 10:45 am 11:15 am
Sunday	10:15 am 10:45 am 11:15 am

Inia/Perch | Age: 13–36 months

Ratio of students per instructor: 12:1
Children do more independent exploration of the aquatic environment with help from their parents. *With Parent

Fall River	Start times
Saturday	9:00 am



New Bedford	Start Times
Tuesday	10:30 am
Wednesday	10:00 am
Thursday	9:30 am 6:30 pm
Saturday	11:00 am

Wareham	Start Times
Monday	11:00 am
Tuesday	10:30 am 5:30 pm
Wednesday	10:30 am
Thursday	10:00 am
Friday	10:30 am
Saturday	9:45 am
Sunday	11:45 am



Preschool Rates
All Classes are 30 minutes

Member	\$40
General Public	\$76

YOUTH DEVELOPMENT

Preschool Swim

Eel | Ages 3-5

Ratio of students per instructor 5:1
This level is for children who are comfortable in the water. Children should be able to swim five feet independently without a flotation device.

Fall River

Monday 10:30 am | 5:00 pm
Tuesday 5:15 pm
Wednesday 5:00 pm
Thursday 6:00 pm
Friday 5:30 pm
Saturday 9:30 am | 11:00 am

Start Times



New Bedford

Monday 10:00 am | 3:15 pm
4:30 pm | 6:30 pm
Tuesday 10:00 am | 3:15 pm
4:30 pm | 6:30 pm
Wednesday 10:30 am | 3:15 pm | 6:00 pm
Thursday 10:00 am | 3:15 pm
4:30 pm | 6:30 pm
Friday 10:30 am | 4:30 pm | 6:00 pm
Saturday 9:00 am | 10:00 am | 11:00 am

Wareham

Monday 10:00 am | 11:00 am | 3:15 pm
Tuesday 10:00 am | 1:00 pm | 2:30 pm
5:00 pm
Wednesday 10:30 am | 3:15 pm | 5:15 pm
Thursday 9:30 am | 2:30 pm | 4:45 pm
6:00 pm
Friday 10:30 am | 3:45 pm | 5:15 pm
Saturday 9:15 am | 10:15 am | 11:15 am
Sunday 10:15 am | 11:15 am

Ray | Ages 3-5

Ratio of students per instructor 6:1.
Intermediate level. Children should be able to swim independently on their front and back for fifteen yards.

Fall River

Monday 5:30 pm
Tuesday 4:45 pm
Wednesday 5:30 pm
Saturday 11:30 am



New Bedford

Monday 10:30 am | 3:15 pm | 4:30 pm
Tuesday 9:00 am | 3:15 pm
Wednesday 10:00 am | 4:30 pm
Thursday 9:00 am
Friday 6:00 pm
Saturday 9:30 am | 11:30 am

Wareham

Monday 10:30 am | 3:15 pm
Tuesday 9:30 am | 1:30 pm | 5:30 pm
Wednesday 10:00 am | 3:15 pm
Thursday 10:00 am | 3:30 pm
Friday 3:15 pm
Saturday 9:45 am | 10:45 am
Sunday 10:45 am

Starfish | Ages 3-5

Ratio of students per instructor 6:1
This is the advanced level where children should be able to swim the length of the pool.

Fall River Thursday

Start Times
5:30 pm



New Bedford

Monday 4:30 pm
Tuesday 9:00 am | 6:30 pm
Wednesday 10:00 am | 4:30 pm
Thursday 9:00 am | 6:30 pm
Saturday 10:30 am

Wareham

Monday 10:30 am | 3:15 pm
Tuesday 9:30 am | 1:30 pm | 5:30 pm
Wednesday 10:00 am | 3:15 pm
Thursday 10:00 am | 3:30 pm
Friday 3:15 pm
Saturday 9:45 am | 10:45 am
Sunday 10:45 am



PLEASE NOTE: Severe Weather Cancellations

Due to circumstances of inclement weather, including lightning, the Y will make every effort to make-up a scheduled program class if it is cancelled or delayed due to weather.

Credit/Refund

Refunds/credits will not be issued due to weather related emergencies. The Y will make every effort to offer a make-up class in these situations.

Program Rates

In order to receive the "member rate," for the class, the program participant must be an active YMCA Southcoast member at time of registration and throughout the program session.

YOUTH DEVELOPMENT

Youth Swim

Polliwog 1

Ratio of students per instructor 5:1
This is the beginner level for school age children.

Fall River

	Start Times
Monday	6:00 pm
Tuesday	5:45 pm
Wednesday	6:00 pm
Thursday	4:45 pm
Friday	6:00 pm
Saturday	9:00 am



New Bedford

Monday	3:45 pm
Tuesday	5:00 pm
Wednesday	3:45 pm 6:30 pm
Friday	3:45 pm 6:30 pm
Saturday	9:00 am 10:30 am 11:15 am

Wareham

Monday	3:45 pm
Tuesday	3:30 pm
Wednesday	3:15 pm
Thursday	4:15 pm
Friday	5:15 pm
Saturday	9:00 am 10:30 am
Sunday	10:15 am 11:45 am

Polliwog 2

Ratio of students per instructor 6:1
This level is designed for children who have already taken Polliwog 1 and are not yet swimming independently. Children at this level should be able to completely submerge underwater without fear.

Fall River

	Start Times
Monday	6:00 pm
Tuesday	6:30 pm
Wednesday	6:00 pm
Thursday	4:45 pm
Friday	6:00 pm
Saturday	9:00 am



New Bedford

Monday	3:45 pm 6:30 pm
Tuesday	5:00 pm
Wednesday	3:45 pm 6:30 pm
Friday	3:45 pm 6:30 pm
Saturday	9:00 am 10:30 am 11:15 am

Wareham

Monday	3:45 pm
Tuesday	3:30 pm
Wednesday	3:45 pm
Thursday	4:15 pm
Friday	4:30 pm
Saturday	9:00 am 10:30 am
Sunday	10:15 am 11:45 am

Guppy 1

Ratio of students per instructor 6:1
Children should be able to swim 15–20 yards independently and must be able to swim with their face in the water.

Fall River

	Start Times
Monday	6:00 pm
Tuesday	5:45 pm
Wednesday	6:00 pm 6:45 pm
Friday	6:45 pm
Saturday	9:45 am 11:15 am



New Bedford

Monday	3:45 pm 6:30 pm
Tuesday	5:45 pm
Wednesday	3:45 pm 6:30 pm
Thursday	5:00 pm 5:45 pm
Friday	3:45 pm 6:30 pm
Saturday	9:00 am 9:45 am 11:15 am

Wareham

Monday	3:45 pm
Tuesday	4:15 pm 6:00 pm
Wednesday	3:45 pm
Thursday	5:00 pm
Friday	3:45 pm
Saturday	9:45 am 11:15 am
Sunday	11:00 am

Guppy 2

Ratio of students per instructor 6:1
Children have completed Guppy 1 & have started swimming crawl stroke with rotary breathing and be able to complete 25 yards without stopping.

Fall River

	Start Times
Monday	6:00 pm 6:45 pm
Tuesday	5:45 pm
Wednesday	6:00 pm 6:45 pm
Thursday	6:30 pm
Friday	6:45 pm
Saturday	10:30 am 11:15 am



New Bedford

Monday	3:45 pm 6:30 pm
Tuesday	5:45 pm
Wednesday	3:45 pm 6:30 pm
Thursday	5:00 pm 5:45 pm
Friday	3:45 pm 6:30 pm
Saturday	9:00 am 9:45 am 11:15 am

Wareham

Monday	3:45 pm
Tuesday	4:15 pm
Wednesday	5:15 pm
Thursday	5:00 pm
Friday	3:45 pm
Saturday	9:45 am 11:15 am
Sunday	11:00 am

Minnow

Ratio of students per instructor 8:1
Initial intermediate level. Children should be able to swim twenty-five yards of both crawl stroke with rotary breathing and backstroke.

Fall River

	Start Times
Monday	6:45 pm
Thursday	4:45 pm
Saturday	9:45 am



New Bedford

Monday	3:45 pm 6:30 pm
Tuesday	3:45 pm
Wednesday	3:45 pm 6:30 pm
Thursday	5:45 pm
Friday	3:45 pm 6:30 pm
Saturday	9:45 am

Wareham

Monday	5:00 pm
Tuesday	3:30 pm
Wednesday	4:30 pm
Thursday	4:00 pm
Friday	4:30 pm
Saturday	9:00 am 11:15 am
Sunday	10:15 am



Youth Aquatic Rates

Classes are 45 minutes

Member \$48

General Public \$86

YOUTH DEVELOPMENT

Youth Swim

Fish
Ratio of students per instructor 8:1
Students should be able to swim crawl stroke, backstroke, elementary backstroke, and breaststroke kick for at least 25 yards.

Shark
Students continue to improve their strokes and should be able to complete fifty yards of each stroke continuously.

Private & Special Needs Swim Lessons
Thirty minute one-on-one lessons with an instructor available upon request. Contact the aquatics department to set up a time.

Fall River	Start Times
Tuesday	6:30 pm
Wednesday	6:45 pm
Saturday	10:30 am



New Bedford	Start Times
Monday	3:45 pm 6:30 pm
Tuesday	3:45 pm
Wednesday	3:45 pm 6:30 pm
Thursday	5:45 pm
Friday	3:45 pm 6:30 pm
Saturday	9:45 am

Wareham	Start Times
Monday	5:00 pm
Tuesday	4:45 pm
Wednesday	4:30 pm
Friday	4:30 pm
Saturday	9:45 am

Flying Fish
Ratio of students per instructor 8:1
Students should be able to complete 100 yards without stopping of crawl stroke and backstroke.

Fall River	Start Times
Wednesday	6:45 pm
Thursday	6:30 pm
Saturday	11:15 am



New Bedford	Start Times
Tuesday	5:45 pm
Thursday	3:45 pm
Saturday	10:30 am

Wareham	Start Times
Monday	5:00 pm
Friday	4:30 pm
Saturday	10:30 am

Fall River	Start Times
Thursday	6:30 pm
Saturday	11:15 am



New Bedford	Start Times
Tuesday	5:45 pm
Thursday	3:45 pm
Saturday	10:30 am

Wareham	Start Times
Friday	4:30 pm
Saturday	10:30 am

Competitive Swim
Swimmers at Fish level or higher who are unable to make the commitment needed for swim team but have the desire to learn more competitive strokes and techniques.

New Bedford	Start Times
Tuesday	7:00 pm
Thursday	7:00 pm
Friday	3:45 pm

Wareham	Start Times
Friday	5:15 pm



Private or Special Needs per session
Members \$35 | General Public \$50

Semi Private per session
Members \$50 | General Public \$70

Sold in books of 5
5 lessons for the price of 4
Members \$140 | General Public \$200

Swimming for the Terrified
Swim instruction for those who fear the water.

Wareham	Start Times
Monday	11:30 am
Tuesday	11:00 am

Create your own swim class
Do you have 3-6 children of similar ages and ability? Call us and we will arrange a time for their swim lesson together. Contact us today:

Fall River Steve Langlais	508.675.7841 x19
New Bedford George Morrison	508.997.0734 x22
Wareham Doreen Jamba	508.295.9622 x27

PLEASE NOTE:

Severe Weather Cancellations

Due to circumstances of inclement weather, including lightning, the Y will make every effort to make-up a scheduled program class if it is cancelled or delayed due to weather.

Credit/Refund

Refunds/credits will not be issued due to weather related emergencies. The Y will make every effort to offer a make-up class in these situations.

Program Rates

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YOUTH DEVELOPMENT

School Vacation Specialties

Splash Week Vacation Swim Lessons

One week swim lessons for all swimming abilities. This program is designed to introduce children to swimming and to strengthen the skills of swimmers. This program runs for five consecutive days during February school vacation. **Fee: \$25 for five days**

Fall River Contact Steve Langlais, Aquatic Director at 508.675.7841 x19 | slanglais@ymcasouthcoast.org

Beginner 3-5	Advanced 4-5	Beginner 6+	Advanced 6+
9:00-9:30 am	11:00-11:30 am	10:00-10:30 am	10:00-10:30 am
9:30-10:00 am	4:00-4:30 pm	10:30-11:00 am	11:30 am-12:00 pm
10:00-10:30 am	5:00-5:30 pm	11:00-11:30 am	4:30-5:00 pm
10:30-11:00 am		4:00-4:30 pm	
11:00-11:30 am		5:00-5:30 pm	
11:30 am-12:00 pm		5:30-6:00 pm	
4:00-4:30 pm			
4:30-5:00 pm			
5:00-5:30 pm			

New Bedford Contact George Morrison, Aquatic Director at 508.997.0734 x22 | gmorrison@ymcasouthcoast.org

Beginner 3-5	Advanced 4-5	Beginner 6+	Advanced 6+
10:00-10:30 am	10:00-10:30 am	10:00-10:30 am	9:30-10:00 am
10:30-11:00 am	10:30-11:00 am	10:30-11:00 am	11:00-11:30 am
11:00-11:30 am	11:30 am-12:00 pm	11:00-11:30 am	4:30-5:00 pm
11:30 am-12:00 pm	4:00-4:30 pm	11:30 am-12:00 pm	5:00-5:30 pm
4:00-4:30 pm	4:30-5:00 pm	4:00-4:30 pm	5:30-6:00 pm
4:30-5:00 pm	5:30-6:00 pm	5:00-5:30 pm	6:30-7:00 pm
5:00-5:30 pm	6:00-6:30 pm	5:30-6:00 pm	
6:00-6:30 pm		6:00-6:30 pm	
6:30-7:00 pm		6:30-7:00 pm	

Wareham Contact Doreen Jamba, Aquatic Director at 508.295.9622 x27 | djamba@ymcasouthcoast.org

Beginner 3-5	Advanced 4-5	Beginner 6+	Advanced 6+
9:30-10:00 am	9:00-9:30 am	9:30-10:00 am	9:00-9:30 am
10:30-11:00 am	10:00-10:30 am	10:00-10:30 am	10:00-10:30 am
11:30 am-12:00 pm	11:00-11:30 am	11:00-11:30 am	11:00-11:30 am
3:30-4:00 pm	3:30-4:00 pm	3:30-4:00 pm	4:00-4:30 pm
4:00-4:30 pm	4:00-4:30 pm	4:30-5:00 pm	5:00-5:30 pm
5:00-5:30 pm	4:30-5:00 pm	5:00-5:30 pm	

Vacation Camp

Dartmouth YMCA & Mattapoisett YMCA

December Vacation Camp
December 27th - 30th
February Vacation Camp
February 20th - 24th
9:00 am - 4:00 pm
\$40 per day
Extended Care available
8:00 - 9:00 am and 4:00 - 6:00 pm
\$5 each or \$10 for both

Fall River YMCA

December Vacation Camp
December 27th - 30th
Closed December 26th & January 2nd
February Vacation Camp
February 20th - 24th
7:00 am - 6:00 pm
\$21 per day
Pre-registration Required

Gleason Family YMCA

December Vacation Camp | Mon-Fri, Dec 23rd - Jan 2nd
February Vacation Camp | February 20th - 24th
April Vacation Camp | April 16th - 20th
Early Bird Price: One month before camp starts
\$35/day or \$160/5 days or \$210/7 days
Regular Price \$40/day or \$175/5 days or \$225/7 days
Extended Care available for \$10/day
SIGN UP FOR 15+ DAYS OF CAMP BEFORE 11/23 AND RECEIVE A \$25 VOUCHER FOR ANY PROGRAM AT THE Y

For more information about the youth programs happening at your local Y branch during school vacation contact:

Dartmouth YMCA

Elysha Daly
508.993.3361 x12
edaly@ymcasouthcoast.org

Gleason Family YMCA

Greg Baker
508.295.9622 x20
gbaker@ymcasouthcoast.org

Fall River YMCA

Kate Messier
508.675.7841 x29
kmessier@ymcasouthcoast.org

Mattapoisett YMCA

Tricia Weaver
508.758.4203
tweaver@ymcasouthcoast.org

New Bedford YMCA

Maxine Hebert
508.997.0734 x46
mhebert@ymcasouthcoast.org

HEALTHY LIVING

Adult & Family Swim

Adult Beginner | 45 min. class

Class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.
Members \$48.00 | General Public \$86.00

Fall River **Start times**
 Thursday 7:15 pm

New Bedford
 Monday 7:15 pm
 Sunday 10:15 am

Wareham
 Tuesday 10:00 am
 Thursday 6:00 pm
 Saturday 11:00 am
 Sunday 11:00 am

Adult Advanced | 45 min. class

Class is designed for those who have successfully mastered the intermediate level, or are proficient in crawl stroke, backstroke, and breaststroke.
Members \$48.00 | General Public \$86.00

New Bedford **Start times**
 Wednesday 7:00 pm

Wareham
 Thursday 6:45 pm
 Saturday 11:45 am

Arthritis Aquatic Program

Designed to increase range of motion and endurance for cardiovascular fitness.
Members Free | General Public \$10/class
Seniors \$7/class

New Bedford **Start times**
 Mon, Wed, Fri 11:00 am

Burn Baby Burn

High energy class designed for your whole body! Expect to tone muscles, increase flexibility, and burn off those calories. Class includes stretching, toning techniques, aerobics, and a relaxing cool down.
Members Free | General Public \$10/class
Seniors \$7/class

Wareham **Start times**
 Tues & Thurs 7:30 pm

CPR, AED, and O2 Re-Certification

All trained Lifeguards need to recertify in all the above courses once every year.
Members \$50/each certificate
General Public \$71/each certificate

Please contact the aquatics department to schedule a date.

Dartmouth 508.993.3361 x10
 Fall River 508.675.7841 x19
 New Bedford 508.997.0734 x22
 Wareham 508.295.9622 x27

Lifeguarding

Must be 16 years old and be able to swim. Please call your local Y for more information and schedule.
Members \$300 | General Public \$350

Special Needs Family Swim

A swim time designed for families with special needs. Use the facility and enjoy quiet time, with your children and family members. At least one member of the family must have special needs!
Members Free | General Public \$10/family

Wareham **Start times**
 Sunday 12:00 –1:00 pm



Stretch, Flex & Strengthen

The low impact movement of this class makes it beneficial for those suffering arthritis, recovering from injury or simply want to add flexibility.
Members Free | General Public \$10/class
Seniors \$7/class

Wareham **Start times**
 Tuesday & Thursday 11:00 am

Water Aerobics | 45 minute class

All classes take place in the shallow end of the pool. No swimming skills are required.
Members Free | General Public \$10/class
Seniors \$7/class

New Bedford **Start times**
 Mon, Wed, Fri 8:00 am | 9:00 am
 Tuesday & Thursday 8:00 am

Wareham
 Monday-Friday 8:00 am
 Mon, Wed, Fri 9:00 am | 11:00 am

Water Volleyball

All ages are welcome to join in this fun exciting game. This program takes place in the shallow end and is a ball of fun. No registration is necessary, just show up!
Members Free | General Public \$10/class
Seniors \$7/class

New Bedford **Start times**
 Mon, Wed, Fri 9:45 am

PLEASE NOTE: Severe Weather Cancellations

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Credit/Refund

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Program Rates

In order to receive the "member rate," for the class, the program participant must be an active YMCA Southcoast member at time of registration and throughout the program session.

YOUTH DEVELOPMENT

Sports & Play Youth | Specialty League

This 12-week, co-ed basketball league begins on Saturday, January 7, 2012. For decades our Y's have been teaching children the sport of basketball and building their self-esteem and confidence. Leagues vary by age and skill level, but at each division children are afforded equal playing time. At the Y we build the whole child one skill at a time.

REGISTRATION BEGINS OCTOBER 3, 2011.

Youth Basketball Leagues | Gleason Family YMCA Wareham Y B L

Contact: Greg Baker 508.295.9622 x20
gbaker@ymcasouthcoast.org

Parent's Informational Meeting: Tuesday, December 13, 2011 at 6 pm
Volunteers Needed! Our sports leagues would not survive without the help of coaches. If you are interested in helping children succeed in our seasonal sports, please inquire at the Welcome Center desk.

Mighty-Mites Division Co-ed | Ages 4-5

This Saturday morning sport is perfect for young children looking to start playing real ball. Children will be split into teams of 8-10 and placed with a volunteer coach for 1 hour. For the first 30 minutes, coaches will lead their teams through drills and fun games. For the last 30 minutes, players will have a chance to apply what they've just learned in a game! Equal playing time.

Members \$68.00 General Public \$89.00

Site	Days	Times
W	Saturday	Games between 10:00 am-12:00 pm

Recreational Basketball League Girls/Boys | Ages 6-8

Practices begin Monday, December 12th Games begin Saturday, January 7th . The second level of our YBL will introduce players to their first taste of competitive basketball. Teams of 8-10 will practice once a week with games on Saturdays. Players will learn the values that come with playing competitively, while enjoying the safety of equal playing time, caring referees and fun coaches. Equal playing time.

Members \$89.00 General Public \$119.00

Site	Days	Times
W	Saturday	Games between 12:00-3:00 pm

Advanced Basketball League Girls/Boys | Ages 9-12

Practices begin Monday, December 12th Games begin Saturday, January 7th The third tier of our progressive basketball program allows for competitive play with little leniency for basic violations. With 1 hour practices during the week, coaches have a chance to teach strong fundamentals and team strategy. Games will take place each Saturday and the season will culminate with a play-off to determine a champion. Equal playing time.

Members \$110.00 General Public \$149.00

Site	Days	Times
W	Saturday	Games between 3:00-6:00 pm

Youth Basketball Leagues | New Bedford YMCA New Bedford Y B L

Contact: Dan King 508.997.0734 x20
dking@ymcasouthcoast.org

Assessment Day & Parent's Meeting: Dates to be Announced
Volunteers Needed! Our sports leagues would not survive without the help of coaches. If you are interested in helping children succeed in our seasonal sports, please inquire at the Welcome Center desk.

Y Rookies | Ages 5-8

Y Rookies is the co-ed noncompetitive division of the Y.B.L that focuses on basic rules, skills and tactics of basketball using a unique and fun "games approach."

Games and practices will be on Saturdays. Fee includes T-shirt worn as game jersey.

Members \$85.00 General Public \$110.00

Site	Days/Ages	Times
NB	Saturday/5-6	Games between 9:00 am & 10:00 am
NB	Saturday/7-8	Games between 11:00 am & 12:00 pm

Y Ballers | Ages 8-12

Y Ballers is the competitive division of the Y B L that focuses on team play and skill development. This division will include a weekly practice on Tuesday nights and games on Saturday afternoons.

Members \$110.00 General Public \$135.00

Site	Days	Times
NB	Saturday	Games between 1:00 pm & 2:00 pm

Y Teen Legends Ages 13-16

Y Teen Legends is the competitive division for teenagers of the Y B L that continues the focus on team play and skill development. This division will include a weekly practice on Tuesday nights and games on Saturday afternoons.

Members \$110.00 General Public \$135.00

Site	Days	Times
NB	Saturday	Games between 3:00 pm & 4:00 pm



HEALTHY LIVING

Health & Well-Being



Adult Dodgeball League | Ages 17+

You're never too old to **dodge, duck, dip and dive** in this fun Dodgeball league for adults. 5 on 5 format with two referees to keep track of the action. Standings and prizes!

\$30/player \$125/team

Site	Days	Times
FR	Thursday	6:30 pm

Adult 4 on 4 Flag Football League

Fun and challenging competition 8 game season plus playoffs.

Members \$50.00 General Public \$70.00

Site	Days	Times
W	Wednesday	6:00 - 8:00 pm

Adult Kenpo | Ages 18+

It's never too late to start training! Learn practical self-defense skills as well as develop strength, stamina, and flexibility. Challenge your body, mind and spirit in ways that will enrich your character and confidence. Basic hand strikes, kicks and blocks will be taught along with lots of calisthenics and stretching for a fantastic workout. These classes are a great stress relief too.

Members \$93.00 General Public \$128.00

Site	Days	Times
W	Monday and Thursday	8:30-9:30 pm 7:30-8:30 pm
D	Wednesday and Saturday	7:30-8:30 pm 8:00-9:00 am

Body Composition Analysis

This test provides a measurement of lean body mass including muscle tissue and a percentage of body fat. No food or drink 2-4 hours before the test.

Members Free General Public \$25.00

Site	Days	Times
NB W	Please call to make an appointment.	

Circuit Orientation

Learn the basics of weight training & proper technique.

Members Free

Site	Days	Times
NB W	Sign up at the Youth Wellness Center	

Core Attack

Need a new workout for your abs and back? A Y certified personal trainer will guide you through a safe and effective way to strengthen your core muscles.

½ Hour session: \$25 | 1 Hour session: \$40

Site	Days	Times
NB	To schedule an appointment, call Mary Beth Gamache at 508.997.0734 x30.	
W	To schedule an appointment, call Lu Brito at 508.295.9622 x19.	

Climbing Wall

Group Climbing Lessons | Ages 6+

Do you want to go beyond just climbing for fun? Spend a night each week with one of our instructors and a group of three climbing classmates learning techniques, tricks and other valuable climbing skills. You even get the opportunity to get out on the Y's High Ropes Course! Perfect for any age and any skill level.

Members \$68.00 General Public \$89.00

Site	Days	Times
W	Monday	5:30-6:30 pm
W	Tuesday	5:30-6:30 pm
W	Wednesday	5:30-6:30 pm
W	Thursday	5:30-6:30 pm
W	Friday	5:30-6:30 pm

Private Climbing Wall Lessons | Ages 6+

Take your climbing to the next level with a one-on-one session with one of the Y's professional climbing instructors. Learn valuable skills for climbing outdoors, fine tune your muscles for advanced climbing and push yourself to new limits! Climbing shoes highly recommended.

Members \$68.00 General Public \$89.00

Site	Days	Times
W	Monday	6:30-7:30 pm
W	Tuesday	6:30-7:30 pm
W	Wednesday	6:30-7:30 pm
W	Thursday	6:30-7:30 pm
W	Friday	6:30-7:30 pm

Diabetes & Cardiac Transition Program

This program is for individuals living with diabetes and/or transitioning from cardiac rehabilitation. We will provide structured workouts based on individual needs. Program begins with an hour long orientation. Each participant will then meet one-on-one with a trainer to design an exercise plan. Bring your latest report as well as a medical release note from your doctor and we'll design your fitness plan.

Members \$46.00 General Public \$91.00

Site	Days	Times
NB	Monday	10:00 am
NB	Monday	6:30 pm

Get Slim | Ages 18+

Take off the weight! A certified Personal Trainer will coach groups of six participants through vigorous workouts, helping you attain your slimming goals. You will experience numerous healthy benefits!

**Members \$67.00 \$31.00
General Public \$112.00 \$49.00**

Site	Days	Times
NB	Monday & Thursday	10:00-11:00 am
W beginner	Monday & Friday	5:00-6:00 pm
W beginner	Monday & Thursday	10:00-11:00 am
W advanced	Thursday	5:00-6:00 pm
W advanced	Saturday	10:30-11:30 am

Group Exercise Classes

Most group exercise classes are included with your YMCA Southcoast membership. Classes may include step aerobics, cardio kick boxing, abs and sculpt, Zumba, yoga, Pilates and Tai Chi and Nia.

Members Free | General Public \$10/class | Seniors \$7/class

Visit our website at ymcasouthcoast.org or inquire at the Welcome Center for the class schedule.

Healthy Balance At the New Bedford YMCA

A personal trainer certified as a nutritional specialist will...

- Design an exercise program tailored to you
- Analyze your eating patterns & make changes
- Explain the impact of stress on your health and ways to control or eliminate it.

**Members \$80 | 2 Hour initial consultation
\$25 | ½ Hour follow-up**

For more information, contact Mary Beth Gamache, Wellness Director at the New Bedford YMCA at 508.997.0734 x30 or mgamache@ymcasouthcoast.org

Healthy Start Bariatric Exercise Group

For people who have or will have gastric bypass or lap band surgery and everyone who needs to lose at least 50 pounds for health reasons.

For more information, contact:

NB	Mary Beth Gamache at 508.997.0734 x30
W	Lu Brito at 508.295.9622 x19

Members Free General Public \$5.00

Site	Days	Times
NB	Tuesday & Thursday	9:30 am
NB	Tuesday & Thursday	5:00 pm
W	Tuesday & Thursday	9:30 am or 6:00 pm

HEALTHY LIVING

Health & Well-Being



Indoor Cycling

Ride on... to fitness! Indoor cycling at the New Bedford Y is a great workout.

Members Free | General Public \$25/card

Site	Days	Times
NB		See Aerobic Schedule for day and times

Instructional Yoga

You will gain an overall understanding of yoga practice and theory in a small group setting. Each participant will be guided individually and with special care. Learn the basic Sivananda Yoga routine consisting of breathing, exercises, warm-ups, stretching, yoga postures and relaxation. Build a solid foundation for advancing your yoga practice.

Members Free General Public \$10.00/class

Site	Days	Times
M	Monday	6:30 pm
M	Wednesday	6:30 pm

Karate Tang Soo Do | Youth & Adult Ages 6+

Develop physical fitness, mental discipline, and fighting techniques. The minimum age is 6 years old. Uniforms purchased separately. *NEW STUDENTS WILL RECEIVE A FREE UNIFORM

Members \$110.00 General Public \$147.00

Site	Days	Times
NB	Tuesday & Friday	6:15-7:15 pm

LIVESTRONG at the YMCA

This is a 12 week small group program designed for adult cancer survivors who have become de-conditioned or chronically fatigued from treatment and/or disease. The program is offered without cost to the participants. The mission of LIVESTRONG @ the YMCA is to empower cancer survivors by improving their functional capacity and to increase quality of life both through an organized program of fitness and strength and the support of others. Led by Certified Y Health & Wellness Instructors who have been given specific training in the elements of cancer, post-rehab exercise and supportive cancer care. For more information, contact Mary Beth Gamache at 508.997.0734 x30 or mgamache@ymcasouthcoast.org.

Massage Therapy by Tom

Swedish, deep tissue, and sports massage.

New Bedford Tuesday - Saturday

To schedule an appointment contact Tom Rainville directly at 508.992.0162 or 508.997.0734 x31

\$50 1 Hour Full Body Treatment \$40 ½ Hour Selective Area

Massage Therapy for Women by Lauren

Swedish, deep tissue, and sports massage. Weekend appointments and child watch are available.

New Bedford

Contact Lauren Greenslit at 774.328.4455 or LaurenMarieLMT@hotmail.com to schedule your appointment.

Members \$50.00/hour General Public \$55.00/hour

Personal Training

Have a certified trainer design a motivating and challenging program to meet your needs.

Members \$40/session or \$200/6 sessions

Two people | \$60/session or \$300/6 sessions

General Public \$80/session

Two people | \$120 per session

Site	Days	Times
FR NB W		Please call to make an appointment

Gleason Family YMCA

Contact Lu Brito
T 508.295.9622 x19
Email lbrito@ymcasouthcoast.org

New Bedford YMCA

Contact Mary Beth Gamache
T 508.997.0734 x30
Email mgamache@ymcasouthcoast.org

Fall River YMCA

Contact Frank Duffy
T 508.675.7841 x15
Email fduffy@ymcasouthcoast.org

Senior Strength

Introduction to basics on our circuit weight machines and free weights. Improve the quality of your day-to-day physical and mental activity.

Members Free General Public \$76

Site	Days	Times
NB		Please call to schedule appointment
W beginner	Thursday	10:00-11:00 am
W intermediate	Friday	11:00-12:00 pm

Speed & Agility Trainings

Speed and agility are important in any sport in which you repeatedly accelerate or decelerate. Get some one-on-one time with our sport specific trainer.

Become a performer in your sport.

Members \$40/session or \$200/6 sessions

General Public \$80/session

Site	Days	Times
NB		Please call to make an appointment
W		Please call to make an appointment

Sport Specific Training | 6-8 week session

Receive a tailored strength and conditioning program for your specific sport. Pre-season, in-season, or post-season programs available. Please call to make an appointment.

*Members: \$50/team member

*Individual pricing available upon request.

General Public: \$70/team member

New Bedford

Contact Mary Beth Gamache 508.997.0734 x30

Gleason Family | Wareham YMCA

Contact Lu Brito 508.295.9622 x19

Total Health Plus

This program is an expanded version of "Y Total Health." Group workouts are more physically demanding. Classes probe deeper into questions regarding exercise, nutrition, and motivation. For more information, call Mary Beth Gamache at 508.997.0734 x30, or Lu Brito at 508.295.9622 x19

Members Free General Public \$75.00

Site	Days	Times
NB	Tuesday	10:00-11:00 am
W	Tuesday	10:00-11:00 am
NB	Thursday	5:30-6:30 pm
W	Thursday	5:30-6:30 pm

Women Need Strength

This program is about better health and quality of life, not body building. We begin with a group discussion orientation. The remainder of the session is spent in the gym building a plan that includes postural training, lower body, core, functional training and nutrition. You will develop a comfort in the gym that you thought you would never have and you will finish with a program that is perfectly suited to your life.

Members \$46.00 General Public \$91.00

Site	Days	Times
NB	Monday & Wednesday	5:30-6:30 pm

Woman's Strength Training

Y certified personal trainers educate you through a safe & effective workout; focusing on more intricate programs.

Members \$45.00 General Public \$55.00

Site	Days	Times
FR	Monday & Wednesday	5:30-6:30 pm
W	Monday & Wednesday	5:30-6:30 pm

SOCIAL RESPONSIBILITY

Social Services & Volunteerism



GROUP OUTINGS & CAMPING

Dartmouth YMCA

Are you looking for the next location to host your corporate outing, scout camping trip, family reunion or other fun filled activity? Look no further! The Dartmouth YMCA offers year-round opportunities for corporate rentals, camping and special event use of our 68 acre wooded property. Contact the Dartmouth YMCA, at 508.993.3361 or email dheim@ymcasouthcoast.org

TEAM BUILDING

Dartmouth & Mattapoisett YMCA Groups will visit our low and high ropes for a customized program based on what your group's goals and needs are this year. Team building programs are available during or after the school day. Half and full day programs.

Dartmouth For information, contact Derek Heim at 508.993.3361 or dheim@ymcasouthcoast.org.

Mattapoisett For more information, contact Dan Berry at 508.758.4203 or dberry@ymcasouthcoast.org.

KNITTING

Gleason Family YMCA

Bring your knitting, crocheting or other needlework and meet people of similar interests each Wednesday afternoon at 1:00 pm. Exchange ideas and share techniques. Instruction is available and novices are welcome. Call Pat Lockhart at 508.295.1128.

WEDDINGS

The Y is the perfect setting for wedding receptions and anniversary parties. For more information email weddings@ymcasouthcoast.org or visit the website at shiningtidesweddings.com.

ATTENTION BASEBALL/SOFTBALL TEAMS!

Rent out our batting cages on Saturday afternoon from 2:00-5:00 pm. \$25 per team/per hour.

Reservations required. New Bedford branch only.

For more information call 508.997.0734 x24.

BIRTHDAY PARTIES



From the climbing wall to the pool, arts & crafts to the basketball courts, our Y facilities offer the perfect setting for your child's birthday party. Please call your local branch for details.

CLIMBING WALL RENTALS

Rent the rock climbing room for 30 minutes of family fun. You and your children can enjoy team-building and confidence building skills while having tons of fun and laughs.

Sites All Branches

Rental Fees

Family \$20 per 1/2 hour

Organizations \$50/hour for the first 12 participants
\$5 each additional participant

CPR & FIRST AID

These are American Safety and Health Institute certification classes. CPR Pro includes two-person CPR and use of the Bag Valve Mask. Upon completion, participant will receive a CPR certification valid for one year.

Fees: Members \$50 General Public \$71

Site Days

FR Call Steve Langlais for schedule.

508.675.7841 x19

NB Call George Morrison for schedule.

508.997.0734 x22

D Call Derek Heim for schedule.

508.993.3361 x10

W Call Doreen Jamba for schedule

508.295.9622 x27

VOLUNTEER WITH SHARING THE HARVEST

With our growing season over for 2011, we wanted to take this opportunity to thank all the volunteers who came to the Sharing the Harvest Community Farm in 2011. Without your help, your dedication, and your hard work, we would not have been able to grow, harvest, and donate more than 30,000 pounds of fresh vegetables to those who might otherwise go hungry in our neighborhoods! Because of you, we were able to expand the amount of land being used for food production yet again, and still have our most successful season to date. We can't thank you enough!

Having had such a great year in 2011, we look forward to having an even better season in 2012. To achieve that, the farm will need even more volunteer help next year. We hope that each of you will join us again next season, and that you will bring a friend or family member with you. With your help we can produce an even more bountiful harvest in 2012.

Again, we are truly thankful for your energy and enthusiasm. We couldn't do it without you!



For general information or questions in the off-season, please contact our Farm Director, Dan King at 508.993.3361 x13 or harvestfarmer@ymcasouthcoast.org.

Visit our website at ymcasouthcoast.org and click on the Dartmouth YMCA tab.

USEFUL INFORMATION

About The Y

TRADITION OF VOLUNTEERS

Volunteers have always played a critical role in helping the Y fulfill our mission of service to the community and to all the people who come through our doors. We welcome any skill or time you can offer. People working together — it's a Y tradition.

ATTIRE

Appropriate shirts, shorts, and footwear are required during exercise in the workout rooms, gyms, track, or racquetball and squash courts. Street shoes are not permitted. Proper swimming suits are required in the swimming pool; cut-offs and gym shorts are not permitted. For racquetball and squash play, it is strongly recommended that "eye guards" be worn.

A.W.A.Y. PROGRAM

Always Welcome At YMCAs. Whether you are away on business or vacation your membership will give you access to other Y's either free of charge or for a small daily fee. Stop at the Welcome Center for a list of Y's in the area you plan to visit. You must be 50 miles or more away from your home Y.

MY Y IS EVERY Y

YMCA Southcoast members are able to use ANY Y facility in New England through the new "My Y is Every Y" program. Visit our website at ymcasouthcoast.org for a full listing of Y facilities. Some restrictions apply.

CELLULAR PHONE | PDA POLICY

The use of cell phones or PDA cell phones is not permitted in the Y locker rooms and changing areas. We ask that you put these items away while in changing areas at all YMCA Southcoast facilities. This policy follows current trends and recommendations from Y-USA.

MEMBERSHIP CARD

Your Y membership card is a passport. Cards are non-transferable and remain the property of the Y. You will be expected to have your membership card each time you enter the facility. Lost cards may be replaced for a \$5 fee. Persons who abuse membership privileges or assist others to abuse membership privileges, may have their privileges revoked or suspended.

PARKING

Y members have free parking at all of our sites except for Fall River. The Fall River YMCA has a parking lot for members and participants. A token may be purchased for a quarter at the Welcome Center as you leave. If you choose, the Fall River YMCA also has a monthly parking fee of \$5.

SAFETY & SECURITY

Please do not bring any valuables to the Y. The Y is not responsible for lost or stolen items and Welcome Center staff cannot hold your valuables. The property is equipped with an electronic recording surveillance system. The Y will provide an escort to your vehicle upon request. Ask the Welcome Center for assistance.

FACILITIES USE GUIDELINES

The following rules are designed to ensure the safety of all members:

- Children ages 9 and under in the Y building or on the campus are required to be under the supervision of a parent or guardian, or registered and participating in a Y program.
- Youth ages 10 and over may, at the parents' discretion, utilize the Y facility for up to three hours at a time in approved and staff supervised program areas.
- Certain areas of the Y facility are restricted to use by specific age groups or restricted by specific supervision guidelines — such as the lobby, youth room, gym, fitness center, swimming pool, track, aerobic studio, racquetball courts, stadium stairs.
- The hours of operation vary from branch to branch. Please check with your local Y for details.
- All members and guests must adhere to the Y Code of Conduct found in the Member Handbook. See Welcome Center for details.

LOCKERS

Lockers are available for daily use during your visit to the New Bedford, Fall River and Wareham Y's. We advise the use of locks to protect your personal items. Please use your own lock to secure your clothes and valuables in your "day use" locker while you are working out at the Y. Locks left on overnight will be removed to allow use by other members. Inquire at the Welcome Center for information on availability of permanent locker and towel service. Locker rentals are available at New Bedford and Fall River branches.

SEVERE WEATHER CANCELLATIONS

Please call the individual branch Y's voice mail for information regarding weather cancellations or listen to Fun 107, WBSM 1420, WSAR 1480, or WPRO 630.

MEMBERSHIP - MONTHLY E.F.T. DRAFT

This is a payment plan that allows a member to pay for a continuous membership in equal monthly payments that are automatically deducted from one's checking or credit card account for as long as one belongs to the Y.

WHAT ARE THE BENEFITS?

1. Membership dues are paid automatically with equal monthly payments.
2. You are a member for as long as you choose. The draft membership is automatically renewed until you tell us to stop drafting your account. At that time, you must give the Y a 30-day written notice.

OTHER PAYMENT PLANS

Memberships can also be paid in full at the time of application using cash, check, Visa, Mastercard, American Express, or Discover. Annual memberships dues are non-refundable and non-transferable. In the event that a member does not use his/her membership to the extent that he/she anticipated, no refunds or credit will be issued, unless accompanied by a doctor's note.

PROGRAMMING

How to Register

Pre-registration is required for all programs and classes. Payment is due in full at time of registration.

1. In person — Stop by the Welcome Center.
2. By Phone — Call any of our Y offices to register over the phone. We accept Discover, VISA, American Express, and Master Card.
3. On-line Registration—Register on line for our programs at ymcasouthcoast.org.
4. You can register for most programs at any site with the exception of Child Care and Summer Camp.
5. When looking for a class, please select a Y site, day and time that best suits your schedule.

D	Dartmouth
FR	Fall River
M	Mattapoisett
NB	New Bedford
W	Wareham/Gleason

REGISTRATION POLICY

1. \$20 fee will be charged for returned checks.
2. In order to receive the "member rate," for the class, the program participant must be an active YMCA Southcoast member at time of registration and throughout the program session.
3. After the first week of classes, the Y has the right to cancel classes due to insufficient enrollment.

CREDIT/REFUND POLICY

1. If the Y cancels a class due to insufficient enrollment the participants will be issued a credit or refund in full.
2. Classes missed by participants due to personal reasons i.e. vacations, scheduling conflict, etc. will not be credited or refunded except when accompanied by a doctor's note. Missed classes for personal reasons will not be made up. Requests must be submitted within first two weeks of the program.



