



# LEND A HAND MAKE A DIFFERENCE

2017 Summer Sessions Program Guide

Monday, June 26<sup>th</sup> - Sunday, August 20, 2017



## YMCA SOUTHCOAST

Dartmouth · Fall River · Gleason Family  
Mattapoissett · New Bedford · Stoico/FIRSTFED

# YMCA SOUTHCOAST

## REGISTRATION DATES

Members: June 5<sup>th</sup>, 2017

Program Participants: June 12<sup>th</sup>, 2017



Register online at [ymcasouthcoast.org](http://ymcasouthcoast.org)



### SESSIONS

Summer A · 4 weeks	June 26 <sup>th</sup> – July 23, 2017
Summer B · 4 weeks	July 24 <sup>th</sup> – August 20, 2017
Summer C · 8 weeks	June 26 <sup>th</sup> – August 20, 2017



## DISCOVER SUMMER...ENJOY THE Y

Make the most of family time this summer while enjoying the Y.

Take advantage of the Summer Family Membership and enjoy the benefits of the Y together.

### Y SUMMER FUN MEMBERSHIP

Valid June 18th through August 31st 2017

- Access to all 6 YMCA SOUTHCOAST locations
- Member Discount on program registration including Summer Camp!
- Free fitness classes including Zumba, and Yoga
- Lockers (with your own lock)
- Access to Members only events, pool hours and training on equipment
- NO JOINERS FEE

Family: \$200  
One Adult Household: \$160  
College Student: \$75

# TABLE OF CONTENTS

<b>A</b>	
After School Child Care	13
Amenity Chart	8
<b>B</b>	
Before School Child Care	12
Birthday Parties	16
Branch Information	4-5
<b>C</b>	
Camp	9
Child Care	12-13
Child Watch	14,16,18,22,25
<b>D</b>	
<b>Dartmouth Programming</b>	<b>14-15</b>
Diabetes Prevention	15,16,20,23,27
<b>E</b>	
Event Listings	10-11
<b>F</b>	
<b>Fall River Programming</b>	<b>16-17</b>
<b>G</b>	
<b>Gleason Family Wareham Programming</b>	<b>18-20</b>
<b>i</b>	
Information	6

<b>L</b>	
Lifeguard Certificate	17,20,23
LIVESTRONG® at the YMCA	15,16,20,23,27
<b>M</b>	
Massage	20,23
<b>Mattapoisett Programming</b>	<b>21</b>
Membership Rates	7
<b>N</b>	
<b>New Bedford Programming</b>	<b>22-24</b>
<b>P</b>	
Parkinson's Recovery Training	20
Personal Training	15,16,20,23,27
<b>Q</b>	
QUITWORKS	16
<b>S</b>	
Sharing the Harvest Community Farm	15
<b>Stoico/FIRSTFED Swansea Programming</b>	<b>25-27</b>
Swim Level Placement	28 (back page)
Swim Program Descriptions	14,24
Swim Schedules	14,17,19,21,24,25
<b>W</b>	
Weddings	15,21

# BRANCH INFORMATION

## Dartmouth YMCA

276 Gulf Road  
Dartmouth MA 02748  
508.993.3361

**MICHAEL MAHONEY** Executive Director  
**SAMANTHA FAGUNDES** Program Director  
**DANIEL KING** Farm Director  
**JEREMY MCDONALD** Camp Director  
**RICKY LEE PHILIPS**  
AmeriCorps VISTA Volunteer Coordinator  
**ISAAC THOMAS JR** Property Manager  
**ROCHELLE WHALEN** Office Manager

### Branch Hours

Effective June 19 - September 1

Monday - Friday 6:00 am - 9:00 pm  
Saturday 7:00 am - 4:00 pm  
Sunday 12:00 pm - 4:00 pm

### Outdoor Pool Hours

Effective June 19- September 1

Monday-Friday 7 am - 9 am Lap Swimming Only  
Monday-Friday 5 pm - 8 pm Lap & Family Swim  
Saturday 9 am - 11 pm Lap Swimming Only  
Saturday 12 pm - 4 pm Lap & Family Swim  
Sunday beginning 6/20 12 pm - 4 pm Lap & Family Swim

## Fall River YMCA

199 North Main Street  
Fall River MA 02720  
508.675.7841

**FRANK DUFFY** Executive Director  
**JA'NELL HENERY** Education Coordinator  
**AMY KING** Membership Engagement Director  
**RAY PREVOST** Facilities Director  
**ANNMARIE SAWYER** Educational Achievement Director  
**BRIAN POWELL** Aquatic Coordinator  
**ARIELLE TATAR** Aquatic Director  
**STEPHANIE WINTERSON** Child Care Director  
**JOSEPH WENHOLD** Wellness Director

### Branch Hours

Effective June 19 - September 1

**Pool closes 15 minutes prior to closing.** Monday -  
Monday - Friday 5:00 am - 9:00 pm  
Saturday 7:00 am - 4:00 pm  
Sunday 9:00 am - 1:00 pm

## Gleason Family YMCA

33 Charge Pond Road  
Wareham MA 02571  
508.295.9622

**DEBBIE FRINGUELLI** Executive Director  
**LU BRITO** Senior Program Director  
**MELISSA DYER** Aquatic Director  
**KEITH ESTES** Facilities Director  
**DANIELLE GILMORE** Aquatic Coordinator  
**MARIA GOLEMO** Membership Director  
**KIM HALL** Office Manager  
**AMANDA LIBBY** Child Care Director  
**EDDIE ROUXINOL** Camp Youth Teen Director

### Branch Hours

Effective June 19 - September 1

**Program areas close 15 minutes prior to closing.**  
Monday - Friday 5:30 am - 9:30 pm  
Saturday 7:00 am - 5:00 pm  
Sunday 7:00 am - 2:00 pm

### Outdoor Pool Hours

Effective June 24 - September 1

Monday-Friday 9 am - 12 pm  
Monday-Friday 3:30 pm - 7:15 pm  
Saturday 12 pm - 5 pm  
Sunday 12 pm - 5 pm



## INDEPENDENCE DAY

Monday, July 4th - All Y Branches Closed

## LABOR DAY

All Branches are Open 7-11am  
Except for Mattapoisett.

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

# BRANCH INFORMATION

## Mattapoisett YMCA

38 Reservation Road  
Mattapoisett MA 02739  
508.758.4203

**JOSEPH MARCISZYN** Executive Director  
**JEFFREY CORREIA** Facilities Manager  
**PATTY O'ROURKE** Sippican Director  
**ELIZABETH LYNCH** Sales & Event Coordinator  
**JULIA MC LAUGHLIN** Community Engagement Director  
**KATE MIDDLETON** Program Director  
**COLLEEN RODRIQUES** Shining Tides Preschool Director

### Branch Hours

Effective June 19 - September 1

Monday – Friday	8:00 am – 6:00 pm
Saturday	Closed*
Sunday	Closed*

### Outdoor Pool Hours

Effective June 19 - September 1

Monday-Friday	5 pm – 8 pm	Lap & Family Swim
Saturday	9 am – 12 pm	Lap Swimming Only /Lesson
Saturday	12 pm – 2 pm	Lap & Family Swim
Sunday	12 pm – 4 pm	Lap & Family Swim

## Association Office

128 Union Street, Suite 304  
New Bedford MA 02740  
508.996.9622

**JAMES SCHERER** President & CEO  
**ROBERT TRAHAN** Vice President & CFO  
**FATIMA ARAUJO** Association Membership Director  
**ELIZABETH BURNS** Human Resources Director  
**JENNIFER CUDDY** Human Resources Specialist  
**MAXINE HEBERT** Asst. Director of Education  
**DEB JORGE** Executive Assistant  
**KATE LEVIN** Membership & Marketing Director  
**KAREN PAC** Child Care Administrator  
**SUSAN PIACENTI** Development Associate / Annual Giving  
**MARIE ROUSSEAU** Bookkeeper  
**KATHY TREGLIA** Executive Director of Education  
**RHONDA VEUGEN** Development Director

## New Bedford YMCA

25 South Water Street  
New Bedford MA 02740  
508.997.0734

**TARA PACHECO** Executive Director  
**BILL FRATES** Building Property Manager  
**MARY BETH GAMACHE** Wellness Director  
**RAYANA GRACE** Youth Development Director  
**JODILYNN MACHADO** Child Care Director  
**ROBYN SHWEDO** Membership Director  
**SARA WHITE** Aquatic Director

### Branch Hours

Effective June 19 - September 1

**Program areas close 15 minutes prior to closing.**

Monday – Friday	5:00 am – 9:00 pm
Saturday	7:00 am – 4:00 pm
Sunday	7:00 am – 2:00 am

## Stoico/FIRSTFED YMCA

271 Sharps Lot Road  
Swansea MA 02777  
508.678.9622

**JEANINE ACHIN** Executive Director  
**LUCA DELBORGO** Associate Executive Director  
**GABE GOUVEIA** Facilities Director  
**ASHLEY KEANE** Membership Director  
**SCOTT MEDEIROS** Youth Development Director  
**CHRISTINE MEDEIROS** Wellness Coordinator

### Branch Hours

Effective June 19 - September 1

**Program areas close 15 minutes prior to closing.**

Monday – Friday	5:00 am – 9:00 pm
Saturday	7:00 am – 4:00 pm
Sunday	7:00 am – 2:00 pm



## Support the 2017 Annual Campaign

The Y is a cause-driven organization focused on three key areas:  
Youth Development, Healthy Living and Social Responsibility.

Our programs, services and initiatives enable youth to realize their full potential, offer families ways to have fun together, empower people to be healthier in spirit, mind and body, welcome and embrace newcomers and create a sense of belonging for everyone.

**GIVE ONLINE** Learn more at [ymcasouthcoast.org](http://ymcasouthcoast.org)

**GIVE BY PHONE** Call the Association Office at 508.996.9622 x123

**GIVE BY MAIL** Supporting any branch

Attn: Annual Campaign 2017

YMCA SOUTHCOAST 128 Union Street Suite 304 New Bedford MA 02740

# 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. Shirts are required. Exposed midriffs are not permitted. To preserve our equipment, jeans or apparel with rivets are not permitted. Street shoes are not permitted. Proper swimming suits are required in the swimming pool; cutoffs and gym shorts are not permitted. For racquetball and squash play, it is strongly recommended that "eye guards" be worn.

### AWAY PROGRAM

Always Welcome At Ys. 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 outside of New England.

### 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](http://ymcasouthcoast.org) for a full listing of Y facilities. Some restrictions apply. Participants must use their home branch at least 50% of the time.

### CELL PHONE 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 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. Please lock your vehicle and do not leave any valuables unattended. The Y is not responsible for items stolen.

### 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 11 and under in the Y building or on the campus are required to be under the supervision of a parent or guardian.
- Youth ages 12 and over may, at their parents' discretion, utilize the Y facility for up to three hours at a time in designated program areas. See branch for schedules.
- 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 Members Handbook. See Welcome Center for details.

### LOCKERS

Lockers are available for daily use during your visit at the Dartmouth, New Bedford, Fall River, Gleason Family, and Stoico/FIRSTFED YMCA'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 Fall River, Gleason Family, and New Bedford branches.

### TOBACCO FREE Y

Smoking and the use of tobacco products are prohibited in all facilities and on all properties owned or operated by the YMCA SOUTHCOAST. Facilities and properties covered by this Tobacco Free Policy include, but are not limited to all buildings and enclosures, parking lots and driveways (even while in a vehicle), lawns and gardens, walkways, pool areas, and play areas. Smoking means inhaling, exhaling, burning, or carrying any lighted or heated tobacco product or any other lighted or heated tobacco or plant product intended for inhalation, including hookahs and marijuana, whether natural or synthetic. Smoking also includes the use of any electronic smoking device that creates an aerosol or vapor containing nicotine or other substance that can be used to simulate smoking. Tobacco Product means any substance containing tobacco or derivative thereof including, but not limited to cigarettes, cigars, pipe tobacco, hookah tobacco, snuff, chewing tobacco, dipping tobacco, bidis, blunts, clove cigarettes. This rule shall not prohibit the use of cessation products approved by the U.S. Food and Drug Administration.

### 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.

### PROGRAMMING

How to Register

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

1. In person — Stop by the Welcome Center.
2. By Phone — Call any of our Y offices to register over the phone. We accept Discover, VISA, American Express, and Master Card.
3. On-line Registration — Register on line for our programs at [ymcasouthcoast.org](http://ymcasouthcoast.org).
4. You can register for most programs at any site with the exception of Child Care.

### REGISTRATION POLICY

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

### CREDIT · REFUND POLICY

1. If the Y cancels a class due to insufficient enrollment the participants will be issued a credit or refund in full.
2. Classes missed by participants due to personal reasons i.e. vacations, scheduling conflict, etc. will not be credited or refunded except when accompanied by a doctor's note. Missed classes for personal reasons will not be made up. All requests for a credit/refund must be submitted before the third class has begun.
3. Refunds/credits will not be issued due to weather related emergencies.

### 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.

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. In most cases this information will be posted on the home page of [ymcasouthcoast.org](http://ymcasouthcoast.org).



# MEMBERSHIP RATES

Membership at  
YMCA SOUTHCOST  
includes access to  
ALL six of our unique  
branch locations

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

## OUR MISSION

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

MEMBERSHIP TYPE	MONTHLY EFT	ANNUAL	JOINING FEE
Membership fees change upon date of birth and will be changed to appropriate individual age category.			
<b>YOUTH</b> up to the age of 11	\$13	\$156	\$15
<b>TEEN</b> between the ages of 12-19	\$18	\$228	\$20
<b>YOUNG ADULT</b> between the ages of 20-29	\$32	\$384	\$60
<b>YOUNG ADULT COUPLE</b> between the ages of 20-29	\$48	\$576	\$80
<b>ADULT</b> between the ages of 30-64	\$47	\$564	\$75
<b>ADULT COUPLE</b> between the ages of 30-64	\$67	\$804	\$90
<b>SENIOR</b> 65+	\$37	\$444	\$60
<b>SENIOR COUPLE</b> 65+	\$57	\$684	\$70
<b>ONE ADULT FAMILY HOUSEHOLD</b> *One adult and dependent children 25 & younger living in the same household are included in a family membership. Proof of residence required.	\$52	\$624	\$80
<b>TWO ADULT FAMILY HOUSEHOLD</b> *Two adults and dependent children 25 & younger living in the same household are included in a family membership. Proof of residence required.	\$71	\$852	\$90
<b>LOCKER &amp; TOWEL RENTAL</b>	\$16	\$192	N/A
<b>LOCKER RENTAL</b>	\$8	\$96	N/A
<b>TOWEL SERVICE</b>	\$8	\$96	N/A
<b>HOUSEHOLDS WITH ADDITIONAL ADULTS</b> Additional adults living in the same household, who are not dependents of the family, may be added to a Family Household Membership for an additional fee. Proof of residence required.			
Additional: Young Adult \$18/month • Adult \$27/month • Senior \$21/month			

## 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 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.

## 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 SOUTHCOST 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 SOUTHCOST 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 member within the last 90 days. Both the current and new Member must be active for at least 90 days to be awarded the free month membership.

## 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	\$6	Young Adult	\$10
Teen	\$7	Senior	\$8
Adult	\$12	Massage	\$5
Shower	\$4		
Family	2 adults & 2 children		\$25
Military	Active Full Time		\$4
Military	Adult Locker Room New Bedford branch only		\$8

## Y SUMMER FAMILY FUN MEMBERSHIP

Valid June 18<sup>th</sup> - September, 1 2017  
Family Household \$200 • One Adult Household \$160  
No joiner's fee. Membership must be paid in full at time of joining.

# LOOK WHAT WE OFFER

AMENITY	DARTMOUTH	FALL RIVER	GLEASON FAMILY	MATTAPOISETT	NEW BEDFORD	Stoico/FIRSTFED
Batting Cages					X	X
<b>CHILD CARE FACILITIES</b>						
Child Watch/Baby Sitting	X	X	X		X	X
After School Care	X	X	X	X	X	X
Before School Care	X					
Preschool Child Care				X	X	
Community Meeting Room	X	X	X	X	X	X
Group Exercise Studio	X	X	X		X	X
Indoor Gymnasium		X	X		X	X
Indoor Pool		X	X		X	
Indoor Kiddie Pool			X			
Indoor Track			X		X	X
Lockers	X	X	X		X	X
Locker Rentals		X	X		X	
Massage			X		X	
Outdoor Basketball Courts	X		X	X		X
Outdoor Playing Fields	X		X	X		X
Outdoor Walking Trail	X		X	X		X
Outdoor Pool - Seasonal	X		X	X		
Playground			X	X		X
Pickleball Courts			X			
Racquetball Courts					X	
Rock Climbing Wall	X		X	X	X	X
Ropes Course	X		X	X		X
Special Needs Locker Room		X	X		X	
Squash Courts		X				
Stadium Stairs			X		X	
Steam and/or Sauna		X	X		X	
Towel Service		X	X		X	X
Wellness Healthy Living Center	X	X	X		X	X





# SUMMER DAY CAMP

Each year we want every child to have their best summer ever! Our goal is to raise the **B.A.R.** one child at a time—**B**elonging, **A**chievement, **R**elationships. We do this by intentionally fostering accomplishments, friendships, and belonging for a greater effect on social-emotional, cognitive, and physical development.

Last summer, each camp identified where they could start to better strengthen youth development. While our day camp experience was already excellent, the dedicated leadership teams committed to featuring more choice periods for children to master skills of their choosing; giving campers a voice and added meaning to daily rituals and traditions that elevate the camp experience. This focus led to planning the daily schedule differently - enabling campers to experience their favorite activities more frequently.

Impact measurement at Ys, along with other research, has proven that skill achievement is critical to support youth development. Additionally, the added choice experiences provide children with a sense of belonging and enable productive behaviors.

YMCA SOUTHCOAST has been a leading provider of quality day camp programs for over 51 years. Last summer truly was the best summer, but we know that every summer will be the **#BESTSUMMEREVER** for your child.

## PARENTS TRUST US

YMCA SOUTHCOAST Day Camps provide a happy, healthy environment for children to learn and grow. Children have the opportunity to build self-confidence, independence, and creativity, while parents have the peace of mind knowing their children are in a safe and enriching place.

## SAFETY · Accreditation & Licensing

Our campers are staffed by counselors —certified in First Aid and CPR— who are genuinely interested in working with children. Each Staff Member must pass a rigorous background check before they start working at camp. In addition, each camp complies with regulations of the Massachusetts Department of Health and local boards of health. YMCA SOUTHCOAST day camps operate according to standards set forth by the American Camp Association (ACA). ACA accredits each of our day camp programs. The ACA believes “Camp gives kids a World of Good<sup>®</sup>” because camp is a building block to the successful development of young people. This independent body establishes standards for key aspects of camp operation, program quality, health and safety of campers. Our partnership with ACA means we promote fun and learning in a safe environment. ACA accreditation signifies to parents and the public that a camp cares enough to thoroughly review its operational practices, seek the wisdom of other camp professionals, and make necessary improvements to comply with up to 275 professional camp standards. ACA standards are recognized by courts of law and government regulators as the standards for camp. ACA standards establish criteria for:

- Emergency preparedness • Staff training • Personnel • Living areas • Food service
- Developmentally appropriate activities • Health care • Transportation • Administrative procedures

## Contact the camp near you or download the 2017 Camp Brochure online for all the details

### Camp Swansea

Stoico/FIRSTFED YMCA  
 Contact: [Scott Medeiros](mailto:Scott.Medeiros@ymcasouthcoast.org)  
[smedeiros@ymcasouthcoast.org](mailto:smedeiros@ymcasouthcoast.org)  
 508.678.9622 x103

### Camp Metacomet

Dartmouth YMCA  
 Contact: [Jeremy McDonald](mailto:Jeremy.McDonald@ymcasouthcoast.org)  
[jmcdonald@ymcasouthcoast.org](mailto:jmcdonald@ymcasouthcoast.org)  
 508.993.3361 x14

### Camp Frederick Douglass

New Bedford YMCA  
 Contact: [Maxine Hebert](mailto:Maxine.Hebert@ymcasouthcoast.org)  
[mhebert@ymcasouthcoast.org](mailto:mhebert@ymcasouthcoast.org)  
 508.996.9622 x130

### Camp Massasoit

Mattapoisett YMCA  
 Contact: [Joseph Marciszyn](mailto:Joseph.Marciszyn@ymcasouthcoast.org)  
[jmarciszyn@ymcasouthcoast.org](mailto:jmarciszyn@ymcasouthcoast.org)  
 508.758.4203 x101

### Camp Nep-In-Nae

Gleason Family YMCA  
 Contact: [Eddie Rouxinol](mailto:Eddie.Rouxinol@ymcasouthcoast.org)  
[erouxinol@ymcasouthcoast.org](mailto:erouxinol@ymcasouthcoast.org)  
 508.295.9622 x20

### Camp Quequechan

Fall River YMCA  
 Contact: [Stephanie Winterson](mailto:Stephanie.Winterson@ymcasouthcoast.org)  
[swinterson@ymcasouthcoast.org](mailto:swinterson@ymcasouthcoast.org)  
 508.675.7841 x117

# FUN EVENTS

## Dartmouth YMCA

**Thursday 7.13**

**CAMP METACOMET FAMILY GAME NIGHT • 5:30 pm – 7:30 pm**

Focus on family this summer with one of our FREE Family Nights!

**Saturday 7.22**

**FARM TO TABLE DINNER • 6:00 – 10:00 pm**

Join the Dartmouth YMCA for a fabulous night under the stars and overlooking the farm. Great food, live music and all of the proceeds benefit the Dartmouth YMCA. The evening features a silent auction with fantastic items. For more information or to buy tickets contact the Dartmouth YMCA at 508.993.3361 x10 or visit [ymcasouthcoast.org](http://ymcasouthcoast.org)

\$100 before June 15  
\$115 June 15-June 30  
\$125 July 1 – July 15

**Friday 7.28**

**METAPALOOZA • 4:00 pm – 9:00 pm**

Kids and campers join us for an evening full of events! This ultimate after hour's party will include climbing tower, archery, swimming, games and tons of fun food.

LIMITED TICKETS/RESERVE YOUR CHILD OR CAMPER TODAY!  
Members: \$30 Program Member: \$45

**Wednesday, 8.2**

**CAMP METACOMET FAMILY ADVENTURE NIGHT • 5:30 pm – 7:30 pm**

Focus on family this summer with one of our FREE Family Nights! This family night will include the climbing tower, Giants ladder, and some high and low ropes elements.

**Friday, 8.11**

**4TH ANNUAL FAMILY CAMP OUT**

Bring your tent and sleeping bags for this AWESOME camp out!!! Families can reserve a "Camp Site" and join in on our night time festivities, s'mores, rock climbing\*\*, archery and camp style dinner and breakfast! Schedule of events and night time activities will be available online and at the Y on August 1st. Families must pre-register, registration deadline August 4th.

Check In: Friday, 8.11 5:00 – 6:30 pm  
Check Out: Saturday, 8.12 9:30 – 10:30 am  
Fees \$40.00

**Wednesday, 8.23**

**CAMP METACOMET FAMILY POOL PARTY • 5:30 pm – 7:30 pm**

Focus on family this summer with one of our FREE Family Nights! This family night will include family swim and luau themed pool games and activities.

**Saturday, 9.2**

**PUPPY SPLASH • 9:00 am – 11:00 am**

Bring your dog to our pool for an end of summer dip. We will have water bowls, tennis balls, and Frisbees available to play with. All proceeds benefit Dartmouth YMCA Annual Campaign. 31

\$125 July 1 – July 15

## New Bedford YMCA

**Thursdays 6.9 • 7.14 • 7.16 • 8.11**

**AHA! (ART • HISTORY • ARCHITECTURE) NIGHT • FREE**

An arts and cultural event that takes place in downtown New Bedford. Fun time for all ages

**New Bedford 150th Anniversary Gala 9.23 6:00 pm Tickets \$ 150**

## Fall River YMCA

**Saturdays • 12:30 – 2 pm**

**FAMILY FUN • FREE**

Bring the kids to the pool for some family fun! Play on Jake the Snake, our giant inflatable or play some water volleyball.

**Thursday 6-9pm**

**OPEN VOLLYBALL -**

FREE Bring the family down for a fun night! SERVE, SET, SPIKE!

## Mattapoisett YMCA

**Saturday**

**6/10 Camp Family Cookout 11am-1pm FREE**

Come over to meet our staff and enjoy a family cookout!

**Thursdays**

**6/29, 7/27, 8/3 1 Summer Music Series 6:30pm Adults: \$ 10**

Come support our Annual Campaign and enjoy some local music. We will have a food truck and beverages available.

**Thursday**

**7/13 Camp Family Open House 6pm FREE**

This is a great way for you to experience Camp Massasoit through your children's eyes as the parent and child role is reversed and your camper becomes your counselor showing you all the fun things they have been experiencing at camp. Take a break, and have fun participating in these activities as a family.

**Friday**

**7/21 Paint Night 6:30pm \$25/adult**

Spend some time relaxing by the Mattapoisett Harbor while creating a masterpiece! Refreshments will be available.

**Thursday**

**8/10 Family Movie Night Under the Stars 8pm \$10/family or \$5/adult**

Grab your blankets and lawn chairs and meet us on the front field for a family movie under the stars! We will be selling popcorn and light refreshments to snack on throughout the movie.

# Gleason Family YMCA

**Saturday 6.11**

**CAMP COOKOUT & FIELD DAY · 12 – 2 pm · FREE**

It's almost camp season. Come check out all the great fun your child can have at Camp Nep-In-Nae. Free hot dogs, burgers, crafts, and play. Meet and greet the counselors and director.

**Sunday 6.25**

**GLEASON FAMILY YMCA FAMILY DAY**

**OUTDOOR POOL OPENS ON SATURDAY 6.24**

Includes cookout, swimming in outdoor pool, games & lots of fun entertainment. Members Free Program Members Family Pass \$25

**Saturdays 6.17 · 7.15 · 8.19**

**DROP & SHOP · 12 – 4 pm**

Need time to get your shopping, cleaning, or errands done or just need an afternoon to yourself? Drop your child off at the Y and let us entertain them. Group activities will include swimming, creative play, crafts and MORE! A snack will be provided; please pack a swim suit.

Pre-registration: Members \$12 Program Members \$15

Day of registration: Members \$15 Program Members \$20

**Sunday 8.20**

**DOG DAY AFTERNOON · \$10 per dog · 2:00 – 3:30 pm**

Keep it cool and bring your dog to the indoor pool to take a dip in either the zero depth entry area and/or main pool. For more information, please contact the branch at 508.295.9622.

**8.21 – 8.27**

**ANNUAL POOL MAINTENANCE CLOSURE**

The indoor pool will be closed as staff and volunteers help us repair and return our pool to a bright, sparkling welcome environment. Have mad cleaning skills? Able to grout tiles and paint walls with energy and enthusiasm? If you are interested in assisting, please contact Mel Dyer 508.295.9622 x27. Thank you!

**6.30, 7.28, 8.25, 9.29 AT NOON**

**FRIDAY'S POP LUCK LUNCH**

Bring a dish and a friend!

# Stoico/FIRSTFED YMCA

**Saturday 6.10**

**CAMP COOKOUT & FIELD DAY · 12 – 2 pm · FREE**

It's almost camp season. Come check out all the great fun your child can have at Camp Swansea and enjoy a delicious camp cookout. Field games, beach volleyball, horseshoes and more.

**Fridays 6.19 · 7.14 · 8.11**

**FAMILY MOVIE NIGHT · 7pm · FREE**

Big screen outdoor movie on the campgrounds. Bring your blankets and lawn chairs.

**Friday 6.16**

**PAINT NIGHT**

You can paint! Come create a master piece, enjoy some wine and friends. Win some raffle prizes. Proceeds benefit the YMCA send a kid to camp fund!

Tickets \$30

**Fridays 6.23 7.28 8.25**

**ZUMBA IN THE CLUB 5:30-7PM**

Wild Zumba fun with themes, disco lights and plenty of energy – dress for the themes: June – Super Heroes July Patriotic August Beach Baby

**Sunday 6.18**

**5K ROAD RACE – 9AM start \$25 Early Bird Entry \$30 Race Day**

CELEBRATE HEROES, HONOR DADS! Costumes are encouraged! Start a new family tradition. Prizes for all age groups starting with 9 years old & under through 80 years old+. This is a Charity Road Race providing assistance to keep people of all ages get and stay healthy with YMCA programs and services. First 100 registered receive t-shirts.

**Wednesday 6.21**

**KITE FLYING 6PM FREE**

Celebrate the Summer Solstice with a fun family field day at the Y – fly a kite and share good times.

**Saturday 6.24**

**SHOP FOR A CAUSE 9AM-1PM**

Join us for a day of shopping and bring your friends. Gently used clothing and accessories for sale – men, women and children. Not only will you leave with a new wardrobe, you'll be giving back to your community.

**Saturday 7.22**

**HOLY CREPE! FUNDRAISER**

It's gourmet breakfast at the Y with Chef Kimberly Leal-Zapasnik. Proceeds help send youth to camp through our Annual Campaign.

Adult \$8 Child \$4 or \$24 max/family

**Fridays 6.6, 7.21, 8.18**

**KIDS NIGHT OUT · 5:30 – 8:30 pm**

Drop off your child for a night of friends and fun. Includes dinner and fun craft activity. Members \$12 Program Members \$15

**Wednesday 7.26 6pm**

**TASTE OF THE TOWN ICE CREAM SOCIAL**

Have fun sampling our local celebrity ice cream parlor flavors

Adult \$8 Child \$4 or \$24 max/family

**Saturday 8.12 & Sunday 8.13 · 10 am – 2 pm**

**4 ON 4 BEACH VOLLEYBALL TOURNAMENT · \$30 per player**

Round robin format. Plenty of music concession stands will be open

For more information, please contact James Crosson [jcrosson@ymcasouthcoast.org](mailto:jcrosson@ymcasouthcoast.org)

ymcasouthcoast.org at 508.678.9622 x103.

**For details on the events contact the Y branch  
or visit [ymcasouthcoast.org](http://ymcasouthcoast.org).**

Most events require pre-registration.

# YOUTH DEVELOPMENT

## YEAR ROUND EARLY PRESCHOOL EDUCATION AGES 2.9 – 5 YEARS

With so many demands on today's families, parents need all the support they can get. That's why early childhood programs at the Y are about more than looking after kids. It's about nurturing their development by providing a safe place to learn skills and develop relationships that lead to positive behavior, better health and educational achievement. At the Y, we also focus on role-modeling and teaching kids the Y values of caring, honesty, respect and responsibility. We welcome families at all of our program sites and encourage you to visit. Holidays, parties, family nights, special programs, and field trips are all occasions for families to get involved at the Y.

We are proud to be accredited by the National Association for the Education of Young Children for maintaining the highest professional standards in curriculum and teaching qualifications. This accreditation lets families know that children in our program are receiving the best care in early care experiences. This reinforces our mission of building strong kids, strong families and strong communities beginning with our youngest children.

**CHILD CARE PROGRAMS INCLUDE  
FREE FAMILY Y MEMBERSHIP**  
With full time enrollment in Y child care...a value of up to \$900

### Y Programs Highlights

- Low staff-child ratios
- Year-round care
- Warm, caring staff-child relationships
- Associate and bachelor degree teachers
- Y nutrition and wellness programs

### Our Curriculum

The Y realizes the importance of each step in a child's learning experiences; our curriculum encourages physical, emotional and cognitive growth. We believe in focusing on each child individually and tailor our curriculum accordingly.

We utilize the Massachusetts Curriculum Frameworks and the Teaching Strategies/GOLD curriculum which are designed to focus on the individual needs and current interests of our children. The curriculum implements family home values, beliefs, experiences and language.

### New Bedford YMCA Early Learning Center

25 S Water Street New Bedford MA 02740

- Monday-Friday 7 am - 5:30 pm
- Full day program
- Choose 2, 3 or 5 days
- Swimming lessons included
- Healthy Breakfast, Lunch & Snack Provided
- Indoor & Outdoor playspace



Contact: **Jodilynn Machado** 508.997.0734 x119  
nbearlyed@ymcasouthcoast.org

### Sippican Early Learning Center at Sippican Elementary School

16 Spring Street Marion MA 02738

- Monday-Friday 7:30 am - 5:30 pm
- Full day & half day programs
- NAEYC accredited
- Healthy Snack Provided
- Indoor & Outdoor playspace



Contact: **Patty O'Rourke** 508.748.0651  
sippicanearlyed@ymcasouthcoast.org

### Shining Tides Preschool at the Mattapoissett YMCA

38 Reservation Road Mattapoissett MA 02739

- Monday-Friday 8 am - 2:30 pm
- Full day & half day programs
- Summer Swimming lessons included
- Healthy snacks provided

Contact: **Colleen Rodriques** 508.758.4203 x105  
shiningtideseearlyed@ymcasouthcoast.org

Preschool • Age 2.9 years - 5 years	Half Day	Full Day
<b>New Bedford</b>		7 am - 5:30 pm
5 Days		\$200
3 Days - Monday Wednesday Friday		\$132
2 Days - Tuesday Thursday		\$94
<b>Shining Tides Preschool</b>	8 am - 12:30 pm	8 am - 2:30 pm
5 Days	\$135	\$155
4 Days	\$112	\$132
3 Days	\$87	\$102
2 Days	\$60	\$70
<b>Sippican Early Learning Center</b>	7:30 am - 12:30 pm	7:30 am - 5:30 pm
5 Days	\$155	\$200
4 Days	\$128	\$168
3 Days	\$99	\$132
2 Days	\$68	\$94



# YOUTH DEVELOPMENT

## SCHOOL AGE CHILD CARE GRADES K - 7

Y school age programming is designed to help kids developmentally and academically. Research shows that children who participate in afterschool programs are more successful in academics, are healthier, and more often maintain positive behaviors.

### Our Curriculum

Our curriculum includes developmentally appropriate activities and learning experiences that foster the spirit of inclusion. The Y's curriculum framework offers comprehensive, age-appropriate engaging care.

Programming focuses on these core content areas:

- Arts and humanities
- Character development
- Health and wellness
- Homework support literacy
- STEM: Science, Technology, Engineering, Math
- Service learning
- Social competence and conflict resolution

### Y Programs Highlights

- Low staff-child ratios
- Warm caring staff-child relationships
- Y Swim classes · site specific
- Y healthy snacks and wellness programs
- The opportunity for youth to develop positive relationships
- Year round programs—available during school vacation weeks, snow days and most other school closures
- Summer day camp

Free Y family membership for full time enrolled families • a value of up to \$900

City/Town	Before/After	Transportation from and/or to these schools	Program Location	Contact
Acushnet	After		Acushnet Elementary 800 Middle Road Acushnet MA 02743	508.997.0734 x146 Acushnetschoolage@ymcasouthcoast.org
Bourne	Before & After		Bournedale Elementary 41 Ernest Valeri Road Bourne MA 02532	508.295.9622 x31 Bourneschoolage@ymcasouthcoast.org
Bourne	Before & After		Peebles Elementary 70 Trowbridge Road Bourne MA 02532	508.295.9622 x31 Bourneschoolage@ymcasouthcoast.org
Dartmouth	Before & After	Quinn · DeMello · Cushman	Dartmouth YMCA 276 Gulf Road Dartmouth MA 02748	508.993.3361 x12 Dartmouthschoolage@ymcasouthcoast.org
Dartmouth	Before & After		Potter Elementary 18 Cross Road Dartmouth MA 02748	508.993.3361 x12 Dartmouthschoolage@ymcasouthcoast.org
Dartmouth	After		Dartmouth Middle School 366 Slocum Rd Dartmouth MA 02747	508.993.3361 x12 Dartmouthschoolage@ymcasouthcoast.org
Fall River*	After	All public elementary and middle schools	Fall River YMCA 199 N Main Street Fall River MA 02720	508.675.7841 x117 FRschoolage@ymcasouthcoast.org
Mattapoisett	After	Old Hammondtown Center	Mattapoisett YMCA 38 Reservation Road Mattapoisett MA 02739	508.758.4203 Mattschoolage@ymcasouthcoast.org
Marion	Before & After		Sippican Elementary 16 Spring Street Marion MA 02738	508.295.9622 x31 Gleasonschoollage@ymcasouthcoast.org
New Bedford*	After	All public elementary and middle schools except Pulaski and Campbell	New Bedford YMCA 25 S Water Street New Bedford MA 02740	508.997.0734 x146 NBSchoolage@ymcasouthcoast.org
New Bedford	After		Carney School 247 Elm Street New Bedford MA 02740	508.997.0734 x146 NBSchoolage@ymcasouthcoast.org
Rochester	After		Rochester Memorial 16 Pine Street Rochester MA 02770	508.758.4203 Mattschoolage@ymcasouthcoast.org
Somerset*	TBD	All elementary and middle schools	Stoico/FIRSTFED YMCA 271 Sharps Lot Road Swansea MA 02777	508.678.9622 Stoicoschoolage@ymcasouthcoast.org
Swansea	After	Brown · Gardner and Case Junior High	Stoico/FIRSTFED YMCA 271 Sharps Lot Road Swansea MA 02777	508.678.9622 Stoicoschoolage@ymcasouthcoast.org
Wareham	After	Minot Forest · Decas Wareham Middle	Gleason Family YMCA 33 Charge Pond Road Wareham MA 02571	508.295.9622 x31 Gleasonschoollage@ymcasouthcoast.org

**NOW ENROLLING FOR THE FALL**

**After School Program  
Monday - Friday · School dismissal until 6 pm**

**Before School Program  
Monday - Friday · 7 am to start of school**

### FEES

	5 days	4 days	3 days	2 days
After School	\$19/day	\$20/day	\$21/day	\$22/day
Before School	\$9/day	\$10/day	\$11/day	\$12/day

\*An additional \$6/day transportation fee will be charged if applicable

# DARTMOUTH YMCA

## PRESCHOOL & YOUTH FAMILY PROGRAMING

### Archery Basics · Ages 7+ (Summer C)

Students will learn and practice basic archery techniques.

Members: \$56.00 Program Member: \$108.00

**Day Times**  
Tuesday 4:30-5:30 pm

### Child Watch

The service is designed to accommodate children 1 to 6 years old for a maximum of 90 minutes while parents use the facility. Call to reserve your spot for your time frame. Limited spaces for children 3 months to 1 year.

FREE with family membership or \$3 per child/per hour  
A card for \$20/10 hours

**Days Times**  
Monday-Friday 8:30-10:30 am  
Tuesday & Thursday 6:00-8:00 pm

### Learn to be Bully Proof Program

Ages 6 – 14 Summer C

In this course we will help to teach how to deal with bullies in a non-aggressive, semi aggressive, and aggressive ways. Non-aggressive include using positive and power words to stop a bully. Semi-aggressive will include using hands and arms, as well as stances to keep a bully from putting their hands on you. Finally, aggressive, when left with no choice will show how to protect and fend off physical aggression.

6 – 8 years old  
9 – 13 years old  
14 years plus

Member: \$30.00 Program Participant: \$50.00

### Open & Rock Climbing

Families are welcomed to utilize our 40 ft. climbing wall and participating in challenges as they are different.

Members: FREE Program Member: \$5/pers  
Thursday 4:30-6:30 pm

### Tang Soo Do· Ages 4-12 (Summer C)

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

Tiny Tigers Members: \$64 Program Member: \$96  
Karate Kids -Ages 7+  
Members: \$144 Program Member: \$215  
Advanced: Invitation Only \$240/\$360

### Focus On Family This Summer!

Join us for family events this summer!

Family Games Night	Thurs, 7/13	5:30 – 7:30	FREE
Family Adventure Night	Tue, 8/2	5:30 – 7:30	FREE
Family Camp Out	Fri, 8/11 – Sat, 8/12	(per family)	\$40
Family Pool Party	Wed, 8/23		FREE

	PROGRAM	AGES	RATES	LENGTH	Session A	Session B	Session C
PRESCHOOL	Stage B: Water Exploration	6 mos - 3 yrs	M: \$50 PM: \$96	30 min	TR 4:30pm	TR 4:00pm	Sat 10:00am
	Stage 1: Water Acclimation	3-5yrs	M: \$50 PM: \$96	30 min	MW 5:00pm TR 4:00pm	MW 5:00pm TR 4:00pm	
	Stage 2: Water Movement	3-5yrs	M: \$50 PM: \$96	30 min	MW 5:30pm TR 4:00pm	MW 5:30pm TR 4:00pm	
YOUTH	Stage 3: Water Stamina	3-5yrs	M: \$50 PM: \$96	30 min	MW 6:00pm TR 5:00pm	MW 6:00pm TR 5:00pm	Sat 10:45am
	Stage 3: Water Stamina	6+	M: \$58 GP: \$112	45 min	MW 5:30pm TR 4:30pm	MW 5:30pm TR 4:30pm	Sat 10:00am
	Stage 4: Stroke Introduction	6+	M: \$58 GP: \$112	45 min	MW 4:45pm TR 4:15pm	MW 4:45pm TR 4:15pm	Sat 10:45am
	Stage 5: Stroke Development	6+	M: \$58 GP: \$112	45 min	TR 5:30pm	TR 5:30pm	Sat 10:00am
	Stage 6: Stroke Mechanics	6+	M: \$58 GP: \$112	45 min	TR 5:15pm	TR 5:15pm	Sat 10:45am

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.

### STAGE A – WATER DISCOVERY

Your infant or toddler will be introduced to the aquatic environment. This is an introduction to water class.

\* FOR AGES 6MONTHS-3 YEARS\*  
\* PARENT/CHILD CLASS \*

### STAGE B – WATER EXPLORATION

Your child will now begin to explore body positions in the water, blowing bubbles, and begin to learn fundamental safety and aquatic skills.

\* FOR AGES 6MONTHS-3 YEARS\*  
\* PARENT/CHILD CLASS \*

### STAGE 1 – WATER ACCLIMATION

Your child will learn to be comfortable with underwater exploration and will be taught basic water safety skills performed with assistance from the instructor.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

### STAGE 2 – WATER MOVEMENT

Your child will learn how to make forward movement in the water and continue to master water safety skills independently

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

### STAGE 3 – WATER STAMINA

Your child will continue to master their self-rescue and water safety skills independently. They will be able to perform these skills for longer distances, improving their endurance.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

### STAGE 4 – STROKE INTRODUCTION

Your child will be introduced to basic stroke technique in front crawl and back crawl. They will also reinforce their water safety skills by learning treading water and elementary backstroke.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS  
\* THIS IS THE HIGHEST STAGE FOR PRESCHOOL AGE

### STAGE 5 – STROKE DEVELOPMENT

Your child will be introduced to breast stroke and butterfly, as well as reviewing and continuing to master front crawl and back crawl. They will reinforce their water safety skills by learning sidestroke and continuing to practice treading water.

\* THIS IS A 45 MINUTE CLASS ONLY \*

### STAGE 6 – STROKE MECHANICS

You child will refine their stroke technique on all major competitive strokes and will be encouraged to include swimming as a part of a healthy lifestyle.

\* THIS IS A 45 MINUTE CLASS ONLY \*

# DARTMOUTH YMCA

## WELLNESS PROGRAMMING

### Adult Self-Defense · Ages 18+

Learn the basics of self-defense while engaging in cardio workout. Become aware of your surrounding and develop the confidence, respect, and discipline required for self-defense. Register and bring a friend for Free for the entire session.

Members: \$64.00 Program Member: \$96.00

Days Times  
Wednesday 7:30-8:30 pm

### Diabetes Prevention

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 contact or to register Dara Midwood at 508.996.9622 x141 or ymcadpp@ymcasouthcoast.org information. 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.

### Group Exercise Classes

Most group exercise classes are included with your Y membership. Classes may include step aerobics, cardio kick boxing, abs and sculpt, Zumba, Yoga, and Tai Chi. Visit ymcasouthcoast.org or inquire at the Welcome Center for the class schedule.

Members: Free  
Program Member: \$12/class Seniors: \$8/class

### Group Outings & Camping

If you are looking for the next location to host your corporate outing, scout camping trip, family reunion or other fun filled activity, then look no further! The Dartmouth YMCA offers year-round opportunities for corporate rentals, camping and special event use of our 68 acre wooded property. To schedule email mmahoney@ymcasouthcoast.org or call 508.993.3361.

### 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. The program is offered without cost to the participants. Contact Candee LaFauci at clafauci@ymcasouthcoast.org or 508.997.0734 x121 for more information.

### Personal Training

Achieving your fitness goals is hard. We're here to help. Personal Training allows you to work one-on-one with a certified trainer to establish your goals and make a plan to succeed. To make an appointment, contact Mike Mahoney at 508.993.3361.

1 session:	\$45 Members	\$80 Program Member
6 sessions:	\$225 Members	\$400 Program Member
10 sessions:	\$375 Members	\$675 Program Member
20 sessions:	\$750 Members	\$1350 Program Member

The Plimoth Investment Advisors Healthy Living Center is now open. Exercisers of all levels will benefit from the more than 20 years of industry insight, bio-mechanical expertise and customer feedback that has resulted in this powerful line of equipment. Additionally, there is a stretching and exercise area equipped with mats, balls and barbells.

### Small Group Training

If you are looking for personal training and enjoy working out with your friends then this new training option is for you. You get customized personal training at a reduced cost. The more friends the lower the cost. Groups of three to eight people. Call 508.993.3361 to schedule. **\$135 for six 1-hour sessions**

### 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 the Y at 508.993.3361 to make an appointment. \*Individual pricing available.

Members: \$50/team Members  
Program Member: \$70/team member

### Team Building Adventure Course

Groups will visit our low and high ropes for a customized program based on what your group's goals and needs are this year. Adventure training has groups working together through a series of high and low elements to achieve a common goal. We will work with any group to help form a more cohesive team while improving communication skills as well as articulation and public speaking. Our goal is to help each individual challenge both their physical and mental capabilities. Team building programs are available during or after the school day. Half and full day programs available. Contact Michael Mahoney at 508.993.3361 x10 or mmahoney@ymcasouthcoast.org for more information.

### Volunteer: Sharing the Harvest Community Farm

We are looking for volunteers to help us harvest fruits and vegetables on our four-acre community farm at the Dartmouth YMCA. With your help, and the help of others, the food grown here is distributed by the Hunger Commission—a program of the United Way of Greater New Bedford—across the south coast to feed our neighbors in need. **Volunteer drop-in hours are Monday, Tuesday and Wednesday from 9 am to 12 pm and 2 pm to 5 pm and Saturdays from 9 am to 12 pm.** If you are interested in volunteering contact our Volunteer Development Coordinator at 508 993 3361 x13 or sharingtheharvest@ymcasouthcoast.org. To learn more about the Sharing the Harvest, visit ymcasouthcoast.org and click on the Dartmouth YMCA page.

### Weddings and Events

The Y is the perfect setting for wedding receptions and anniversary parties. For more information email mmahoney@ymcasouthcoast.org or call 508.993.3361.

Plimoth Investment Advisors®  
an affiliate of BayCoast Bank

HEALTHY LIVING CENTER



# FALL RIVER YMCA

## PROGRAMMING

### YOUTH PROGRAMMING

#### 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 508.675.7841 for details. 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

Check with welcome center for hours and availability.

#### Ballet · Ages 5-8

Students will learn proper technique, terminology, and basic ballet steps in a structured but fun, age appropriate class to teach little ones grace, poise and confidence.

Members: \$42.00 Program Member: \$81.00

Days	Times
Thursday	4:30 -5:15 pm
Saturday	9:00-9:45 am

#### e-Ballet · Ages 3-5

This class is designed for children just starting out as dancers. During this class all the beginner ballet moves, positions and terminology will be taught to the young growing dancer.

Members: \$42.00 Program Member: \$81.00

Days	Times
Wednesday	4:30-5:15 pm
Saturday	9:00-9:45 am

#### Tumbling Tots · Ages 3-5

Children will explore the world of creative movement through gymnastics; Your child will enhance social skills, risk taking, body awareness and confidence

Members: \$42.00 Program Member: \$81.00

Days	Times
Wednesday	4:00-4:30 pm

### ADULT PROGRAMMING

#### Circuit Orientation

Learn the basics of weight training & proper technique. Members Free. **Times By Appointment** sign up at the Wellness Center.

#### Enhance Fitness

This class is a 16 week program designed for older adults of all fitness levels. If you have a chronic condition such as arthritis this class will help you gain strength and independence. You will feel energized physically, mentally and socially. Classes meet three times per week and focus on strength, flexibility, balance and movement. Contact Joe Wenhold [jwenhold@ymcasouthcoast.org](mailto:jwenhold@ymcasouthcoast.org) or 508.675.7841 x119 and register today!

#### Group Exercise Classes

Most group exercise classes are included with your Y membership. Classes may include Zumba, Belly Dancing, Functional Tone, Water Aerobics, Tai Chi and Y Cycle. Schedules available at the Welcome Center or online at [ymcasouthcoast.org](http://ymcasouthcoast.org).

Members: Free Program Member: \$12/class  
Seniors: \$8/class

#### 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. The program is offered without cost to the participants. Contact Christine Rizza [crizza@ymcasouthcoast.org](mailto:crizza@ymcasouthcoast.org) or 508.675.7841 x125 for more information.

#### Personal Training

Have a certified trainer design a motivating and challenging program to meet your needs. To make an appointment call the Y at 508.675.7841.

1 session:	\$45 Member	\$80 Program Member
6 sessions:	\$225 Member	\$400 Program Member
10 sessions:	\$375 Member	\$675 Program Member
20 sessions:	\$750 Member	\$1350 Program Member

#### Y Diabetes Prevention

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 and building up moderate physical activity per week. For more information or to register contact Dara Midwood at 508.996.9622 x141 or [ymcadpp@ymcasouthcoast.org](mailto:ymcadpp@ymcasouthcoast.org).

# RENTALS & SPECIALTIES

Available at all six YMCA SOUTHCOAST branches



#### PARTIES

From the climbing wall to the pool, arts & 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

#### CLIMBING WALL RENTALS

Rent the rock climbing room for 30 minutes of family fun. Enjoy team-building and confidence building skills while having tons of fun and laughs.

##### Rental Fees

Family \$20 per ½ hour

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



#### 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 (800.784.8669) to start on your way to a tobacco-free life. This is the best thing you can do for yourself!



# FALL RIVER YMCA

## SWIM SCHEDULE

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.

### Sessions A & B

	PROGRAM	AGES	RATES	LENGTH	MON & WED	TUES & THUR
PRESCHOOL	Stage 1 - Water Acclimation	3-5yrs	M: \$50 PM: \$96	30 min	4:00 pm	5:20 pm
	Stage 2 - Water Exploration	3-5yrs	M: \$50 PM: \$96	30 min	4:40 pm	4:40 pm
	Stage 3 - Water Stamina	3-5yrs	M: \$50 PM: \$96	30 min	5:20 pm	4:00 pm
	Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PM: \$96	30 min	6:00 pm	
YOUTH	Stage 1 - Water Acclimation	6+	M: \$58 GP: \$112	45 min	4:00 pm	6:00 pm
	Stage 2 - Water Exploration	6+	M: \$58 GP: \$112	45 min	5:00 pm	7:00 pm
	Stage 3 - Water Stamina	6+	M: \$58 GP: \$112	45 min	6:00 pm	
	Stage 4 - Stroke Introduction	6+	M: \$58 GP: \$112	45 min	7:00 pm	
	Stage 5 - Water Acclimation	6+	M: \$58 GP: \$112	45 min		4:00 pm
	Stage 6 - Water Exploration	6+	M: \$58 GP: \$112	45 min		5:00 pm

### Lifeguarding/Lifeguard Certification

Designed to train individuals to become certified lifeguards. Instruction for equipment rescue, preventative safety, water assists, defenses, escapes and emergency procedures. Training in CPR PRO, AED, Oxygen and First Aid included. Must be 16. Please call 508.675.7841 x121 for information.

Certification Fee: \$350.00 Recertification for Y lifeguards: \$35 Crossover from Red Cross, etc: \$150

### Private & Special Needs Swim Lessons

Thirty minute one-on-one lessons with an instructor available upon request.

Please call 508.675.7841 x121 to set up a time. Private or Special Needs per class

Members \$30 Program Members \$50

Sold in books of 5 (5 lessons for the price of 4) Members \$120 · Program Members \$200

Semi Private per class

Members \$45 Program Members \$70

Sold in books of 5 (5 lessons for the price of 4) Members \$180 · Program Members \$280

### Sessions C

	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THRU	FRI	SAT	SUN
PRESCHOOL	Stage A - Water Discovery	6 mos-36 mos	M: \$50 PM: \$96	30 min		10:00 am			5:20 pm	9:00 am	
	Stage B - Water Exploration	6 mos-36 mos	M: \$50 PM: \$96	30 min				10:00 am	4:40 pm	9:40 am	
	Stage 1 - Water Acclimation	3-5yrs	M: \$50 PM: \$96	30 min		10:40 am	6:00 pm		10:45 am 4:00 pm	9:00 am 11:00 am	9:00 am
	Stage 2 - Water Exploration	3-5yrs	M: \$50 PM: \$96	30 min				10:40 am	11:25 am	9:40 am 10:20 am	9:40 am
	Stage 3 - Water Stamina	3-5yrs	M: \$50 PM: \$96	30 min		11:20 am				10:20 am	10:20 am
	Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PM: \$96	30 min				11:20 pm 1:20 pm	6:00 pm	11:00 am	
YOUTH	Stage 1 - Water Acclimation	6+	M: \$58 GP: \$112	45 min	5:00 pm	6:00 pm	4:00 pm		4:00 pm	9:00 am	9:00 am
	Stage 2 - Water Exploration	6+	M: \$58 GP: \$112	45 min					5:00 pm	10:00 am	10:00 am
	Stage 3 - Water Stamina	6+	M: \$58 GP: \$112	45 min	4:00 pm			6:00 pm	6:00 pm	11:00 am	
	Stage 4 - Stroke Introduction	6+	M: \$58 GP: \$112	45 min						9:00 am	
	Stage 5 - Water Acclimation	6+	M: \$58 GP: \$112	45 min						10:00 am	
	Stage 6 - Water Exploration	6+	M: \$58 GP: \$112	45 min						11:00 am	
ADULT	Teen 1	13-18	M: \$58 GP: \$112	45 min		7:00 pm					
	Teen 2	13-18	M: \$58 GP: \$112	45 min				7:00 pm			
	Adult 1	18+	M: \$58 GP: \$112	45 min	6:40 pm		5:00 pm				
	Adult 2	18+	M: \$58 GP: \$112	45 min			6:40 pm				

# GLEASON FAMILY YMCA

## PRESCHOOL SPORTS & PLAY PROGRAMMING

### Child Watch

The Child Watch service is designed to accommodate children ages 3 months to 7 years for a maximum of 90 minutes while parents use the facility. Limited openings available for infants 3-6 months. Please pick up a copy of the guidelines at the Child Watch room or at the Welcome Center.

FREE with family membership or \$3 per child/per hour

Days	Times
Mon Wed Fri	8:30 am-12:30 pm
Monday-Friday	4:00-8:00 pm
Tues Thurs Sat	8:30-11:30 am

### Mini Basketball · Ages 3-5

Basic basketball fundamentals are taught and reinforced developing team building skills and self confidence.

Members: \$48.00 Program Member: \$96.00

Days	Times
Saturday	9:00-9:30 am

### Mom & Me Gymnastics Ages 18 months-3 years—Summer A & B- 4 Week Sessions

Our mom and me program is designed to introduce 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 minute class filled with fun!

Members- \$24.00 Program Mem-  
bers-\$48.00  
Days- TBD

### Tiny Tumblers Gymnastics Ages 3-5 Summer A & B- 4 Week Sessions

Our Tiny Tumblers class is our preschool age gymnastics class 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!

Members-\$24 Program Members-\$48  
Wednesday 5:00-5:45

### Archery · Ages 7+ (Summer C)

Test your hand eye coordination. Participants will explore the sport of archery and learn proper technique & skill.

Members: \$56.00 Program Member: \$108.00

	Days	Times
Youth	Wed	4:30-5:30pm
Adult	Wed	6:00-7:00pm

### Basketball Clinic · Ages 8-12 (Summer C)

Learn proper basketball skills that will help your game, all levels can improve.

Members: \$56.00 Program Member: \$111.00

Days	Times
Saturday	11:00 am-12:00 pm

### Brito Basketball Skills Camp

Learn the basketball skills that will help each player elevate their game

\$150 per player

Monday June 20<sup>th</sup> - Friday June 30, 2017 1 pm - 4 pm

### Climbing Lessons (Summer C)

Members: \$56.00 Program Member: \$108.00

Please call for evaluation for correct level placement.

**Mighty Mouse (1)** · This beginning level will help new climbers learn the basics of the rock wall.

Days	Times
Monday	5:30-6:30 pm

**Monkey (2)** · This level will introduce more complex movements. Must pass level 1 to participate.

Days	Times
Tuesday	5:30-6:30 pm

**Spider Man (3)** · At this level climbers will assay more difficult routes requiring complex techniques. Must pass level 2 to participate.

Days	Times
Wednesday	5:30-6:30 pm

### Kenpo Karate · Youth (Summer A)

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: \$46 Program Member: \$66

1- Hour Class Members: \$59 Program Member: \$86  
Ages 4-6 Thurs 6:00-6:30 pm Sat 11:30 am-12:00 pm  
Ages 7-12 Thurs 6:30-7:30 pm & Sat 12:00-1:00 pm

### Gymnastics Ages 5+ Levels 1, 2, and 3—Summer A & B- 4 Week Sessions

Our recreational gymnastics at a basic level 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 strength routine is also introduced at this level. We will follow specific progressions necessary for children to excel in a safe, fun, and beneficial way to turn them into the little gymnasts they hope to be!

Members: \$40 Program Participants: \$80

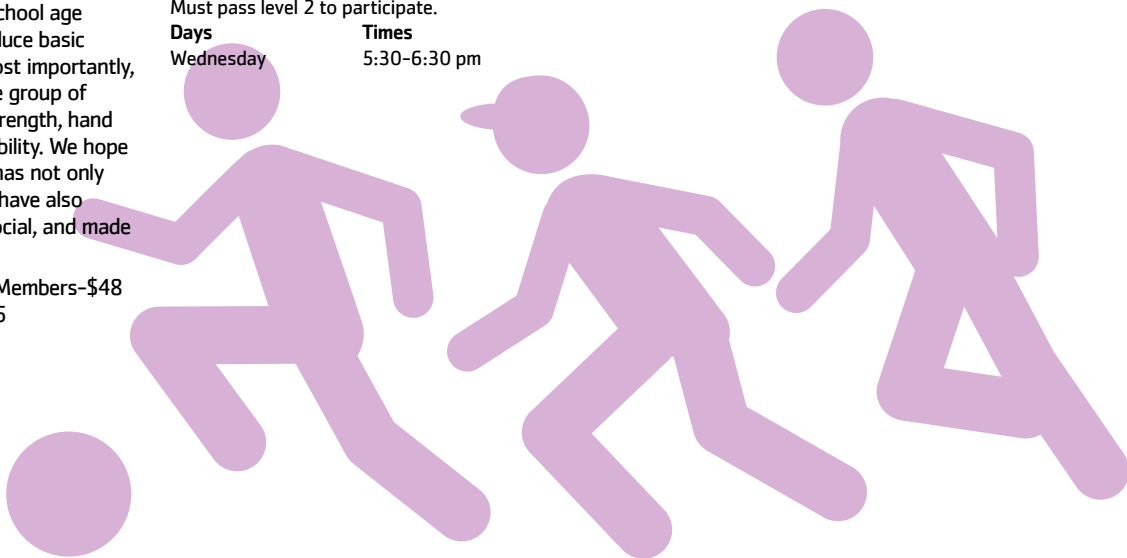
DAYS	LEVEL	TIME
Wednesday	1	6:00-7:00pm
Wednesday	2 & 3	7:00-8:00pm
Wednesday	Adult	8:00-9:00pm

### Mini Basketball · Ages 6-7 (Summer C)

Basic basketball fundamentals are taught and reinforced developing team building skills and self confidence.

Members: \$56.00 Program Member: \$112.00

Days	Times
Saturday	9:45-10:30 am



# GLEASON FAMILY YMCA

## SWIM SCHEDULE

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.

	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THRU	FRI	SAT	SUN
PC	Stage A - Water Discovery	6 mos-36 mos	M: \$50 PM: \$96	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:00 pm 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm
	Stage B - Water Exploration	6 mos-36 mos	M: \$50 PM: \$96	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm
	Stage B - Water Exploration	3-5	M: \$50 PM: \$96	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:30 am 11:30 am	10:30 am 12:30 pm
PRESCHOOL	SNAP	3-5	M: \$62 PM: \$118	30 min	3:00 pm	3:30 pm	3:00 pm	3:30 pm	3:00 pm		
	Stage 1 - Water Acclimation	3-5	M: \$50 PM: \$96	30 min	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	10:30 am 11:30 am 3:30 pm 4:00 pm 5:00 pm	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	10:30 am 11:00 am 3:30 pm 4:00 pm 5:00 pm	10:00 am 11:30 am 3:30 pm 4:00 pm 4:30 pm	9:00 am 10:00 am 10:30 am 11:00 am	10:00 am 10:30 am 11:00 am 11:30 am 12:00 pm 12:30 pm
	Stage 2 - Water Movement	3-5	M: \$50 PM: \$96	30 min	10:30 am 3:30 pm 4:30 pm 5:30 pm	10:30 am 3:30 pm 4:30 pm	10:30 am 3:30 pm 4:30 pm 5:30 pm	10:30 am 3:30 pm 4:30 pm	10:30 am 3:30 pm 4:30 pm 5:30 pm	9:30 am 10:30 am 11:00 am	10:00 am 11:00 am 11:30 am 12:00 pm
YOUTH	Stage 3 - Water Stamina	3-5	M: \$50 PM: \$96	30 min	3:30 pm 4:00 pm 5:30 pm	10:00 am 3:30 pm 4:00 pm	3:30 pm 4:00 pm 5:30 pm	10:00 am 3:30 pm 4:00 pm	3:30 pm 4:00 pm 5:30 pm	9:30 am 11:30 am	10:30 am 11:30 am 12:30 pm
	Stage 4 - Stroke Introduction	4-5	M: \$50 PM: \$96	30 min	3:30 pm 4:30 pm 5:30 pm	10:00 am 3:30 pm 4:30 pm	3:30 pm 4:30 pm 5:30 pm	10:00 am 3:30 pm 4:30 pm	3:30 pm 4:30 pm 5:30 pm	9:30 am 11:30 am	10:30 am 11:30 am 12:30 pm
	Stage 1 - Water Acclimation	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm
	Stage 2 - Water Movement	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm
	Stage 3 - Water Stamina	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	9:00 am 11:00 am	10:00 am 12:00 pm
	Stage 4 - Stroke Introduction	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	9:00 am 11:00 am	10:00 am 12:00 pm
	Stage 5 - Stroke Development	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	10:00 am	11:00 am
	Stage 6 - Stroke Mechanics	6+	M: \$58 PM: \$112	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	10:00 am	11:00 am
	Competitive Swim	6+	M: \$58 PM: \$112	45 min	5:30 pm		5:30 pm		5:30 pm		1:00 pm
	Advanced Water Sports	8-14	M: \$58 PM: \$112	30 min		5:30 pm		5:30 pm			1:00 pm
ADULT	SNAP	6+	M: \$92 PM: \$176	45 min	3:15 pm	5:30 pm	3:15 pm	5:30 pm	3:15 pm		
	Master Style - Swim Conditioning 1	15+	M: \$80 PM: \$137	60 min	5:30 pm		5:30 pm				1:00 pm
	Master Style - Swim Conditioning 2	15+	M: \$75 PM: \$128	90 min		5:30 pm		5:30 pm			
	Stage 1 - Water Acclimation	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm
	Stage 2 - Water Movement	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm
	Stage 3 - Water Stamina	15+	M: \$58 PM: \$112	45 min		5:30 pm		6:15 pm			1:00 pm
	Stage 4 - Stroke Introduction	15+	M: \$58 PM: \$112	45 min		5:30 pm		6:15 pm			1:00 pm
	Stage 5 - Stroke Development	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm
	Stage 6 - Stroke Mechanics	15+	M: \$58 PM: \$112	45 min		6:15 pm		5:30 pm			1:00 pm
	SWIM TEAM	Summer Swim Team A	6-8	M: \$75 PM: \$100	45 min	6:30 pm 7:15 pm		6:30 pm 7:15 pm		6:30 pm 7:15 pm	
Summer Swim Team B		9-18	M: \$150 PM: \$200	90 min	6:30 pm		6:30 pm		6:30 pm		

# GLEASON FAMILY YMCA

## WELLNESS PROGRAMMING

### Adult Volleyball League

Set, bump and spike while you compete against others in this weekly league. Starts June 21<sup>st</sup>.

Members: \$65.00 Program Member: \$90.00

Days	Times
Tuesday	6:00-9:00 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. Call Lu Britto at 508.295.9622 x19 to make an appointment.

Members Free Program Members \$25.00

### Circuit Orientation

Learn the basics of weight training & proper technique. Members Free. Sign up at the Wellness Center. **Times By Appointment**

### Climbing Wall Private Lessons (Summer C) Ages 9+

Perfect for adults or teens. Take your climbing skills to the next level with a one-on-one session with a Y professional climbing instructor. Learn valuable skills for climbing outdoors, fine tune your muscles for advanced climbing and push yourself to new limits!

Members: \$89.00 Program Member: \$121.00

Days	Times
Tuesday	6:30-7:30 pm
Wednesday	6:30-7:30 pm
Thursday	6:30-7:30 pm

### CPR, First Aid & Emergency O<sub>2</sub> Administration Certifications

These are ASHI certification classes. The CPR-PRO class includes AED training. For scheduling contact Mel Dyer at 508.295.9622 x27. A minimum of 4 people needed for class to run.

	Members	Program Members
CPR PRO	\$50 per person	\$71 per person
First Aid	\$50 per person	\$71 per person
Oxygen	\$35 per person	\$50 per person

Already have a group needing certification? Classes are available for groups of 4-10 people upon request. Call 508.295.9622 x27 to schedule.

### Get Slim · Ages 18+

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

	Beginner	Advanced
Members	\$76.00	\$35.00
Program Member	\$128.00	\$56.00

	Days	Times
Beginner	Mon & Fri	5:00-6:00 pm
Beginner	Mon & Thur	10:00-11:00 am
Advanced	Thurs	5:00-6:00 pm

### Group Exercise Classes

Most group exercise classes are included with your Y membership. Classes may include aerobics, cardio kick boxing, abs and sculpt, cycling, Zumba, yoga, Pilates, Tai Chi and NIA. For days & times see class schedule at welcome desk or online at ymcasouthcoast.org.

Members: Free Program Member: \$12/class  
Seniors: \$8/class

### Y Lifeguarding & 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, O<sub>2</sub> mask, whistle and breakaway lanyard. Need minimum of 6 participants for class to run. Call 508.295.9622 x 27 for details. Class to run in June. Dates TBD

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

### LIVESTRONG® at the YMCA

This is a 12 week small group program designed for adult cancer survivors who have become chronically de-conditioned or fatigued from treatment and disease. The program is offered without cost to the participants. Contact Lu Britto at lbritto@ymcasouthcoast.org or 508.295.9622 x17 for more information.

### Massage Therapy

Contact Deb Levesque at 508.965.3974 or Jon Leaver at 508.284.4752 for appointment scheduling and pricing.

### Parkinson's Recovery Wellness Training

Stay stronger together. Researched based exercise specifically for Parkinson's that is neuroplasticity principled, holds promise to slow disease progression, restore motor function, 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

Days	Times
Monday	12:00-1:00 pm

### Personal Training

Have a certified trainer design a motivating and challenging program to meet your needs. To make an appointment call Lu Britto at 508.295.9622 x19.

1 session:	\$45 Members	\$80 Program Members
6 sessions:	\$225 Members	\$400 Program Members
10 sessions:	\$375 Members	\$675 Program Members
20 sessions:	\$750 Members	\$1350 Program Member

### Pickle Ball Outdoor Pick Up

Come learn something new and fun while getting a great work out. We will have all equipment needed to play.

Members Free Program Members \$3.00 per visit

### 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. Call Lu Britto at 508.295.9622 x19 to make an appointment.

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

### Walk & Talk Group

Come socialize and be health in Spirit, Mind & Body at your own pace and meet new friends on our beautiful trail or inside on our track

Monday Wednesday & Friday : 9am start- Free to all

### Y Diabetes Prevention

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 and building up moderate physical activity per week. For more information or to register contact Dara Midwood at ymcadpp@ymcasouthcoast.org or 508.996.9622 x141.

### Y Swim Lesson Instructor Certification

This introductory course teaches the basic foundational skills needed to teach aquatic classes. Participants who successfully pass this course will receive certification valid for 2 years. Pre-requisites: minimum age of 16 years, current certification in CPR-PRO w/ AED, First Aid, Emergency Oxygen Administration and swimming skills proficient at the Minnow level or higher. Six participants needed for class to run. Contact Mel Dyer, Aquatic Director for details and dates at mdyer@ymcasouthcoast.org or 508.295.9622 x27.

Without books: Members \$150 Program Members \$175  
With books: Members \$250 Program Members \$275

# MATTAPOISETT YMCA

## PROGRAMMING

### Climbers Club · Ages 7-13 – Summer C

Introduction to our ropes course working our way up to the top! Participants will start with the basics including team building activities, mastering our low ropes course, climbing the rock wall to view our beautiful Mattapoisett Harbor, crossing the Berma Bridge, and then off to the vertical play pen!

Members: \$56.00 Program Member: \$108.00  
**Days**                      **Times**  
 Saturday                      11:15 am - 12:00 pm

### Messy Art · Ages 3-5 – Summer C

Let your artist's creativity shine as they explore fun and exciting art projects all while getting a little messy.

Members: \$56.00 Program Member: \$108.00  
**Days**                      **Times**  
 Wednesday                      3:30-4:15 pm

### Munchkin Soccer · Ages 3-5 – Summer C

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

Members: \$56.00 Program Member: \$108.00  
**Days**                      **Ages**                      **Times**  
 Saturday                                           9:30-10:15 am

### POUND

The world's first cardio strength class inspired by playing the drums. A 45-min class designed for all fitness level. Burn up to 900 calories and become the music in this new cardio class!

Members: Free Program Participants: \$10/class Seniors: \$7/class

**DAYS**                      **TIMES:**  
 Tuesdays                      7:45am  
 Thursdays                      5:30pm

### Paddle Sports Rentals

Enjoy the beautiful Mattapoisett Harbor with your family or by yourself at your own pace. Reservation Required please call the Friday before at 4 pm to reserve your spot. Signed waiver required. June 19<sup>th</sup>- August 25, 2015

	1-hour	2-hours	4-hours
single kayak	\$18	\$25	\$40
double kayak	\$30	\$45	\$50
stand up paddle board	\$30	\$30	\$45
paddle boat	\$20	\$30	\$40

Members save 50% off all paddle sport rentals

**Days**                      **Times**  
 Monday - Friday                      6:00-8:00 pm  
 Saturday                      10:00 am-2:00 pm  
 Sunday                      12:00- 4:00 pm

### Yoga

Relaxation through a series of movement, poses and breathing that can be accommodating to all fitness levels.

Members: Free Program Member: \$10/class  
 Seniors: \$7/class

**Days**                      **Times**  
 Mon & Wed                      6:30-7:30 pm

### Weddings

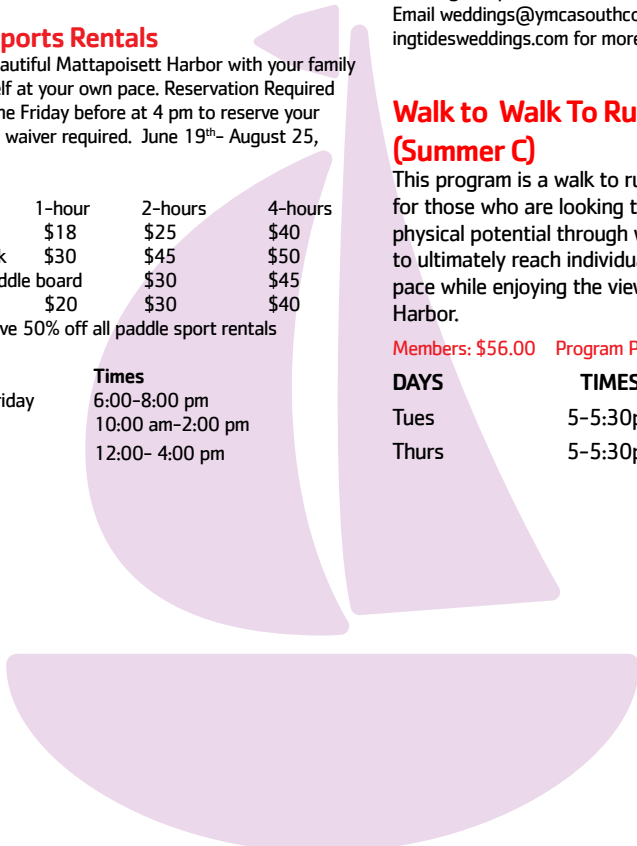
The Mattapoisett YMCA is the perfect setting for wedding receptions and anniversary parties. Email [weddings@ymcasouthcoast.org](mailto:weddings@ymcasouthcoast.org) or visit [shin-ingtidesweddings.com](http://shin-ingtidesweddings.com) for more information.

### Walk To Walk To Run Ages 9+ (Summer C)

This program is a walk to run program designed for those who are looking to explore their physical potential through walking, and running to ultimately reach individual goals at their own pace while enjoying the view of the Mattapoisett Harbor.

Members: \$56.00 Program Participants: \$108.00

**DAYS**                      **TIMES:**  
 Tues                      5-5:30pm  
 Thurs                      5-5:30pm



## AQUATIC PROGRAMMING

### Preschool Ages 3-5 SUMMER A & B

**Days**                      **Times**  
 Mon & Wed                      4:30 pm  
 Tues & Thurs                      4:30 pm

### Youth Ages 6+ SUMMER A & B

**Days**                      **Times**  
 Mon & Wed                      4:30 pm  
 Tues & Thurs                      4:30 pm

Classes in Sessions A & B are 30 minutes  
 Members: \$48 Program Member: \$92  
 Classes in Sessions C are 45 minutes  
 Members: \$56 Program Member: \$108

# NEW BEDFORD YMCA

## PRESCHOOL & YOUTH PROGRAMMING

### Child Watch

This service is designed to accommodate children ages 3 months to 6 years for 1-2 hours while parents use the facility. Limited openings available for infants 3-6 months. Call the Welcome Center at 508.997.0734 to reserve your spot. Guidelines are available at the Child Watch room or at the Welcome Center  
**FREE with family membership or \$3 per child/per hour**  
**A card for \$20/10 hours**

Reservations are required 24 hours in advance.

Days	Times
Monday-Friday	8:30-11:30 am
Monday-Thursday	5:00-7:30 pm
Saturday	9:00-11:00 am

### Dance Classes · Ages 5-12

Children will learn proper technique, terminology, and choreography in a fun, dynamic environment. These classes are led by dance instructor Susan Botelho, who owned a dance studio for 20+ years!

### Ballet Ages 8-12

Friday 3:30pm-4:15pm Members: \$62  
 Program Member: \$85

### Hip Hop Ages 5-9

Friday 4:15pm- 5pm Members: \$62  
 Program Member: \$85

### Music and Movement Ages 3-5

Friday 5-5:30pm Members: \$40  
 Program Member: \$60

Members \$62.00 Program Members \$85.00

Class	Ages	Days	Times
Hip Hop	5-9	Friday	3:30-4:15 pm

### Drama Queens & Kings · Ages 6-12

Let your future actor show off their talent! Participants will learn to identify parts of the stage, develop character using body language, demonstrate projection, and more as well as put on a closing performance with their newly learned skills.

Members \$62.00 Program Members \$85.00

Days	Times
Monday	6:30-7:30 pm

### Karate Tang Soo Do · Youth & Adult

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

\*NEW STUDENTS WILL RECEIVE A FREE UNIFORM

Members: \$125.00 Program Member: \$168.00

Days	Times
Beginner & children	Tues & Fri 6:00-7:00 pm
Intermediate & adult	Tues & Fri 7:00-8:00 pm

### Kids Corner · Ages 6-11

For children that need supervision while their parents utilize the facility. A range of different activities will be offered daily such as kickball, basketball, arts and crafts, creative writing, etc. as well as space for homework and reading. Children will have fun in a safe, supervised environment.

FREE with family membership or \$5 per child/per hour

Days	Times
Tuesday & Thursday	5:00-7:00 pm

### Leaders Club

High School Students- Available to YMCA SOUTH-COAST Members Interested in volunteering and giving back to the community while making friends, gaining skills, and enhancing your resume? Contact Rayana Grace to join: rgrace@ymcasouthcoast.org 508.997.0734 ext. 120

### Sci-Time: Imagine and Invent: Ages 8-12

Tuesdays 6pm-7pm Members: \$62  
 Program Member: \$85

This hands-on science club will explore physics, chemistry, and earth science through experiments and projects. Participants will ask questions and discover the answers themselves through this fun and educational program

Members \$62.00 Program Members \$85.00

Days	Times
Tuesday	6:00-7:00 pm

### Shooting Stars Basketball Skills and Drills Ages 5-8; Ages 9-13

Members: \$56 Program Member: \$64  
 Dates and Times TBA

### Sports Mix: Ages 3-5

Thursdays 6pm-6:30pm Members: \$40  
 Program Member: \$60

Develop a love for sports while encouraging teamwork and good sportsmanship. This non-competitive class is designed to help young children develop coordination and begin to learn the basic



Potential Golf Program weekday evenings 6-7 pm or Saturday mornings 9-10 am.  
 Potential Tennis Program Monday or Wednesday evenings. If interested please contact Rayana Grace rgrace@ymcasouthcoast.org or 508.997.0734 x120 to be put on interest lists.

# NEW BEDFORD YMCA

## WELLNESS PROGRAMMING

### 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. Call Mary Beth Gamache at 508.997.0734 x130 for an appointment.

Members Free Program Members \$25.00

### Circuit Orientation

Learn the basics of weight training & proper technique. Members Free. **Times By Appointment** - sign up at the Wellness Center

### CPR, First Aid & Emergency O<sub>2</sub> Administration Certifications

These are ASHI certification classes. The CPR-PRO class includes AED training. For scheduling contact Mel Dyer at 508.295.9622 x27. A minimum of 4 people needed for class to run.

	Members	Program Members
CPR PRO	\$50 per person	\$71 per person
First Aid	\$50 per person	\$71 per person
Oxygen	\$35 per person	\$50 per person

Already have a group needing certification? Classes are available for groups of 4-10 people upon request. Call 508.295.9622 x27 to schedule.

### Group Exercise Classes

Most group exercise classes are included with your Y membership. Classes may include aerobics, abs and sculpt, Zumba, Yoga, Pilates, Y CrossTrain, Insanity and Tabata. For days & times see class schedule at welcome desk or online at ymcasouthcoast.org.

Members: Free  
Program Member: \$12/class Seniors: \$8/class

### Karate Tang Soo Do · Youth & Adult

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

Members: \$125.00 Program Member: \$168.00

	Days	Times
Beginner & children	Tues & Fri	6:00-7:00 pm
Intermediate & adult	Tues & Fri	7:00-8:00 pm

### Lifeguarding

Designed to train individuals to become certified lifeguards. Instruction for equipment rescue, preventative safety, water assists, defenses, escapes and emergency procedures. Training in CPR PRO, AED, Oxygen and First Aid included. Must be 16 years old. Please call 508.997.0734 x122 for information.

Fee \$350.00

### 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. The program is offered without cost to the participants. Contact Candee LaFauci at clafauci@ymcasouthcoast.org or 508.997.0734 x121 for more information.

### Massage Therapy by Tom

Swedish, deep tissue, and sports massage.

**Tuesday - Saturday**

To schedule an appointment contact Tom Rainville directly at 508.992.0162 or 508.997.0734 x131

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

### Personal Training

Have a certified trainer design a motivating and challenging program to meet your needs. To make an appointment contact Mary Beth Gamache at 508.997.0734 x130

1 session:	\$45 Members	\$80 Program Member
6 sessions:	\$225 Members	\$400 Program Member
10 sessions:	\$375 Members	\$675 Program Member
20 sessions:	\$750 Members	\$1350 Program Member

### Small Group Training

If you are looking for Personal Training and enjoy working out with your friends then this new training option is for you. You get customized personal training at a reduced cost. The more friends the lower the cost. Up to six people. Contact Mary Beth Gamache, Wellness Director at 508.997.0734 x130.  
**Contact branch for pricing.**

### 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 Mary Beth Gamache, Wellness Director at 508.997.0734 x130 to make an appointment. \*Individual pricing available

Members: \$50/team member  
Program Member: \$70/team member

### Y Diabetes Prevention

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. Contact Dara Midwood at 508.996.9622 x141 for more information or to register. 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.

### Personal Training Starter Kit:

Are you new to Personal Training or unsure if it is for you?

- Free 1/2 Hour Consultation with a Certified Personal Trainer
- Free Fitness Assessment: Including Body Composition Calculation, Postural Assessment, Goal Setting etc.
- Free First session with your Personal Trainer.

## Active Older Adult Programming

Grab a copy of our monthly schedule of activities geared for our older adult community. Zumba Gold, line dancing, strength training & more.

# NEW BEDFORD YMCA

## SWIM SCHEDULE

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.

	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THRU	FRI	SAT
PRESCHOOL	Stage A - Water Discovery	6 mos -36 mos	M: \$50 PM: \$96	30 min		5:00pm		5:00pm		10:00am
	Stage B - Water Exploration	6 mos-36 mos	M: \$50 PM: \$96	30 min		5:30pm		5:30pm		10:30am
	Stage 1 - Water Acclimation	3-5yrs	M: \$50 PM: \$96	30 min	4:00pm	11am 6:45pm	4:00pm 5:30pm 6pm	11:00am 6:45pm	4:15pm	9:00am 9:30am 10:00am
YOUTH	Stage 2 - Water Exploration	3-5yrs	M: \$50 PM: \$96	30 min	4:30pm	11am 6:45pm	11am 4:30pm	11am 6:45pm	4:15pm	9:00am 10:00am
	Stage 3 - Water Stamina	3-5yrs	M: \$50 PM: \$96	30 min		4:15pm		4:15pm	6:45pm	9:30am
	Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PM: \$96	30 min		4:15pm		4:15pm	6:45pm	9:30am
	Stage 1 - Water Acclimation	6+	M: \$58 PM: \$112	45 min	4:00pm	4:00pm	4:00pm	4:00pm	4:00pm	9:00am 10:30am
	Stage 2 - Water Exploration	6+	M: \$58 PM: \$112	45 min	5:00pm	4:45pm	4:00pm	4:45pm	4:00pm	9:45am 10:30am
	Stage 3 - Water Stamina	6+	M: \$58 PM: \$112	45 min	6:00pm	6:00pm	4:45pm	6pm	4:00pm	9am
	Stage 4 - Stroke Introduction	6+	M: \$58 PM: \$112	45 min	6:0pm	6:00pm	4:45pm	6:00pm	4:00pm	9:45am
	Stage 5 - Stroke Development	6+	M: \$58 PM: \$112	45 min	6:45pm	6:00pm	6:45pm	6:00pm	6:45pm	10:30am
	Stage 6 - Stroke Mechanics	6+	M: \$58 PM: \$112	45 min	6:45pm	7:00pm	6:45pm	7:00pm	6:45pm	11:15am
	Pathway Competition: Competitive Swim	6+	M: \$58 PM: \$112	45 min		7:00pm			6:45pm	
	Pathway Recreational: Mermaid Class	6+	M: \$58 PM: \$112	45 min						11:15am 12:00pm

### STAGE A - WATER DISCOVERY

Your infant or toddler will be introduced to the aquatic environment. This is an introduction to water class.

\* FOR AGES 6MONTHS-3 YEARS \*  
\* PARENT/CHILD CLASS \*

### STAGE B - WATER EXPLORATION

Your child will now begin to explore body positions in the water, blowing bubbles, and begin to learn fundamental safety and aquatic skills.

\* FOR AGES 6MONTHS-3 YEARS \*  
\* PARENT/CHILD CLASS \*

### STAGE 1 - WATER ACCLIMATION

Your child will learn to be comfortable with underwater exploration and will be taught basic water safety skills performed with assistance from the instructor.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

### STAGE 2 - WATER MOVEMENT

Your child will learn how to make forward movement in the water and continue to master water safety skills independently

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

### STAGE 3 - WATER STAMINA

Your child will continue to master their self-rescue and water safety skills independently. They will be able to perform these skills for longer distances, improving their endurance.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS

### STAGE 4 - STROKE INTRODUCTION

Your child will be introduced to basic stroke technique in front crawl and back crawl. They will also reinforce their water safety skills by learning treading water and elementary backstroke.

PRESCHOOL 3-5 30 MINUTES CLASS  
YOUTH 6+ 45 MINUTE CLASS  
\* THIS IS THE HIGHEST STAGE FOR PRESCHOOL AGE

### STAGE 5 - STROKE DEVELOPMENT

Your child will be introduced to breast stroke and butterfly, as well as reviewing and continuing to master front crawl and back crawl. They will reinforce their water safety skills by learning sidestroke and continuing to practice treading water.

\* THIS IS A 45 MINUTE CLASS ONLY \*

### STAGE 6 - STROKE MECHANICS

You child will refine their stroke technique on all major competitive strokes and will be encouraged to include swimming as a part of a healthy lifestyle.

\* THIS IS A 45 MINUTE CLASS ONLY \*

### PATHWAY RECREATIONAL: - MERMAID CLASS

Become a mermaid. Explore the water using a mermaid - or merman fin. Learn a short routine

AGES 6+  
MEMBERS: \$58 PROGRAM MEMBER: \$112



# Stoico/FIRSTFED YMCA

## PRESCHOOL PROGRAMMING & SWIM SCHEDULE

### Child Watch

This service is designed to accommodate children ages 3 months and up while parents use the facility. Limited openings available for infants 3-6 months. Call the Guidelines are available at the Child Watch room or at the Welcome Center

**FREE with YMCA SOUTHCOST family membership or \$3 per child/per hour**

Day	Times
Mon.- Friday	8:30-11:30 am
Mon.- Friday	4:30-7:30 pm
Sat.	8:30-11:00

### Creative Movement • Age 3

Learn the basics of rhythm, music appreciation, dance moves and gymnastics.

Members \$56.00 Program Members \$108.00

Days	Times
Monday	3:30-4:15 am

### Music & Movement • Ages 18 months -2

Start developing the motor and social skills needed for dance and gymnastics. Great for boys and girls, This nurturing class helps children master control over movement.

Members \$48.00 Program Members \$92.00

Days	Times
Tuesday	10:00-10:30 am

### Bitty Sports Star• Ages 2-5

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 that will help them to excel on the court or field. Children divided by age group and ability.

Members \$48.00 Program Members \$92.00

Days	Times
Wednesday	5:00-5:30 pm

### T-Ball • Ages 2-5

Sign up for this fun introduction to the game of baseball with an emphasis on movement and skill development through fun game-like drills. Children are divided by age and ability.

Members \$48.00 Program Members \$92.00

Days	Times
Saturday	10:30-11:00 am



### Swim Schedule

YOUTH	PROGRAM	AGES	RATES	LENGTH	TUES
	Stage 1 - Water Acclimation	3-5yrs	M: \$50 PM: \$96	30 min	4:30pm
	Stage 2 - Water Exploration	3-5yrs	M: \$50 PM: \$96	30 min	4:30pm
	Stage 3 - Water Stamina	3-5yrs	M: \$50 PM: \$96	30 min	4:30pm
	Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PM: \$96	30 min	5:30pm
	Stage 5 - Water Acclimation	6+	M: \$58 GP: \$112	45 min	5:30p

# Stoico/FIRSTFED YMCA

## YOUTH PROGRAMMING

### Archery • Ages 6-11

Develop your skills and appreciation for this art form. Limited enrollment— Sign up early

Members \$48.00 Program Members \$92.00

Days	Ages	Times
Wednesday	6-8	4:30-5:15 pm
Wednesday	9-11	5:30-6:15 pm

### Beach Volleyball • Ages 6-12

Learn skills through fun drills and game rules in a fun, supportive environment taught by USA Junior Olympic Club Volleyball Coach, Lisa Rauer. For more information please contact Scott Medeiros at [smedeiros@ymcasouthcoast.org](mailto:smedeiros@ymcasouthcoast.org) or 508.678.9622 x103.

Members: \$36.00 Program Member: \$48.00

Days	Times
Friday	4:30-5:30 pm

### Dance

Summer 6 weeks program July 10<sup>th</sup>- August 16<sup>th</sup>  
\$45-6 weeks for the price of 5!

For all company Dancers, must be invited and must participate in ballet to take Wednesday Competition Class.

TIME	MONDAY	TIME	WEDNESDAY
5-6pm	Ballet/Lyrical	4-5:30pm	Jazz/Competition
5-7pm	Acro		
7-7:30pm	Tap (additional\$10)		

### Home Run Y Star Baseball/Softball • Ages 6-12

Want to keep playing and work on your skills but not joining an AAU or All Star team this summer? Perfect! Become a Y Star here. Skill development in batting cages and conditioning program plus play on the beautiful camp ground fields. Call the Y at 508.678.9622 for details or sign the interest list at the welcome center desk.

### Ropes Course & Outdoor Adventure Ages 9-teen

Be the first to use the brand new ropes course and climbing wall! Weekly lessons on safety, teamwork and skill development.

Members \$56.00 Program Members \$108.00

Days	Times
Monday	5:00-6:00 pm

### Rock Climbing • family time

Families with children ages 9 and up are welcomed to utilize our 40 ft. climbing wall. This open climb time is perfect for those looking for introduction and instruction to climbing and the ropes course.

Members: FREE Program Member: \$5/person

Days	Times
Tuesday	4:30-6:30 pm

### Soccer • Ages 6-12

This instructional program focuses on the fundamentals and the importance of teamwork. Players will learn and improve on the skills of dribbling, passing, shooting, and field positions. Fun drills, small group games, and exhibition matches each week.

Members \$56.00 Program Members: \$108.00

Days	Times
Saturday	11:30 am-12:30 pm

### Ultimate Frisbee • Ages 12-15

Combining the nonstop movement and athletic endurance of soccer with the aerial precision of football this game is played by two teams on a field with goals. We call it ultimate fun!

Members \$56.00 Program Members \$108.00

Days	Times
Saturday	2:00-3:00 pm

### Teen Fitness • Ages 13 -18

If you like the Amazing Race and Spartan Run, you will love this program taught by our National Certified Personal Trainers.

Free to Members \$7/daily Program Member  
Wednesday 4:00-4:45 am



Y bus stop from Case Junior High. Request Bus #2

## TEEN CENTER

Your vision. Your friends. Your time. Middle School and Junior High School students - Join the Y staff to design the programs and activities for your community. Then expand your knowledge beyond your town to the global youth service movement giving you an opportunity to make your mark on the world.

Drop-In Monday-Friday  
School Dismissal to 6 pm

## Sports, Sports & More Sports Coming This Fall

Look for flyers and check our website for these clinics, leagues and programs: Flag Football, Basketball, Fall Ball, Lacrosse, Archery, Ultimate Frisbee, Field Hockey and so much more. For details or to schedule your favorite sport, contact Scott Medeiros at 508.678.9622 x103 or [smedeiros@ymcasouthcoast.org](mailto:smedeiros@ymcasouthcoast.org).

# Stoico/FIRSTFED YMCA

## WELLNESS PROGRAMMING

### Boot Camp Ages 18+

Train with real Army veteran and personal trainer Kara Wickman, and personal certified trainer, James Crossan. Six week session or drop in available for both our evening or morning sessions.

Six Week Session Rate Members: \$39 Program Members: \$68  
Drop In Rate Members: \$8 Program Members: \$15

Days	Times
Thursday	6:00 pm – 6:45 pm
Saturday	8:00 am – 8:45 am

### Cardio Orientation

Y associates will help you set up goals and a cardio account to track your progress and even show you a phone app to keep track of all your fitness goals. Learn how each piece of cardio equipment works and what cross training will do for you. Then staff will design a personal plan based on your preferences and goals

**Times By Appointment** – sign up at the Welcome Center desk. **Members Free**

### Circuit Orientation

Learn the basics of weight training & proper technique with the equipment in the wellness center. **Times By Appointment** – sign up at the Welcome Center desk.

**Members Free**

### Co-ed Beach Volleyball League

Team Format 6 on 6. Coaching available if you are new to the game or rusty. Games refereed by Professional Y staff. Join as a team or individual. 6 weeks.

Members \$29.00 Program Members \$48.00

Level	Days	Times
Advanced 18+	Monday	6:30-7:30 pm
Intermediate under 16	Monday	5:30-6:30 pm

### CPR, First Aid & Emergency O<sub>2</sub> Administration Certifications

These are ASHI certification classes. The CPR-PRO class includes AED training. For scheduling contact Mel Dyer at 508.295.9622 x27. A minimum of 4 people needed for class to run.

	Members	Program Members
CPR PRO	\$50 per person	\$71 per person
First Aid	\$50 per person	\$71 per person
Oxygen	\$35 per person	\$50 per person

Already have a group needing certification? Classes are available for groups of 4-10 people upon request. Call 508.295.9622 x27 to schedule.

### Couch to 5K

Join the Y staff and your friends for this walk/run pet a goal and let us help you get there in a systematic, safe, fun and motivating way.

Members \$56 Program Members \$92.00

Days	Times
Tues	6:45-7:45 pm

### Escape Fitness® Group Training

This is a brand new concept in fitness that provides engaging functional training through a unique facility design in a group setting. Customized personal training for groups of up to 16 people.

Members: \$5/class Program Member: \$12/class

Days	Times
Monday	8:00-8:30 am
Tuesday	9:00-9:30 am

### Group Exercise Classes

Most group exercise classes are included with your Y membership. Classes may include Escape Fitness® aerobics, cardio kick boxing, abs and sculpt, cycling, LesMills BODYPUMP™, Zumba, Yoga, and Tai Chi. Visit [ymcasouthcoast.org](http://ymcasouthcoast.org) or inquire at the Welcome Center for the class schedule.

Members: Free  
Program Member: \$12/class Seniors: \$8/class

### Group Outings & Camping

If you are looking for the next location to host your corporate outing, scout camping trip, family reunion or other fun filled activity, then look no further! The Stoico/FIRSTFED YMCA offers opportunities for rentals use of our 36 acre sports mecca property. To schedule email [smedeiros@ymcasouthcoast.org](mailto:smedeiros@ymcasouthcoast.org) or call 508.678.9622 x103.

### Healthy Start Bariatric Exercise

For people who have or will have gastric bypass or lap band surgery and anyone who needs to lose at least 50 pounds for health reasons. For more information call Luca Del Borgo at 508.678.9622 x104.

Members Free Program Members \$5.00

Days	Times
Monday	9:30 am or 6:00 pm
Thursday	9:30 am or 6:00 pm

### 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. The program is offered without cost to the participants. Contact Les Costa [lcosta@ymcasouthcoast.org](mailto:lcosta@ymcasouthcoast.org) 508-678-9622 X126

### Men's Basketball League • Ages 18+

Ten weeks of regular season play and playoffs, two certified referees for all games. Bring your own team or sign up as an individual.

Members \$65 Program Members \$90.00

Days	Times
Tuesday	6:00-10:00 pm
Sunday	8:30-1:30 pm

### Personal Training

Achieving your fitness goals is hard. We're here to help. Personal Training allows you to work one-on-one with a certified trainer to establish your goals and make a plan to succeed. To make an appointment, contact the Wellness Director at 508.678.9622. Members only.

Members:  
\$45/session  
\$225/ 6 sessions  
\$695/10 sessions

Program Member:  
\$675/Session

### Pickleball

The USA Pickleball Association describes this as a paddle game for all ages and skill levels. The rules are simple and the game is easy for beginners to learn but can quickly develop into a fast paced game for experienced players. Indoor and outdoor courts are available. Start playing now then participate in ladder competitions.

Days	Times
Monday	9:00-11:00 am
Wednesday	1:00-3:00 pm
Thursday	7:00-9:00 pm

### Small Group Training

If you are looking for personal training and enjoy working out with your friends then this new training option is for you. You get customized personal training at a reduced cost. The more friends the lower the cost. Call 508.678.9622 to schedule. All personal training sessions may be split in 30 minute increments.

Contact branch for pricing.

### 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 the Y at 508.678.9622 to make an appointment. \*Individual pricing available.

Members: \$50/team Members  
Program Member: \$70/team member

### Y Diabetes Prevention

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 and building up moderate physical activity per week.

For more information or to register contact Dara Midwood at 508.996.9622 x141 or [ymcdapp@ymcasouthcoast.org](mailto:ymcdapp@ymcasouthcoast.org).

# SWIM LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER  
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER  
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER  
ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER  
MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER  
STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE  
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE  
MECHANICS



\* At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.