



**YMCA SOUTHCOAST**  
18 South Water Street  
New Bedford, MA 02740-7236  
[www.ymcasouthcoast.org](http://www.ymcasouthcoast.org)  
Strengthening Our Community

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NEW BEDFORD, MA  
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**YMCA SOUTHCOAST**  
Association Office  
18 South Water Street  
New Bedford, MA 02740  
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[www.ymcasouthcoast.org](http://www.ymcasouthcoast.org)





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHENING OUR COMMUNITY

YMCA SOUTHCOAST

Spring 1 | Spring 2  
Program Guide

2011



# YMCA SOUTHCOAST

## REGISTRATION DATES

**SPRING 1 | FEB 28 – APR 17**

**Registration Begins**

**February 14 | Members**

**February 21 | Gen. Public**

**SPRING 2 | APR 25 – JUN 19**

**Registration Begins**

**April 11 | Members**

**April 18 | Gen. Public**



## STRENGTHENING THE FOUNDATIONS OF COMMUNITY

The Y is a powerful association of men, woman 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 and we continue to look forward to serving you!**

**YMCA SOUTHCOAST Board  
& Staff Associates**

# STRENGTHENING THE FOUNDATIONS OF COMMUNITY

## NURTURING

To care for, support and help develop through encouragement

## GENUINE

To be honest and open in relationships with others

## HOPEFUL

To take an optimistic or positive view of future outcomes

## DETERMINED

To devote full strength and concentrated attention to the cause

## WELCOMING

To accept neighbors eagerly, warmly, hospitably and as equal participants

## CARING

Show a sincere concern for others

## HONESTY

Be truthful in what you say and do

## RESPECT

Follow the golden rule

## RESPONSIBILITY

Be accountable for your promises and actions

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## REPURPOSE, RECYCLE, REUSE!

### ITEMS NEEDED

#### Gently Used

- Children's Clothes and Shoes
- Children's Books Bi-Lingual too
- Baby Safety Items Cribs, Strollers, Gates, Latches
- Toys | Puzzles & Games

#### New

- Socks & Underwear
- Baby Safety Items
- Birthday Presents
  - Gift Certificates | Movie Passes, etc. for the older kids
  - Toys | Puzzles & Games for the little kids
- Toothbrushes & Toothpaste
- Shampoo & Deodorant
- Arts and Crafts Supplies
- School Supplies



### Where

Gleason Family YMCA  
New Bedford YMCA

### When

Ongoing

### Or Directly at Gifts To Give

21 Cove Street Mill  
New Bedford 02744  
Monday - Fri day 9 am -5 pm  
Saturday 10 am -2 pm

For more information please visit the website [www.giftstogive.org](http://www.giftstogive.org)



Let's offer a little assistance to those in our community that need a little extra help.

# MEMBERSHIP RATES

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

## MEMBERSHIP TYPE

**Youth** up to the age of 13

## RATES

\$15.00 Joining Fee  
\$8.75 Monthly EFT

**Teen** between the ages of 14-18

\$20.00 Joining Fee  
\$11.00 Monthly EFT

**Young Adult** between the ages of 19-24

\$60.00 Joining Fee  
\$31.25 Monthly EFT

**Adult** between the ages of 25-61

\$75.00 Joining Fee  
\$41.25 Monthly EFT

**Senior** 62 years or older

\$60.00 Joining Fee  
\$32.75 Monthly EFT

**Senior Couple**

Married individuals 62 years or older

\$70.00 Joining Fee  
\$50.50 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  
\$47.00 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  
\$63.25 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, or 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 \$4

Teen \$6

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 for more information.

## MY Y IS EVERY Y

YMCA Southcoast members are able to use ANY Y facility in Massachusetts and Rhode Island through the new "My Y is Every Y" program. Visit our website @ [www.ymcasouthcoast.org](http://www.ymcasouthcoast.org) for a full listing of Y facilities in MA and RI. Some restrictions apply. Excludes Martha's Vineyard during the summer months..

## 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.

# LOOK WHAT WE OFFER

## Facility Chart

AMENITY	DARTMOUTH	MATTAPOISETT	NEW BEDFORD	GLEASON FAMILY	FALL RIVER
Aerobics Studio			X	X	X
Batting Cages			X		
CHILD CARE FACILITIES					
Child Watch/Babysitting		X	X	X	X
After School Care	X	X	X	X	X
Preschool Child Care		X	X	X	
Community Meeting Room	X	X	X	X	X
Computer Room					X
Golf Driving Range			X		
Indoor Gymnasium			X	X	X
Indoor Pool			X	X	X
Indoor Track			X	X	
Interactive Game Bikes				X	
Indoor Kiddie Pool				X	
Locker Service			X		X
Outdoor Playing Fields	X	X		X	
Outdoor Basketball Courts	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
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  
CHUCK DOW | Facilities Director  
ROBIN LEVESQUE | Child Care Director  
JANE MACHADO | Program 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. 138S  
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–2:45 pm  
Sunday CLOSED

## Dartmouth YMCA

276 Gulf Road  
Dartmouth, MA 02748  
508.993.3361

DEREK HEIM | Executive Director  
MATTHEW BLANCHARD | Facilities Director  
DEREK CHRISTIANSON | Farm Project Consultant  
DONNA EDBERG | Volunteer Coordinator & Farm Educator  
DANIEL KING | Farm Project Coordinator  
BRITTANY LESTAGE | Program Director  
JEREMY MCDONALD | Camp Director  
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  
End at 276 Gulf Road, Dartmouth

## 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 Rd. is on left across from  
Knights of Columbus  
Located at the end of Reservation Road off Route 6



**All Branches Closed**  
Easter Sunday | April 24th  
Memorial Day | May 30th

# AND STAFF

## Gleason Family YMCA

33 Charge Pond Road  
Wareham, MA 02571  
508.295.9622

LAURA PRISCO | Executive Director  
LU BRITO | Senior Program Director  
KEITH ESTES | Facilities Director  
SHARON FAYETTE | Sippican Child Care Director  
KIM HALL | Office Manager  
HEATHER MORRISON | Assistant Aquatic Director  
MIKE MAHONEY | Program Director  
DONNA MAYNARD | Assistant Program Director  
& Camp Director  
NICOLE MERUSI | Member/Family Services Director  
RON SUTHERLAND | Aquatic Director  
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  
Mon-Thur 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  
DANIEL KING | Sports & Play 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  
Y is on right

### Branch Hours

Program areas close 15 minutes prior to closing  
Mon-Thur 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  
JENNIFER GOLDEN | Development Director  
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

[ymcasouthcoast.org](http://ymcasouthcoast.org)

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.



# EVENTS CALENDAR

## Fun, Affordable, Family Activities

### FEBRUARY

SATURDAY  
2/12

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

SATURDAY  
2/12

**TEDDY BEAR TEA** | 2-4 PM  
WAMSUTTA CLUB OF NEW BEDFORD  
**TO BENEFIT DARTMOUTH YMCA ANNUAL SUPPORT FUND**  
Valentine sweets, crafts, pictures with life-sized bear, raffle prizes, and silent auction of collectible bears.  
Advanced Registration Required.  
**Adults \$25 | Child \$15**

SATURDAY  
2/12

**VALENTINE TEA**  
GLEASON FAMILY YMCA  
10 - 11:30 AM AND 12:30 - 2 PM  
Two seatings, choose either a breakfast tea or light lunch tea. Make a craft and stay for a story. Mu  
**Child \$6 | Adult \$8 | Family \$20**



FRIDAY  
2/18

**FLICK N' FLOAT**  
GLEASON FAMILY YMCA | 7 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  
2/18

**GRADE SCHOOL DANCE** | GRADES 1-5  
FALL RIVER YMCA | 6:30 - 8:30 PM  
Members and General Public \$ 5

SATURDAY  
2/19

**SAP TO SYRUP FARMER'S BREAKFAST**  
DARTMOUTH YMCA | 8:30-10:30 AM  
Hearty pancake breakfast with maple syrup, roasted potatoes and sausage. Purchase tickets in advance, limited seating  
**Adults \$10 | Child \$5 | under 3 FREE**

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

### MARCH

FRIDAY  
3/4

**ANNUAL SUPPORT KICK OFF CAMPAIGN LUNCHEON**  
YMCA SOUTHCOAST | WHITE'S OF WESTPORT | 11:45 AM  
Supporting YCares Financial Assistance. Featuring keynote speaker Andrew Boynton Dean of the Carroll School of Management at Boston College Renown Author and International Scholar  
**Tickets \$15 Table of Ten \$150**

THURSDAY  
3/10

**GLEASON'S ANNUAL CAMPAIGN KICK OFF DINNER**  
GLEASON FAMILY YMCA | 6 PM  
Come support your fellow members who need it. Learn more about our financial assistance program and how you can help

SATURDAY  
3/12

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

SATURDAY  
3/12

**LEPRECHAUN GOLDEN COIN HUNT**  
DARTMOUTH YMCA | 10:30 AM  
Hundreds of Golden Coins | Great Prizes  
WIN A FREE WEEK OF CAMP!  
**Child \$5**



SATURDAY  
3/19

**5TH & 6TH GRADE BASKETBALL TOURNAMENT**  
GLEASON FAMILY YMCA  
**\$150 per team | Two Game Elimination**  
Contact Lu Brito for details 508.295.9622 x19

SATURDAY  
3/19

**MAGIC SHOW**  
FALL RIVER YMCA | AT BRISTOL COMMUNITY COLLEGE | 3 PM  
Two hours of magical family entertainment as four magicians make things disappear, levitate objects and saw people in half.  
Child \$5 | Adult \$10 | Family of Four \$20

SUNDAY  
3/20

**NEW BEDFORD HALF MARATHON**  
NEW BEDFORD YMCA | 11 AM - 2 PM

### APRIL

FRIDAY  
4/1

**HEALTHY KIDS NIGHT**  
NEW BEDFORD YMCA | 6:30 - 8 PM  
Fun Activities | Demonstrations | Healthy Snacks  
**FREE EVENT**

FRIDAY  
4/8

**EASTER EGG HUNT**  
FALL RIVER YMCA | 6 - 7:30 PM  
Come join us for a night of fun and games!  
**Child \$5**



SATURDAY  
4/9

**PANCAKES & PHOTOS WITH EASTER BUNNY**  
GLEASON FAMILY YMCA | 9 - 11:30 AM  
Come and enjoy a hearty pancake breakfast and have your photo taken with the Easter Bunny. Pre-registration required.  
**Child \$6 | Adult \$8 | Family \$20**

# EVENTS CALENDAR

## Fun, Affordable, Family Activities

SATURDAY  
4/9

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

SATURDAY  
4/9

**EASTER EGG HUNT**  
DARTMOUTH YMCA | 10:30 AM  
Hundreds of Eggs | Great Prizes | Win a free week of camp!  
Child \$5

FRIDAY  
4/15

**GRADE SCHOOL DANCE | GRADES 1-5**  
FALL RIVER YMCA | 6:30 - 8:30 PM  
Members \$5 | General Public: \$5



FRIDAY  
4/15

**HEALTHY KIDS DAY**  
DARTMOUTH YMCA | 6 - 9 PM  
Fun Activities | Demonstrations | Healthy Snacks  
FREE EVENT | MUST PRE-REGISTER | LIMITED

SATURDAY  
4/16

**HEALTHY KIDS DAY**  
FALL RIVER YMCA | 1 - 3 PM  
GLEASON FAMILY | 1 - 3 PM  
Fun Activities | Demonstrations | Healthy Snacks  
FREE EVENT

SATURDAY  
4/16

**EASTER EGG HUNT**  
NEW BEDFORD YMCA | 12:30-2 PM  
Hundreds of Eggs | Great Prizes  
Child \$5

SATURDAY  
4/16

**EASTER EGG HUNT**  
MATTAPOISETT YMCA | 9 - 11 AM  
Games, crafts, loads of eggs and a visit from the Easter Bunny will make the morning memorable. Egg hunt starts at 10 am. Pre-registration required.  
Child \$5

## MAY

SATURDAY  
5/7

**TOUCH A TRUCK**  
DARTMOUTH YMCA | 12 - 2 PM  
Trucks, fire engines, construction vehicles, limousines, etc. Take pictures, sit in the driver's seat and explore!  
Adult \$5 | Child \$3 | Family \$10

SATURDAY  
5/7

**HEALTHY KIDS DAY | CAMP OPEN HOUSE**  
MATTAPOISETT YMCA | 1-3 PM  
Come visit Camp Massasoit and see all that it has to offer. Special performance and events to be announced.  
FREE EVENT

SATURDAY  
5/7

**COMMUNITY COLLECTION DAY**  
DARTMOUTH YMCA | 10 AM - 2 PM  
For a small fee you can dispose of old computer components, TVs, microwaves, air conditioners, and other small appliances. Call for more details!

THURSDAY  
5/12

**POT LUCK SUPPER AFTER THE BELL FAMILIES**  
GLEASON FAMILY YMCA | 6:00 PM  
Free Just bring a dish to share.

SATURDAY  
5/14

**9TH ANNUAL 5K ROAD RACE**  
GLEASON FAMILY YMCA | 10 AM START  
T-shirts for the first 150 registrants.  
Registration \$20 before April 14 | \$22 after April 14

SATURDAY  
5/14

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

SATURDAY  
5/14

**4-ON-4 BASKETBALL TOURNAMENT**  
NEW BEDFORD YMCA | 11 AM - 5 PM  
Teams will face off in a battle for court dominance. Players must be 16 years or older. Prizes will be awarded to the winners.  
\$90 per team | 4 - 6 players per team

## JUNE

SATURDAY  
6/11

**COMMUNITY COLLECTION DAY**  
GLEASON FAMILY YMCA | 9 AM - 12 PM  
Let us take away your junk! \$5 for small appliances, \$15 for TVs. Call Jo-Ann at 508.295.9622 x15 for more details!



SATURDAY  
6/11

**WELCOME TO CAMP DAY**  
METACOMET | DARTMOUTH YMCA | 11 AM - 1 PM  
MASSASOIT | MATTAPOISETT YMCA | 1 - 3 PM  
NEP-IN-NAE | GLEASON FAMILY | 11 AM-1 PM  
Take a tour of Camp Metacomet, Massasoit AND Nep-In-Nae; meet the staff and enjoy camp activities! This event is FREE!

SATURDAY  
6/11

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

FRIDAY  
6/24

**FLICK N' FLOAT**  
GLEASON FAMILY YMCA | 7 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

# YOUTH DEVELOPMENT

## Preschool & Afterschool Child Care

### Preschool Child Care

The Y preschool child care is licensed by EEC and designed to meet the developmental needs of young children in caring & structured environments. 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 & educational basics.

#### Shining Tides Preschool

at the Mattapoisett YMCA

Contact: Tricia Weaver 508.758.4203 x101  
or [tweaver@ymcasouthcoast.org](mailto: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](mailto:sfayette@ymcasouthcoast.org)

- EEC Licensed
- PACE vouchers accepted
- Creative Curriculum
- Ages 15 mo– toddler, preschool, kindergarten
- Full or half day program Monday–Friday
- 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: Jodilynn Machado, 508.997.0734 x19  
or [jlmachado@ymcasouthcoast.org](mailto:jlmachado@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

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### After School Child Care

The Y is the largest provider of school-age childcare programs in the country licensed by EEC. Whether at the school site or at the Y, children are given a safe, fun place to be after school. Our dedicated staff is committed to providing quality programming emphasizing the four core values: caring, honesty, respect and responsibility.

#### Dartmouth YMCA

Contact: Brittany Lestage, 508.993.3361

or [blestage@ymcasouthcoast.org](mailto:blestage@ymcasouthcoast.org)

- Transportation: Quinn, DeMello, Cushman & 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

#### Fall River YMCA

Contact: Robin Levesque, 508.675.7841

or [rlevesque@ymcasouthcoast.org](mailto:rlevesque@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 assistance, swim lessons, rock climbing wall, gym games, etc.
- PACE vouchers and EEC accepted.
- YCares Financial Assistance is available

#### New Bedford YMCA

Contact: Maxine Hebert, 508.997.0734 x46

or [mhebert@ymcasouthcoast.org](mailto: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](mailto:dmaynard@ymcasouthcoast.org)

#### Sippican Elementary School-Marion

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

#### Mattapoisett YMCA

Contact: Trica Weaver, 508.758.4203

or [tweaver@ymcasouthcoast.org](mailto:tweaver@ymcasouthcoast.org)

#### Two location sites

- Rochester Memorial**
- Mattapoisett**—A bus transports students from Old Hammondtown School and Center School
- Open Mon–Fri from close of school until 6:00 pm
- Homework assistance, healthy snack, recreational time
- Grades K–6
- Licensed by EEC
- PACE vouchers accepted
- YCares Financial Assistance available



# YOUTH DEVELOPMENT

## Sports & Play Preschool

### Animal Adventures | Ages 2-5 | Spring 1

This hands on class will include simple science experiments, stories, arts & crafts and of course live interaction with animals.

**Fees** Members \$40.00 General Public \$76.00

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

### Geocaching | Ages 2-5 | Spring 2 Only

Come on an adventure with us! Participants will search for hidden treasures and create your own cache.

**Fees** Members \$46.00 General Public \$87.00

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

### Junior Tumbling | Ages 4-8 | Spring 1 & 2

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

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

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

### Little Chefs | Ages 2-5 | Spring 1

Children will create and enjoy healthy snacks and experiment with measuring, mixing, and creating light treats.

**Fees** Members \$40.00 General Public \$76.00

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

### Little Kickers | Ages 2.5-5 | Spring 1 & 2

Learn basic soccer skills while getting a great work out.

Parental Participation is required

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

Site	Days	Times
D*	Tuesday   Spring 1	10:00–10:30 am
D*	Tuesday   Spring 1	12:30–1:00 pm
W	Thursday	10:30–11:00 am

\*Spring 1 Only

### Little Seedlings | Ages 2-5 | Spring 2 Only

The sun is shining and so should you! Join us on our community farm, planting seedlings for harvest.

Activities will include digging in the dirt, watering and planting.

**Fees:** Members: \$46.00 General Public \$87.00

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

### Mini Botanists | Ages 2-5 | Spring 2

Start your child off early! Discover the magical world of science! Activities will include experimentation with magnets, senses, slime, color and other messy science fun!

**Fees** Members \$46.00 General Public \$87.00

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

### Move to the Beat | Ages 2.5-5 | Spring 1 & 2

In this class, children will learn the basics of dance with movement and self-awareness. They will interact with other kids, build confidence and balance. Step to the beat and boogie down!

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

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

### Munchkin Soccer | Ages 3-8 | Spring 2 Only

Emphasizes fundamental skills, teamwork, fair play and competition, while having fun playing and learning the sport. Space is limited. Pre-Registration is required. Please call the branch for registration forms.

**Fees** Members \$68.00 General Public \$90.00

Site	Days	Times
M	Saturday   3-4	9:30–10:30 am
M	Saturday   5-8	10:30–11:30 am
W	Saturday   5-7	10:00–11:00 am
D	Saturday   3-4	10:00–10:30 am
D	Saturday   5-8	11:00 am–12:00 pm

\*Parent/Coach/Volunteer Meeting | Wareham | Mon, Apr. 11 at 6:30 pm

### Preschool | Playgroup | Ages up to 5 | Spring 1 & 2

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

**Members Free** General Public \$3/child or \$5/2+ children

Site	Days	Times
FR	Wednesday	10:30–11:15 am
NB	Wednesday	10:00–12:00 am
W	Friday	10:00–11:00 am

### Squeaky Sneakers | Ages 2.5-5 | Spring 1 & 2

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

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

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

### Sports Mix | Ages 2-5 | Spring 1 & 2

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

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

Site	Days	Times
D	Thursday	10:00–10:30 am
D	Thursday	12:30–1:00 pm
NB	Thursday	12:00–12:45 pm
W	Wednesday	10:00–10:30 am
W	Saturday	10:00–10:30 am

### Sticky Fingers | Ages 2.5-5 | Spring 1 & 2

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.

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

Site	Days	Times
NB	Friday	10:00–10:30 am

### Story Stretchers | Ages 2.5-5 | Spring 1 & 2

Kids will love reading a creative story followed by a hands-on craft project.

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

Site	Days	Times
NB	Wednesday	10:00–10:30 am

### Toddling Around | Ages 2-4 | Spring 1 & 2

Calling all toddlers...It's time to sing, dance and play! Come join us as we explore parachute games, bucket games, sound makers and more.

**Fees**

**Spring 1** Members \$40.00 General Public \$76.00

**Spring 2** Members \$46.00 General Public \$87.00

Site	Days	Times
NB	Monday	10:30–11:00 am



# YOUTH DEVELOPMENT

## Sports & Play Youth

### 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.

#### Fees

<b>Spring 1</b>	<b>Members \$31.00</b>	<b>General Public \$56.00</b>
<b>Spring 2</b>	<b>Members \$35.00</b>	<b>General Public \$60.00</b>
<b>Site</b>	<b>Days</b>	<b>Times</b>
W	Tuesday & Thursday	3:00-5:30 pm

### Ballet - Progressive | Ages 4 - 9

Class will be progressive and will incorporate learned combinations into a dance routine. The focus is on the child's strengths and how he/she learns and develops at different rates.

<b>Spring 1</b>	<b>Members \$54.00</b>	<b>General Public \$98.00</b>
<b>Spring 2</b>	<b>Members \$62.00</b>	<b>General Public \$112.00</b>
<b>Site</b>	<b>Days</b>	<b>Times</b>
W	Saturday	11:00-11:30 am

### Baseball Skills & Drills | Ages 8-12 | Spring 1 & 2

Everything from pitching to hitting will be covered in this program. Learn the essentials of baseball. Please bring your own glove.

#### Fees

<b>Spring 1</b>	<b>Members \$40.00</b>	<b>General Public \$76.00</b>
<b>Spring 2</b>	<b>Members \$46.00</b>	<b>General Public \$87.00</b>
<b>Site</b>	<b>Days</b>	<b>Times</b>
NB	Thursday	6:00-7:00 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.

**Fee: \$3 per child/per hour | a card for \$20/10 hrs.**

<b>Site</b>	<b>Days</b>	<b>Times</b>
FR	Monday-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	Monday, Wednesday, Friday	8:30 am-12:30 pm
W	Monday-Friday	4:00-8:00 pm
W	Tuesday, Thursday, Saturday	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.

#### Fees

<b>Spring 1</b>	<b>Members \$49.00</b>	<b>General Public \$86.00</b>
<b>Spring 2</b>	<b>Members \$56.00</b>	<b>General Public \$97.00</b>

### Chipmunk | Ages 6-10

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

<b>Site</b>	<b>Days</b>	<b>Times</b>
NB	Tuesday	5:00-6:00 pm
W	Tuesday	5:30-6:30 pm
W	Thursday	5:30-6:30 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.

<b>Site</b>	<b>Days</b>	<b>Times</b>
NB	Thursday	7:00-8:00 pm
W	Wednesday	5:30-6:30 pm

### Flying Squirrel | Ages 12+

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

<b>Site</b>	<b>Days</b>	<b>Times</b>
NB	Thursday	7:00-8:00 pm
W	Monday	5:30-6:30 pm

### Fall River Basketball Program | Ages 6-9

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

#### Fees

<b>Spring 1</b>	<b>Members \$48.00</b>	<b>General Public \$86.00</b>
<b>Spring 2</b>	<b>Members \$54.00</b>	<b>General Public \$97.00</b>
<b>Site</b>	<b>Days</b>	<b>Times</b>
FR	Saturday	11-12 pm

### Fit Kids | Spring 1 & 2

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.

#### Fees

<b>Spring 1</b>	<b>Members \$48.00</b>	<b>General Public \$86.00</b>
<b>Spring 2</b>	<b>Members \$54.00</b>	<b>General Public \$97.00</b>
<b>Site</b>	<b>Days   Ages</b>	<b>Times</b>
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

### Home School Gym & Swim | Ages 7-12

Use the gym for games and calisthenics, attend a training session in the wellness center, then a session in our pool.

#### Fees

<b>Spring 1</b>	<b>Members \$55.00</b>	<b>General Public \$76.00</b>
<b>Spring 2</b>	<b>Members \$63.00</b>	<b>General Public \$87.00</b>
<b>Site</b>	<b>Days</b>	<b>Times</b>
FR	Please call for days and times.	
W	Thursday	10:00 am-12:00 pm

### Kid's Night Out | Ages 6-12

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

**Fees Members \$10 General Public \$12**

<b>Site</b>	<b>Days</b>	<b>Times</b>
D	2/4 3/4 4/15 5/20	6:00-9:00 pm
M	3/11 3/25 4/8 4/29 5/13	6:15-9:15 pm

### Kid's Night Out in Fall River | Ages 6-12

Have your children join us for a night of friendship, fun, activity and food

**Fees Members and General Public \$5**

<b>Site</b>	<b>Days</b>	<b>Times</b>
FR	3/19 5/20	5:00-8:00 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.

**Fees | Spring 1**

**1/2 hour | Members \$56 General Public \$88**

**1 hour | Members \$92 General Public \$132**

**Fees | Spring 2**

**1/2 hour | Members \$64.00 General Public \$101.00**

**1 hour | Members \$105.00 General Public \$152.00**

<b>Site</b>	<b>Days</b>	<b>Times</b>
D	Wednesday   4-6 and Saturday	6:00-6:30 pm 10:00-10:30 am
D	Wednesday   7-12 and Saturday	6:30-7:30 pm 9:00-10:00 am
M	Tuesday & Friday   4-6	6:00-6:30 pm
M	Tuesday & Friday   7-12	6:30-7:30 pm
W	Thursday   4-6 and Saturday	6:00-6:30 pm 11:30-12:00 pm
W	Thursday   7-12 and Saturday	6:30-7:30 pm 12:00-1:00 pm

### Karate Tan Soo Do | Youth & Adult

Develop physical fitness, mental discipline, and fighting techniques. The minimum age is 6 years old.

**Uniforms purchased separately.**

#### Fees

**Spring 1 | Members \$96.00 General Public \$128.00**

**Spring 2 | Members \$110.00 General Public \$147.00**

<b>Site</b>	<b>Days   Ages</b>	<b>Times</b>
NB	Tuesday & Friday   Ages 6+	6:15-7:15 pm



# YOUTH DEVELOPMENT

## Sports & Play Youth



### Kung Fu Gymnastics

This popular class will excite and challenge your child. Students will learn to combine Kung Fu, Karate, Ju-Jitsu and gymnastics during drills, forms, self defense, role playing, and dance. Flexibility, strength, confidence, leadership, and self-esteem will be enhanced through a safe and positive class environment. Uniforms are an additional fee.

#### Fees

**Spring 1 | Members \$49.00 General Public \$77.00**  
**Spring 2 | Members \$56.00 General Public \$88.00**

Site	Days   Ages	Times
W	Sunday   Advanced	10:15-11:15 am
W	Sunday   5-7   Beg	11:15 am-12:15 pm
W	Sunday   5-7   Inter	12:15-1:15 pm
W	Sunday   7-10   All	1:15-2:15 pm
W	Tuesday   5-7   All	5:45-6:30 pm
W	Tuesday   7-10   All	6:30-7:30 pm
W	Wednesday   4-6   Beg	4:15-5:00 pm
W	Wednesday   Advanced	5:00-6:00 pm
W	Wednesday   9-14   All	6:00-7:00 pm

### Performance Conditioning | Ages 10-16

This program will improve your performance on the field, the court, and in the rink. A Certified Strength & Conditioning Specialist will guide participants through an hour long workout that will focus on enhancing strength, speed, agility, explosiveness/power, and flexibility. All athletes will be tested at the start and end of the session to assess their improvement. No matter your sport, we will make you better!

#### Fees

**Spring 1 | Members \$55.00 General Public \$98.00**  
**Spring 2 | Members \$63.00 General Public \$112.00**

Site	Days   Ages	Times
W	Tuesday   10-13	4:00-5:00 pm
W	Tuesday   14-16	5:00-6:00 pm
W	Thursday   10-13	4:00-5:00 pm
W	Thursday   14-16	5:00-6:00 pm

### Primetime! | Ages 8-14

Join us for a variety of supervised activities.  
 Monday & Friday | Gym games and free swim  
 Tuesday & Thursday | Arts & Crafts and rock climbing  
 Wednesday | Workout Day

**Fees Members Free General Public Guest Pass Fee**

Site	Days	Times
NB	Monday-Friday	5:30-8:30 pm

### Quickstart Tennis | Ages 7-10

Learn to play tennis the fast, easy, and fun way! Within the first hour of stepping onto the court, your child will actually be playing the game. Players will use smaller racquets and larger foam balls, making it easier to play the game. Filled with drills, and mini-games, your child quickly develops a love for tennis

#### Fees

**Spring 1 | Members \$68.00 General Public \$90.00**  
**Spring 2 | Members \$78.00 General Public \$103.00**

Site	Days	Times
W	Saturday	10:30-11:15 am

### Soccer Skills & Drills | Ages 7-12

Come and practice your soccer skills in this exciting soccer class. This class is tailored to accommodate beginners and experienced players alike. Games and drills will emphasize rules and teamwork.

#### Fees

**Spring 1 | Members \$48.00 General Public \$86.00**  
**Spring 2 | Members \$54.00 General Public \$97.00**

Site	Days	Times
W	Monday	6:30-7:30 pm
NB	Monday	6:30-7:30 pm

### Sports Mix | Ages 5-12

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

#### Fees

**Spring 1 | Members \$46.00 General Public \$77.00**  
**Spring 2 | Members \$53.00 General Public \$88.00**

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

**Fee \*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

### 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.

#### Fees

**Spring 1 | Members \$80.00 General Public \$160.00**  
**Spring 2 | Members \$92.00 General Public \$183.00**

Site	Days	Times
NB	Monday & Wednesday	4:00 - 5:00 pm

### T-Ball | Ages 5-7 | Spring 2

Great for building and improving skills, this league will focus on player development through drills and t-ball games. Players will be split into teams. Practices and games will be on Saturday and times will vary depending on the game schedule. Fee includes a t-shirt.

**Fees Members \$61.00 General Public \$104.00**

Site	Days	Times
W	Saturday	12:00-2:00 pm

### YuGi Oh League | All Ages

Players will register their cards each week and have them checked by a referee. They'll exchange during play by following guidelines, preventing them from losing their cards.

**Fees Members FREE General Public \$3**

Site	Days	Times
NB	Monday	6:15-8:00 pm



# YOUTH DEVELOPMENT

## Sports & Play Youth | Dartmouth\*

### Air Cannon Enrichment Program

#### Ages 6-12 | Spring 1

Engineering at its best! This enrichment program will take participants on a discovery of mathematics and air trajectory. Help us launch our next surprise.

**Fees 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

### A Seed to Plant Enrichment Program

#### Ages 6-12 | Spring 2

This enrichment program will introduce the basics of where our food comes from. Students will experiment hands-on with seeds, dirt, and earthworms.

**Fees Members \$54.00 General Public \$97.00**

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

### Basketball Skills & Drills Enrichment Program

#### Ages 6-12 | Spring 1

This enrichment program emphasizes fundamental skills, teamwork, fair play and competition while learning the sport.

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

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

### Field Hockey Enrichment Program

#### Ages 6-12 | Spring 2

This enrichment program emphasizes fundamental field hockey skills, teamwork, fair play and competition while having fun playing and learning the sport.

**Fees Members \$54.00 General Public \$97.00**

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

### Flag Football Enrichment Program

#### Ages 6-12 | Spring 1

This program emphasizes fundamental skills, teamwork, fair play and competition while learning the sport.

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

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

### Floor Hockey Enrichment Program

#### Grade K | Spring 1

Learn the fundamental skills of floor hockey along with fun filled floor hockey games.

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

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

### Golf Enrichment Program

#### Ages 6-12 | Spring 2

Learn a new skill! Join us through this exploratory golf program designed to deliver new skills to participants through driving, chipping, and putting.

**Fees Members \$54.00 General Public \$97.00**

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

### Hammers, Nails and Glue Enrichment Program

#### Ages 6-12 | Spring 1

In this enrichment program participants will discover the fun projects that involve using wood, hammers, nails, and glue. They will build your creations to take home to share.

**Fees 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

### Indoor Field Hockey Enrichment Program

#### Ages 6-12 | Spring 1

This enrichment program emphasizes fundamental field hockey skills, teamwork, fair play and competition while having fun playing and learning the sport.

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

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

### Learn Spanish with Us Enrichment Program

#### Ages 6-12 | Spring 2

Ready to try something new! Join us as we learn basic Spanish through guided instructions, games, and activities.

**Fees Members \$54.00 General Public \$97.00**

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

### Little Kickers Enrichment Program

#### Grade K | Spring 2

Learn basic soccer skills while getting a great workout.

**Fees Members \$54.00 General Public \$97.00**

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

### Sport Stacking Enrichment Program

#### Ages 6-12 | Spring 1

Do you have what it takes? Stack with the best and the fastest! Learn how to stack cups fast while having fun.

**Fees 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

### Squish, Squibble, Squirt Enrichment Program

#### Grade K | Spring 1

This enrichment program is all about making a mess! Join us as we explore paint, glue, and clay through art discovery.

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

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

### Tee-Ball Enrichment Program

#### Grade K | Spring 2

This program emphasizes fundamental skills, teamwork, fair play and competition while having fun and learning the sport.

**Fees Members \$54.00 General Public \$97.00**

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

\*PLEASE NOTE TO REGISTER - STUDENTS MUST BE ENROLLED IN DARTMOUTH PUBLIC SCHOOLS

# YOUTH DEVELOPMENT

## Sports & Play Youth

### Track & Field Enrichment Program

Ages 6-12 | Spring 2

Compete with the best! This program emphasizes fundamental skills in various track & field events including discus, javelin, long jump, and hurdles.

**Fees** Members \$54.00 General Public \$97.00

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

### Ultimate Frisbee Enrichment Program

Ages 6-12 | Spring 2

Join us for high flying Frisbee fun. This enrichment program challenges the competitive spirit while encouraging fun play.

**Fees** Members \$54.00 General Public \$97.00

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

### Up, Up and Away Enrichment Program

Ages 6-12 | Spring 1

Got a lot of hot air! Learn the science behind hot air balloon design and construction.

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

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

**\*PLEASE NOTE TO REGISTER STUDENTS MUST BE ENROLLED IN DARTMOUTH PUBLIC SCHOOLS**



## FEBRUARY AND APRIL SCHOOL VACATION ENHANCED FIELD TRIP PROGRAM

Your child will take a different trip each day that will open their mind to new experiences.

**FEBRUARY SCHOOL VACATION WEEK**  
MONDAY-FRIDAY | FEBRUARY 21-25  
9:00 AM-4:00 PM

\$40.00 per day  
Extended care available if needed.  
Save \$10.00 when registering for all five days before **February 14, 2011**.

**APRIL SCHOOL VACATION WEEK**  
MONDAY - FRIDAY | APRIL 18-22  
9:00 AM- 4:00 PM

\$40.00 per day  
Extended care available if needed.  
Save \$10.00 when registering for all five days before **April 11, 2011**

For more information and the Field Trip Activity Schedule please contact your local Y branch.

**Dartmouth YMCA**  
Brittany Lestage  
508.993.3361  
blestage@ymcasouthcoast.org

**Mattapoisett YMCA**  
Tricia Weaver  
508.758.4203 x105  
tweaver@ymcasouthcoast.org

# YOUTH DEVELOPMENT

## Summer Camps

At YMCA SOUTHCOAST, we believe camping is about having fun and developing skills while offering opportunities that allow children to grow to their fullest potential. We develop character at camp by teaching and demonstrating our core values of honesty, respect, caring and responsibility to our campers. Our five summer day camps provide your child multiple opportunities to learn new skills, develop confidence and character, and make life-long friends.

### Camp Frederick Douglass New Bedford YMCA

Contact Maxine Hebert  
mhebert@ymcasouthcoast.org  
508.997.0735 x46

### Camp Metacomet Dartmouth YMCA

Contact Brittany Lestage  
blestage@ymcasouthcoast.org  
508.993.3361 x12

### “Y” Quequechan Fall River YMCA

Contact Robin Levesque  
rlevesque@ymcasouthcoast.org  
508.675.7841 x29

### Camp Massasoit Mattapoisett YMCA

Contact Heather Morrison  
hmorrison@ymcasouthcoast.org  
508.758.4203 x104

### Camp Nep-In-Nae Gleason Family YMCA

Contact Donna Maynard  
dmaynard@ymcasouthcoast.org  
508.295.9622 x31

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## Financial Assistance

If economic or other family circumstances prevent your child from participating in our camp, please fill out a YCares Financial Assistance application and return it to the camp of your choice.

- All requests are confidential.
- All required documentation must accompany request.
- A \$25 deposit per child is required at the time of registration.
- YMCA Southcoast welcomes all recipients of state vouchers and subsidy programs.
- Due to the number of campers who receive YCares financial assistance, we are only able to provide each child with up to two weeks of camp.

## Multi-Child Discount Program

Available at Camp Metacomet, Massasoit & Nep-In-Nae  
This program is designed for families with two or more children who attend two or more sessions. We thank you for your family's commitment to our camps and want to pass the savings on to you.

2nd Child	Deduct \$15 off per session after first registered session
3rd Child	Deduct \$20 off per session after first registered session
4 or more Children	Deduct \$25 off per session after first registered session

Families who receive financial aid or other subsidized funds are not eligible for the multi-child discount.

## Auto Grant

This optional financial assistance is made available through YMCA Southcoast's Annual Scholarship Fund and is intended for non-subsidized families in need with one child. Deduct \$10 for one-week sessions and \$5 for half day Scamper Camp.

## Camp Payment Options

Monthly payment plans are encouraged. Set your plan as early as January 2011 to allow for lower monthly payments. If the monthly or biweekly plans don't meet your needs, we will work with you to arrange a plan that does.

## Accreditation & Licensing

YMCA Southcoast day camps operate according to standards set forth by the American Camp Association (ACA). In addition, each camp complies with regulations of the Massachusetts Department of Health or EEC and local boards of health. The ACA believes "Camp gives kids a World of Good" because camp is a building block to the successful development of young people."

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YMCA Southcoast summer day camps must comply with the Regulations of the Massachusetts Department of Public Health and be licensed by local Boards of Health. Information on 105 CMR 430.000 can be obtained by calling 617.983.6761.

# 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
Wednesday	10:00 am
Saturday	9:15 am
Sunday	10:15 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
Tuesday	10:00 am
Friday	10:30 am
Saturday	9:45 am
Sunday	10:45 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	9:45 am



Wareham	Start times
Monday	9:30 am 5:45 pm*
Tuesday	9:30 am 5:30 pm
Wednesday	9:00 am
Thursday	11:00 am 4:45 pm
Saturday	10:15 am 11:15 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 4:30 pm 6:00 pm
Tuesday	10:00 am 10:30 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	9:45 am 11:00 am 11:30 am

\*SPRING 2 ONLY

### Pike | Age: 3–5 years Continued...

Wareham	Start times
Monday	9:00 am 10:00 am 11:00 am 3:15 pm 4:30 pm 5:45 pm*
Tuesday	9:00 am 10:30 am 2:00 pm 3:00 pm 5:00 pm, 5:30 pm
Wednesday	9:30 am 11:30 am 3:15 pm 5:15 pm
Thursday	9:00 am 10:30 am 3:00 pm 4:45 pm 6:00 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 1:15 am

### 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	Start times
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

New Bedford	Start times
Monday	10:00 am 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	9:45 am 11:00 am



Wareham	Start times
Monday	10:00 am 11:00 am 3:15 pm 5:45 pm *
Tuesday	10:00 am 11:00 pm 2:30 pm 5:00 pm 5:30 pm
Wednesday	10:30 am 3:15 pm 5:15 pm
Thursday	9:30 am 3:30 pm 4:45 pm 6:00 pm*
Friday	9:30 am 3:15 pm
Saturday	9:15 am 10:15 am 11:15 am
Sunday	10:15 am 11:15 am

# YOUTH DEVELOPMENT

## Preschool Swim

### Ray | Ages 3-5

Ratio of students per instructor 6:1. Intermediate level. Children should be able to swim independently on their front and backs for 15 yards.

#### Fall River

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

#### New Bedford

	Start times
Monday	10:30 am 4:30 pm
Tuesday	9:00 am 3:15 pm
Wednesday	10:00 am 4:30 pm
Thursday	9:00 am 4:30 pm
Friday	6:00 pm
Saturday	9:45 am 11:00 am

#### Wareham

	Start times
Monday	10:30 am 3:15 pm 4:30 pm
Tuesday	9:30 am 1:30 pm 5:00 pm
Wednesday	10:00 am 3:15 pm 5:15 pm
Thursday	11:00 am 3:30 pm 6:00 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

	Start times
Thursday	5:30 pm

#### New Bedford

	Start times
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	11:00 am

#### Wareham

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



### February & April Vacation Swim Lessons

One-week swim lesson program for all swimming abilities. This program is designed to introduce children to swimming or to strengthen the skills of swimmers. This program runs for five consecutive days during the school vacation weeks.

February 21-25 and April 18-22

**Fees | \$25 for 5 days**

The **Beginner Level** is perfect for children who have never taken lessons or children who are not yet swimming independently.

The **Advanced Level** is for children who are comfortable getting their face wet and swim alone for five or more feet.

#### Gleason Family

##### Beginner Ages 3-5

9:30-10:00 am
10:30-11:00 am
11:30 am-12:30 pm
3:30-4:00 pm
4:00-4:30 pm
4:30-5:00 pm
5:00-5:30 pm

##### Advanced 4-5

9:00-9:30 am
10:00-10:30 am
11:00-11:30 am
3:30-4:00 pm
4:00-4:30 pm
4:30-5:00 pm

#### Fall River

##### Beginner Ages 3-5

9:00-9:30 am
9:30-10:00 am
10:00-10:30 am
10:30-11:00 am
11:30-12:00 pm
4:00-4:30 pm
4:30-5:00 pm
5:00-5:30 pm

##### Advanced 3-5

10:30-11:00 am
11:30-11:30 am
5:30-6:00 pm

#### New Bedford

##### Beginner Ages 3-5

10:00-10:30 am
10:30-11:00 am
11:00-11:30 am
11:30-12:00 pm
4:00-4:30 pm
4:30-5:00 pm
5:00-5:30 pm
6:00-6:30 pm
6:30-7:00 pm

##### Advanced 3-5

10:00-10:30 am
10:30-11:00 am
11:30-12:00 pm
4:00-4:30 pm
4:30-5:00 pm
5:30-6:00 pm
6:00-6:30 pm

### Preschool Rates

All Classes are 30 minutes

	Spring 1	Spring 2
Member	\$40	\$46
General Public	\$76	\$87

\*SPRING 2 ONLY

**For more information please call your local branch.**

# 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 10:15 am 11:30 am



#### Wareham

Monday	3:45 pm
Tuesday	3:30 pm 6:00 pm*
Wednesday	3:45 pm
Thursday	4:00 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 I 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
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 10:15 am 11:30 am

#### Wareham

Monday	3:45 pm
Tuesday	3:30 pm 6:00 pm*
Wednesday	3:45 pm
Thursday	4:00 pm
Friday	3:45 pm 5:15 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

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

#### Start times

#### 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 10:15 am 11:30 am

#### Wareham

Monday	3:45 pm
Tuesday	4:15 pm
Wednesday	3:45 pm
Thursday	5:15 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 already completed Guppy and have started swimming crawl stroke with rotary breathing. They should be able to complete 25 yards without stopping.

#### Fall River

Monday	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

#### Start times

#### 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 10:15 am 11:30 am

#### Wareham

Monday	5:00 pm
Tuesday	4:15 pm
Wednesday	4:30 pm
Thursday	5:15 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 25 yards of both crawl stroke with rotary breathing and backstroke.

#### Fall River

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

#### Start times



#### 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	9:00 am 11:30 am

#### Wareham

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

### Fish

Ratio of students per instructor 8:1

Students should be able to swim crawl stroke, backstroke, elementary backstroke, and breast stroke legs for at least 25 yards.

#### Fall River

Tuesday	6:30 pm
Wednesday	6:45 pm
Saturday	10:30 am

#### Start times



#### 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	9:00 am 11:30 am

#### Wareham

Monday	4:15 pm
Tuesday	4:45 pm
Wednesday	4:30 pm 6:00 pm*
Friday	4:30 pm
Saturday	9:45 am

\*SPRING 2 ONLY

# YOUTH DEVELOPMENT

## Youth Swim

### 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

Wednesday 6:45 pm  
Thursday 6:30 pm  
Saturday 11:15 am

### Start times

### New Bedford

Tuesday 5:45 pm  
Thursday 3:45 pm  
Saturday 10:15 am



### Wareham

Monday 5:00 pm  
Wednesday 6:00 pm\*  
Thursday 5:15 pm  
Friday 4:30 pm  
Saturday 10:30 am

### Shark

Students continue to improve their strokes and should be able to complete 50 yards of each stroke continuously.

### Fall River

Thursday 6:30 pm  
Saturday 11:15 am

### Start times

### New Bedford

Tuesday 5:45 pm  
Thursday 3:45 pm  
Saturday 10:15 am

### Wareham

Thursday 5:15 pm  
Friday 4:30 pm  
Saturday 10:30 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 | Jane Machado

508.675.7841 x19

### New Bedford | George Morrison

508.997.0734 x22

### Wareham | Ron Sutherland

508.295.9622 x27

### 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

Tuesday 7:00 pm  
Thursday 7:00 pm  
Friday 3:45 pm

### Start times

### Wareham

Wednesday 6:00 pm\*  
Friday 5:15 pm

### Swimming for the Terrified Wareham

Monday 11:30 am  
Tuesday 11:00 am  
Saturday 12:00 pm

## Youth Rates

All Classes are 45 minutes

	Spring 1	Spring 2
Member	\$48	\$54
General Public	\$86	\$97

## SPRING SWIM TEAM

The Spring Swim Team is a non-competitive co-ed swim program for ages 5-18. Unlike the Fall Swim Team program, swimmers do not need to be a member of the Y. The objective of this program is to focus on competitive skills and improve technique. The Spring Swim Team will not compete with other teams; however, if time permits we will have a scrimmage.  
Fees Members \$125.00 General Public \$150.00

### NEW BEDFORD YMCA | Ages 5-18

#### Practice times

Monday, Wednesday, Friday 4:30-6:30 pm

Please call Tara Pacheco at 508.997.0734 x24 for additional information.

### FALL RIVER YMCA | Ages 5-18

#### Practice times

Monday, Wednesday, Friday 4:00-6:00 pm

Please call Jane Machado at 508.675.7841 x19 for additional information.

## February & April Vacation Swim Lessons

One-week swim lesson program for all swimming abilities. This program is designed to introduce children to swimming or to strengthen the skills of swimmers. This program runs for five consecutive days during the school vacation week.

February 21-25 and April 18-22

Fees | \$25 for 5 days

The **Beginner Level** is perfect for children with limited or no swimming ability.

The **Advanced Level** is for children who have already developed some proficiency in swimming and are looking to further develop their skills.

### Gleason Family

#### Beginner Ages 6+

9:30-10:00 am  
10:30-11:00 am  
11:30 am-12:00 pm  
3:30-4:00 pm  
4:30-5:00 pm  
5:00-5:30 pm

#### Advanced 6+

9:00-9:30 am  
10:00-10:30 am  
11:00-11:30 am  
4:00-4:30 pm  
5:00-5:30 pm

### Fall River

#### Beginner Ages 6+

10:00-10:30 am  
11:00-11:30 am  
4:00-4:30 pm  
5:00-5:30 pm

#### Advanced 6+

11:30 am-12:00 pm  
4:30-5:00 pm  
5:30-6:00 pm

### New Bedford

#### Beginner Ages 6+

10:00-10:30 am  
10:30-11:00 am  
11:00-11:30 am  
11:30-12:00 pm  
4:00-4:30 pm  
5:00-5:30 pm  
6:00-6:30 pm  
6:30-7:00 pm

#### Advanced 6+

9:00-9:30 am  
9:30-10:00 am  
11:00-11:30 am  
4:30-5:00 pm  
5:00-5:30 pm  
5:30-6:00 pm  
6:00-6:30 pm

\*SPRING 2 ONLY

# 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.

#### Fees

Spring 1 | Members \$48.00 General Public \$86.00  
Spring 2 | Members \$54.00 General Public \$97.00

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

**New Bedford**  
Monday                      7:15 pm

**Wareham**  
Tuesday                      12:00 pm  
Thursday                      6:00 pm  
Saturday                      11:45 am  
Sunday                      11:45 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.

#### Fees

Spring 1 | Members \$48.00 General Public \$86.00  
Spring 2 | Members \$54.00 General Public \$97.00

**New Bedford**                      **Start times**  
Wednesday                      11:00 am 7:15 pm

**Wareham**  
Thursday                      6:45 pm  
Saturday                      11:45 am

### Lifeguarding

Must be 16 years old. Please call your local Y for more information.

**Fees Members \$300 General Public \$350**

**Fall River**  
Tuesday & Thursday                      Time TBA

**New Bedford**  
Tuesday & Thursday                      6:00 pm

**Wareham**  
February 21-25                      9:00 am-5:00 pm  
April 18-22                      9:00 am-5:00 pm

### Water Aerobics

All classes take place in the shallow end of the pool. No swimming skills are required.

**Fees Members Free General Public \$7/class  
Seniors \$5/class**

**Fall River | 45 min. class**                      **Start times**  
Monday, Wednesday, Friday                      9:00 am 11:00 am  
Tuesday                      9:00 am 6:00 pm  
Thursday                      6:00 pm

**New Bedford | 45 min. class**  
Monday, Wednesday, Friday                      8:00 am 9:00 am  
Tuesday & Thursday                      9:00 am

**Wareham | 60 min. class**  
Monday-Friday                      8:00 am  
Monday Wednesday Friday                      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!

**Fees Members Free General Public \$7/class  
Seniors \$5/class**

**New Bedford**  
Monday, Wednesday, Friday                      9:45-11:00 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.

**Fees Members Free General Public \$7/class  
Seniors \$5/class**

**Site**                      **Days**                      **Times**  
W                      Tuesday & Thursday                      7:30-8:30 pm



### Private & Special Needs Swim Lessons

Thirty minute, one-on-one lessons with an instructor. Available upon request. Please contact the Aquatics Department to set up a time.

**New Bedford**                      508.997.0734 x22  
**Wareham**                      508.295.9622 x27  
**Fall River**                      508.675.7841 x19

### Private or Special Needs

**Fees Members \$35 General Public \$50**

### Semi Private | Two participants

**Fees Members \$50 General Public \$70**

### 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!

**Fees Members Free General Public \$10/family**

**Site**                      **Days**                      **Times**  
W                      Sunday                      12:00-1:00 pm

### Arthritis Aquatic Program

Designed to increase range of motion and endurance for cardiovascular fitness.

**Fees Members Free General Public \$7/class  
Seniors \$5/class**

### New Bedford

Monday, Wednesday, Friday                      11:00 am – 12:00 pm

### CPR, AED, and O2 Re-Certification

All trained Lifeguards need to recertify in all the above courses once every year.

**Fees Members \$50/each certificate  
General Public \$71/each certificate**

**Site**                      **Days**                      **Times**  
D                      Please call for dates and times  
FR                      Please call for dates and times

### 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.

**Fees Members Free General Public: \$7/class  
Seniors \$5/class**

**Site**                      **Days**                      **Times**  
W                      Tuesday & Thursday                      11:00 am-12:00 pm

# HEALTHY LIVING

## Adult & Family Swim



### YMCA Southcoast Pool Regulations

#### Lap Swim

- Lap lanes do get very crowded. When there are more than two people in a lane, the swimmers must circle swim; swim counter clockwise in each lane or check with lifeguard on duty.
- We ask that all lap swimmers take caution of others in the lane and be courteous during stretching or jogging in that lane.

#### Family Swim

- A Parent or Guardian over age 18 must accompany children under 8 years in the water during family swim.
- A Parent may not sit on the pool deck instead of being in the pool.
- Only two children under the age of 6 are allowed per one adult, four children maximum per adult.
- All children must pass the deep water swim test before they will be allowed to swim in the deep end. Swim 50 yards front crawl, tread water for 30 seconds, and back float for 30 seconds.
- Parents must stay within arms reach of children under the age of 5.
- We have flotation devices available. We do not allow water wings/blow up arm floats. Please see lifeguard for flotation devices.

#### Shallow Water Swim Test

- Be able to stand with their head above water in all points of the shallow end.  
**OR**
- Successfully swim two laps of the shallow end and be able to navigate from a horizontal to vertical position while in the water. All other swimmers must be accompanied by an adult over the age of 18 who has successfully tested for that area of the pool.

#### Open Swim

All swimmers under the age of 18 must be swim-tested to swim without a parent and children under the age of 10 must have an adult in the pool area with them. Children under 8 years must be accompanied in the pool by an adult.

#### Deep Water Swim Test

- Successfully swim 50 continuous yards of front crawl stroke with arms clearing the water
- Tread water for 30 seconds
- Must be able to navigate from a horizontal to vertical position

# HEALTHY LIVING

## Health & Well-Being

### Adult Kenpo | 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.

#### Fees

**Spring 1 Members \$93.00 General Public \$128.00**

**Spring 2 Members \$106.00 General Public \$146.00**

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

### Art of Meditation

Art of Meditation will enhance your spiritual awareness and allow you to de-stress, "Improve your spirit, mind & body."

#### Fees

**Spring 1 Members \$70.00 General Public \$90.00**

**Spring 2 Members \$80.00 General Public \$103.00**

Site	Days	Times
W	Wednesday	7:00-8:00 pm

### Ballroom Dancing | Spring 1

Professional dance instructor, John Peters began his dancing career in 1978 and was crowned "the Hustle Champion" in 1979. He is a trained and dedicated instructor in the art of ballroom, Latin and swing dance. Come have fun, burn calories and learn a new dance.

Couples only.

#### Fees

**Member Couple \$100.00 Gen. Public Couple \$120.00**

Site	Days	Times
FR	Tuesday	6:45-7:45 pm

### 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.

**Fees Members Free General Public \$25.00**

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

### 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.

**Fee 1/2 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 x30.	

### 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 beginning 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.

#### Fees

**Spring 1 Members \$40.00 General Public \$80.00**

**Spring 2 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 through vigorous workouts, helping you attain your slimming goals. You will experience numerous healthy benefits!

**Fees Beginner Advanced**

**Members | Spring 1 \$59.00 \$27.00**

**General Public | Spring 1 \$98.00 \$43.00**

**Members | Spring 2 \$67.00 \$31.00**

**General Public | Spring 2 \$112.00 \$49.00**

Site	Days	Times
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.

#### Fees

**Members Free | General Public \$7/class | Seniors \$5/class**

**Visit our website or inquire at the Welcome Center for the current aerobic 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 & ways to control or eliminate it

**Fees Members \$80 | 2 hour initial consultation \$25 | half 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 details call Lu Brito at 508.295.9622

**Fees Members Free General Public \$5.00**

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

### Indoor Cycling

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

#### Fees

**Members Free | General Public \$25/card | Seniors \$7/class**

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.

**Fees Members \$60.00 General Public \$75.00**

Site	Days	Times
NB	Sunday	2:30 pm

### Karate Tan Soo Do | Youth & Adult

Develop physical fitness, mental discipline, and fighting techniques. The minimum age is 6 years old. Uniforms purchased separately.

#### Fees

**Spring 1 Members \$96.00 General Public \$128.00**

**Spring 2 Members \$110.00 General Public \$147.00**

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

Aerobics schedules are available online at [www.ymcasouthcoast.org](http://www.ymcasouthcoast.org) or at the Y's Welcome Center.

# HEALTHY LIVING

## Health & Well-Being

### Personal Training

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

**Fees 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

### Pick-up Volleyball

Adult 18+ co-ed semi competitive pick up volleyball.

**Fees Members Free General Public \$7.00**

Site	Days	Times
FR	Wednesday	5:30-8:00 pm
W	Friday	6:00-8:00 pm

### 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.

#### Fees

**Spring 1 | Members Free General Public \$76.00**

**Spring 2 | Members free General Public \$**

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.

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

**General Public \$80/session**

Site	Days	Times
NB	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.

**Fee \*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

**Fees 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

### Walk to Run At the Dartmouth YMCA

Looking to get back in shape? This program is a walk to run program designed for those who are looking to explore their physical potential through walking, running, and ultimately comfort in a 5K road race. Classes meet on average three times per week at multiple locations. Call 508.993.3361 for additional details.

#### Fees

**Spring 1 Members \$60.00 General Public \$75.00**

**Spring 2 Members \$69.00 General Public \$86.00**

### 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.

#### Fees

**Spring 1 | Members \$40.00 General Public \$80.00**

**Spring 2 | 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.

#### Fees

**Spring 1 | Members \$40.00 General Public \$50.00**

**Spring 2 | 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

### Youth Circuit Orientation

The basics of weight training & proper technique.

#### Fees Members Free

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



# SOCIAL RESPONSIBILITY

## Social Services & Volunteerism

### 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 x20.

### 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.

### CHARITY KNITTING

Join us for charity knitting. Yarn will be provided. Please bring size 9 double pointed needles to make hats, size 4 double pointed needles to make socks, or size 10 1/2 24 inch circular needles for vest. All knitting levels are welcome! We can teach you how to knit. Finished pieces will be sent to Warm Woolies to be distributed to orphanages all over the world.

**Fees Free to all members and non members**

Site	Days	Times
D	Monday	1:00-2:00 pm

### 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

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 1 year.

**Fees: Members \$50 General Public \$71**

Site	Days
FR	Call Jane Machado 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

### 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.

### KNITTING @ GLEASON FAMILY YMCA

Bring your knitting, crocheting or other needlework and meet people of similar interests each Wednesday at 1:00 pm. Exchange ideas and share techniques. Instruction is available and novices are welcome. Call Pat Lockhart at 508 295 1128.

### 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.

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

### 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.

#### Site Days

#### 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.

### WEDDINGS

The Mattapoisett YMCA is the perfect setting for wedding receptions. Call the Mattapoisett YMCA at 508.758.4203 or visit the website at [shiningtideswedding.com](http://shiningtideswedding.com)

### YOUTH & GOVERNMENT | GRADES 9-12

Do you have an idea that could change the world? Do you enjoy meeting new people and expressing your ideas? This program allows you to do both. Learn the democratic process through hands-on activities such as researching and drafting legislation, preparing and arguing a court case, and running for office. For more information, visit the MA Youth Government website: <http://www.maymca.org> Program runs from September 2011-March 2012.

#### Program highlights

- Be a legislator, judge, lawyer, press member, or more!
- Pre-Legislative conferences at colleges in Massachusetts
- Model Government Conference in Boston
- Make friends with teenagers from across Massachusetts

### INFO NIGHTS

Contact Rochelle Whalen at 508.993.3361 or [rwhalen@ymcasouthcoast.org](mailto:rwhalen@ymcasouthcoast.org)

Site	Days	Times
NB	Wednesday	6:30-7:30 pm

### VOLUNTEER WITH SHARING THE HARVEST

We are currently seeking volunteers to help us grow healthy fruits and vegetables on our three-acre vegetable farm. With the help of volunteers that food will be distributed by the Hunger Commission; a program of the United Way of New Bedford, to feed our neighbors.

As Sharing the Harvest begins it's sixth season, we've decided to push ourselves yet again, aiming to donate 30,000 pounds of fresh produce to the hunger relief on the Southcoast. To accomplish this feat we need more help from more volunteers than ever and we'd love to have you be one of them!

Over the first five years more than 4,000 volunteers have come to work on the farm; donating more than 8,000 hours of their time. Thanks to those thousands of volunteers, Sharing the Harvest has donated more than 72,000 pounds of fresh produce since 2006. Volunteers visiting the farm can expect to do anything ranging from planting seeds, transplanting seedlings, cultivating plants, harvesting crops or general farm duties.

#### Our volunteer drop-in hours

**Monday, Tuesday, Wednesday and Saturday**

**9:00 am- 1:00 pm**

**Wednesday | 2:00-5:00 pm**

To volunteer please contact our Donna Edberg, our Volunteer Coordinator at 508.993.3361 x13 or [sharingtheharvest@ymcasouthcoast.org](mailto:sharingtheharvest@ymcasouthcoast.org). For general farm questions contact Dan King, Farm Manager at [dking@ymcasouthcoast.org](mailto:dking@ymcasouthcoast.org) or 508.993.3361 x13. Visit our website [ymcasouthcoast.org](http://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.

### 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, or MasterCard.
3. On-line Registration – Register on line for our programs at [www.ymcasouthcoast.org](http://www.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 1st 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.

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