FALL FITNESS & FUN FOR EVERYONE

FALL 2017 PROGRAMS • GLEASON FAMILY YMCA

SESSION DATES: October 30th - December 24th
FALL 2 (8 weeks)

PRESCHOOL SPORTS & PLAY

CHILD WATCH
This service is designed to accommodate children 3 months to 7 years for 1-2 hours while parents use our facility. Call our Welcome Center at 508.997.0734 for details, hours and availability. Guidelines are available in the Child Watch room or at the welcome center.
FREE with family membership or $3 per child/hour or purchase a card for $20/10 hours
Monday, Wednesday, Friday: 8:30am - 12:30pm
Monday - Friday: 4:00pm - 8:00pm
Tuesday, Thursday, Friday: 8:30am - 1:30pm

MIPBASKETBALL Ages 3-5
Basic basketball fundamentals are taught and reinforced, developing team building skills and self-confidence.
Saturday: 10:00am - 10:30am
Members: $48 Program Members: $92

MOM & ME Ages 18 months - 3 years
Our mom and me program is designed to incorporate fun, but structured movement to our young friends joined and assisted by mom, dad, or another responsible adult. The young explorers will delight while climbing, sliding, running, and jumping their way through a 45 min class filled with fun!
Monday: 10:00am - 10:45am
Members: $56 Program Members: $108

TINY TUMBLERS Ages 3-5
Preschool age gymnastics is a program designed to introduce basic body positions, movements, and most importantly fun! During the 45 minute class, the group of children will learn basic tumbling, strength, hand eye coordination, balance, and flexibility. We hope at the end of each class, your child has not only learned some gymnastics, but they have also gained confidence, become more social, and made some friends!

Wednesday: 10:00am - 10:45am
Members: $56.00 Program Members: $92.00

TINY BALLET Ages 3-5
This preschool ballet class will be progressive and incorporate learned combinations into a dance routine. Our focus will be on the fundamentals and development of each dancer in a fun setting.

Sunday: 8:30am-9am
Members: $48 Program Members: $92

GYMNASICS Age 5 and up
Our Levels 1 & 2 recreational gymnastics focuses on instructional gymnastics and the fundamentals necessary to move forward with beginner skills. Strength and flexibility are also a very big part of moving forward with their skills, so a conditioning routine is also introduced to them at this level. Specific progressions necessary for children to excel in a safe, fun, and beneficial way will be followed to turn them into the little gymnasts they hope to be!

Level 1 - Tuesday or Thursday: 4pm
     Saturday: 9am
Level 2 - Tuesday or Thursday: 5pm
     Sunday: 10am
Level 3 - Tuesday: 6pm
     Sunday: 11am
Adult - Thursday: 6pm

Members: $80 Program Members: $160

YOUTH PROGRAMS

TINY KICKERS Ages 3-5
Learn the fundamentals of soccer during team practice and then scrimmage another team. This league puts an emphasis on participation, teamwork and sportsmanship!
Saturday: 9:00am - 9:30am

LITTLE BALLET Ages 6-12
This youth ballet class will be progressive; incorporating learned combinations into a dance routine. The focus will be on the fundamentals and development of each dancer in a fun setting.
Sunday: 9:00am - 9:45am
Members: $56 Program Members: $108

CLIMBING LESSONS
Please call for evaluation for level placement

MEGA MOUSE (Level 1)
This beginning level helps new climbers learn the basics of the rock wall.
Monday: 5:30pm - 6:30pm

MONKEY (Level 2)
This level will introduce more complex movements. Must pass level 1 to participate.
Tuesday: 5:30pm - 6:30pm

SPIDERMAN (Level 3)
At this level climbers will assay more difficult routes requiring complex techniques. Must pass level 2 to participate.
Wednesday: 5:30pm - 6:30pm
Members: $56 Program Members: $108

Register for classes and view schedules online at ymcasouthcoast.org
SESSION DATES: October 30th – December 24th

YOUTH PROGRAMS [continued]

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

½ Hour Class
Members: $93 Program Members: $133

1 Hour Class
Members: $118 Program Members: $173

Ages 4-6
Thurs 6:00pm-6:30pm & Sat 11:30am-12:00pm

Ages 7-12
Thurs 6:30pm-7:30pm & Sat 12:00pm-1:00pm

YOUTH BASKETBALL LEAGUE
Participants will join a team and build relationships with other players and coaches while putting their basketball skills into action on the court for a competitive team experience.

13 Week Session begins September 16th
1 Week Clinic & 12 Week Season *Skipping 11/11 (Veteran’s Day)*

Rookies: Age 5-8
Game: Saturday 11am - 12pm
Practice: Wednesday 6pm - 7pm

Members: $60 Program Members: $96

Baller: Ages 9-12
Game: Saturday 12pm - 1pm
Practice: Wednesday 7pm - 8pm

Members: $100 Program Members: $140

Optional team practice Wednesday nights

YOUTH STRENGTH & CONDITIONING
Age 10-17
Learn the basics of strength & conditioning with support from a coach. Participants will mostly focus on body weight, agility and resistance based training.

Saturday: 1:30pm – 2:30pm
Members: $56 Program Members: $108

PRIVATE CLIMBING WALL LESSONS
Ages 9+ - perfect for adults or teens.

Take your climbing skills to the next level with one-on-one sessions with a Y professional climbing instructor. Learn valuable skills for climbing outdoors, fine tune your muscles for advanced climbing and push yourself to new heights.

Members: $89 Program Members: $121

Tuesday or Wednesday or Thursday: 6:30-7:30pm

SPORTS MIX • Ages 3-5
Develop a love for sports while encouraging teamwork and good sportsmanship. This non-competitive class is designed to help preschool age children develop coordination and begin to learn the basic concepts of sports to help them to excel on the court or field.

Thursday: 10:00am – 10:30am
Saturday: 9:30am – 10:00am
Members: $48 Program Members: $92

Rentals & Specialties
Available at all six YMCA SOUTHCOST branches

PARTIES
From the climbing wall to the pool, art & crafts to the basketball courts, our Y facilities offer the perfect setting for your party, reunion or event. Please call your local branch for details.

QUITWORKS Stop Smoking Program
FREE Program YMCA Southcoast has partnered with the Greater New Bedford Community Health Center and Southcoast Hospitals Group to help you get connected to this FREE for all Massachusetts residents program offered in collaboration with the MA Department of Public Health and MA Health Plans.

Call 1-800-QUITWORKS (800.784.8850) to start on your way to a tobacco-free life. This is the best thing you can do for yourself!
PERSONAL TRAINING
Achieving your fitness goals can be hard. We’re here to help. Personal Training allows you to work one-on-one with a certified trainer to establish goals & make a plan to succeed.
To get started contact Lu Brito, Wellness Director, 508.295.9622 x130, lbrito@ymcasouthcoast.org
1 session: $45 Members · $80 Program Members
6 pack: $225 Members · $400 Program Members
10 pack: $375 Members · $675 Program Members
20 pack: $750 Members · $1350 Program Members

SMALL GROUP OCTAGON TRAINING
If you are looking for personal training and enjoy working out with your friends then this new training option is for you! To get started contact Lu Brito, Wellness Director, 508.295.9622 x17, lbrito@ymcasouthcoast.org

WELLNESS PROGRAMS

CIRCUIT ORIENTATION
Learn the basics of weight training & proper technique. Times by appointment sign up at the Wellness Center. Members:Free.

GROUP EXERCISE CLASSES
Most group exercise classes are included with your Y membership. Classes may include Cardio Circuit, Tabata, PiYo, Core Express, sculpting, Zumba and Yoga. Visit ymcasouthcoast.org or inquire at the Welcome Center for the class schedule. Members:Free
Program Members: $12/class |Seniors:$8/class

INTRODUCTION TO KOBUDO
The study of martial arts weapons. This is a beginner’s class, no experience necessary. Help develop your mind, body, and balance.
Members: $90 Program Members: $144
Thursday: 7:30pm-8:30pm

MEMBERS ONLY STARTER KIT
Brand new to exercise or struggling to reach your goals? Your Y Membership can help! Y Members receive:
*Free ½ Hour Consultation with a Certified Trainer
*Free Fitness Assessment: Incl. Body Composition Calculation, Postural Assessment, Goal Setting etc.
*Free first session with your Personal Trainer.

ADULT VOLLEYBALL LEAGUE
Set, bump and spike while you compete against others in this weekly league. Starts Nov 22nd.
Members: $65.00 Program Members: $90.00
Tuesday: 6:00-9:00 pm

HEALTHY START BARIATRIC CLASS
For people who have or will have gastric bypass surgery and anyone who needs to lose 50 pounds for health reasons. For more information call Lu Brito 508-295-9622 x17

GET SLIM
Take off the Weight! A certified Personal trainer will coach small groups of participants through vigorous workouts, helping you attain your slimming goals & other health benefits!
Beginners: Members $70 Program Members $128
Advanced: Members $35 Program Members $56
Beginner: Monday & Thursday 10am OR
Tuesday & Wednesday 5pm
Advanced: Thursday 5pm

LIVESTRONG@ at the YMCA
This is a 12 week small group program designed for adult cancer survivors who have become chronically fatigued or de-conditioned from treatment and disease. For more information contact Lu Brito, Wellness Director, 508.295.9622 x17, lbrito@ymcasouthcoast.org
This program offered without cost to the participants.

YMCA DIABETES PREVENTION PROGRAM
This 12 month program helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve overall health and well-being. Participants work together in a small group facilitated by a trained Y lifestyle coach to achieve the program goals of reducing individual weight by 7% and building up to 150 minutes of moderate physical activity per week for the purpose of reducing their risk for developing diabetes. For more information or to register contact Dana Midwood at 508.996.9622 x141 or ymca@ymcasouthcoast.org

To find out if the Y’s Diabetes Prevention Program is covered by your insurance, please call the DPCA Call Center at 800.237.4942

HEALTHY WEIGHT & YOUR CHILD 6-13 yrs
Program focuses on healthy eating, regular physical activity & behavior change to empower children to live a healthier, active lifestyle. Families work with trained Leaders over twenty-five, two-hour sessions. Youth participants must carry excess weight (body mass index of the 95th percentile or higher) and attend ALL sessions with an adult. For more info contact Mary Beth Gamache, 508.997.0734 x130, mgamache@ymcasouthcoast.org

MASSAGE THERAPY
Contact Deb Levesque at 508-965-3974 or Jon Leaver at 508-284-4752 for appointments scheduling and prices

PARKINSON’S RECOVERY WELLNESS TRAINING
Stay stronger together. Research based exercise specifically for Parkinson’s that is neuroplasticity principled, holds promise to slow disease progression, restore motor function, and to increase longevity and quality of life. Participants should be able to walk and stand unassisted.
Individuals with MS are also encouraged to attend. Caregivers welcomed to attend.
Members: Free Program Members & Seniors: $8/class
Monday: 12:00-1:00 pm
# Swim Programs 2017

## Swim Lessons

### Session Dates:
October 30th - December 24th

### Fall 2 (8 weeks)

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>RATES</th>
<th>LENGTH</th>
<th>MON</th>
<th>TUES</th>
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<th>THUR</th>
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<td>6 mos - 36 mos</td>
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<td>Stage B - Water Exploration</td>
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<tr>
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<td>Stage 4 - Stroke Introduction</td>
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<td>Stage 5 - Stroke Development</td>
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<td>Stage 6 - Stroke Mechanics</td>
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### Pay for 1 Group Swim Class at regular price and receive a second Group Swim Class for the same person on another day/time during this session for 50% off!

**Stage A - Water Discovery Parent/Child**
- Ages 6 months - 36 months
- Stage A introduces infants & toddlers to the aquatic environment.

**Stage B - Water Exploration Parent/Child**
- Ages 12 months - 36 months
- In Stage B, parents work with their children to learn fundamental safety & aquatic skills.

**Stage 1 Water Acclimation**
- The foundational level in which students develop comfort with underwater exploration and learn to safely exit the pool.

**Stage 2 Water Movement**
- Students focus on body position and control, directional change, and forward movement in the water.
- Safe exiting reinforced.

**Stage 3 Water Stamina**
- Students learn how to swim longer distances building water safety skills.
- Rhythmic breathing & integrated arm & leg action are introduced.

**Stage 4 Stroke Introduction**
- Students develop stroke technique in front crawl & back crawl and learn the breaststroke & butterfly kicks & continue acquiring water safety skills.

**Stage 5 Stroke Development**
- Students work on stroke technique & learn all major competitive strokes.
- Water safety exploration continues.

**Stage 6 Stroke Mechanics**
- Students refine stroke technique on major competitive strokes, learn competitive swimming & discover how to incorporate swimming into a healthy lifestyle.
Competitive Swim
Ratio of students per instructor 10:1
Swimmers at Youth - Stage 5 or higher who are unable to make the commitment needed for swim team but have the desire to learn more competitive strokes and techniques.

Masters Style Swim Conditioning
Ages 15+
Increase your endurance, strength, speed and stroke effectiveness. Focus will be on drill work to improve current swim abilities and to build your potential as an athlete. Participants must be able to swim 200 consecutive yards of freestyle. Three participants needed for class to run.

Masters Style Swim Conditioning 2
Ages 15+
Increase your endurance, strength, speed and stroke effectiveness. Focus will be on drill work to improve current swim abilities and to build your potential as an athlete. Participants must be able to swim 100 consecutive yards (2 laps) of freestyle to join the program. Three participants needed for class to run.

Adult Beginner Swim · 45 minute class
Class will focus on floating, beginner strokes, stroke technique, jumping in, combination skills, safety and endurance.

Adult Advanced Swim · 45 minute class
Class is designed for those who have successfully mastered the intermediate level, or are proficient in crawl stroke, backstroke, and breaststroke.

Aquatic Exercise Classes
Most aquatic exercise classes are included with your Y membership. Classes may include water aerobics, aqua pump, arthritis, stretch & Flex, Aqua Yoga, Aqua Zumba, etc. Visit our website at ymcasouthcoast.org or the Welcome Center for the class schedule.

Create Your Own Swim Class
Do you have 3-6 children of similar ages and ability? We will arrange a time for their swim lesson together.

Private & Special Needs Lessons
30 minute lessons with a certified instructor. Please note that private lessons are scheduled outside of regular group lesson times.

Family Swim · Special Needs
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.

Swim Testing
Need a swim test conducted for your child to be able to attend sailing school, crew a boat, for a GSA/BSA badge or for Tabor Boy Orientation? Testing is by appointment only. A $5 fee will be assessed for tests exceeding 15 minutes.

Y Lifeguards & Recertification
Designed to train individuals to become certified Y Lifeguards. Training includes CPR-PRO with AED, First Aid, and Oxygen Administration in addition to standard emergency water rescue skills. Full course fee includes manual, fanny pack, O2 mask, whistle and breakaway lanyard. Need minimum of 6 participants for class to run. Call 508.295.9622 x27 for details.

Lifeguarding Fee: $350 per participant
Recertification Fee: $75 per participant

CPR, First Aid & Emergency O2 Administration Certifications
These are ASHI certification classes. The CPR-PRO class includes AED training. For scheduling contact Mel Dyer at 508.295.9622 x27.

Pay for one group swim class at regular price and receive a second group swim class for the same person at another time during this session for 50% off.

Register for classes and view schedules online at ymcasouthcoast.org

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

FALL FITNESS & FUN FOR EVERYONE
SWIM PROGRAMS 2017 • GLEASON FAMILY YMCA

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October 30th – December 24th
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FOR QUESTIONS ABOUT SCHEDULING OR APPOINTMENTS, PLEASE CONTACT THE AQUATICS DEPT. AT (508) 295-9622 X27
MEMBERSHIP RATES

DARTMOUTH • FALL RIVER • MATTAPoisETT • NEW BEDFORD • SWANSEA • WAREHAM

OUR MISSION

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

<table>
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<th>Membership TYPE</th>
<th>MONTHLY EFT</th>
<th>ANNUAL</th>
<th>JOINING FEE</th>
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<td>YOUTH up to the age of 11</td>
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GUEST PASS FEES

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

NO CONTRACTS AND MONEY BACK GUARANTEE

Your membership will continue until you complete a 30-day written termination notice at the Welcome Center desk at your home branch. Did we mention our 30-day money back guarantee? If you’re not completely satisfied with the Y within your first 30 days of being a Y member, we will refund your money. That’s how confident we are that you will find your Y membership to be one of the best investments you can make!

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 due 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.

OUR SCHOLARSHIP POLICY

It is the policy of the Y that no one is turned away because of inability to pay the full amount. 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 six YMCA SOUTHCOAST branches.

SHORT-TERM MEMBERSHIPS

Three month memberships are available for adults and families and may be applied to an annual membership if done within the first 30 days of membership. Inquire for rates on this special memberships.

MEMBER REWARDS PROGRAMS

Receive up to $400 back on your membership from Blue Cross/Blue Shield, Fallon, BMC Healthnet Plan (Commonwealth Care only), Tufts and Harvard Pilgrim. Ask the Welcome Center for details. We’ll help you with the paperwork. *Check with your provider for plan participation and reimbursement amount.

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.

JOINER FEE

A joining fee is due at the time of Member’s 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’s fee.

WORKPLACE WELLNESS

This membership consists of a minimum of ten individuals who have a common employer. Employees are eligible for a discount on a full year membership. Ten or more employees receive a 10% savings on membership and 50% off joiner’s fee. Please call 508.996.9622 x123 for more information.

SENIOR WHOLE HEALTH

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

MY Y IS EVERY Y

YMCA SOUTHCOAST members are able to enjoy free access to almost every Y facility in New England through the “My Y is Every Y” program. Visit our website at ymcasouthcoast.org for a full listing of Y facilities. Some restrictions apply. Participants must use their home branch at least 50% of the time.

MEMBER REFERRAL PROGRAM

Get a FREE month of membership when you help a friend or relative get healthy at the Y. There’s no limit to how many friends you can refer. Not only will you have another workout buddy, you’ll help each other maintain a healthy, balanced life. New members must not have been a previous Y members within the last 90 days. Both the current and new Membersmust be active for at least 90 days to be awarded the free month membership.

YMCA SOUTHCOAST

ymcasouthcoast.org
# LOOK WHAT WE OFFER

<table>
<thead>
<tr>
<th>AMENITY</th>
<th>DARTMOUTH</th>
<th>FALL RIVER</th>
<th>GLEASON FAMILY</th>
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<th>NEW BEDFORD</th>
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