Preschool & Youth Programs

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.

HEALTHY WEIGHT & YOUR CHILD
Ages 6–13
This program focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders for the duration of the yearlong program over 25, two-hour sessions. To participate each child must carry excess weight (body mass index of the 95th percentile or higher). *Have an adult attend ALL sessions with them. For more information please contact Mary Beth Gamache, mgamache@ymcasouthcoast.org or 508.997.0734 x130.

DANCE CLASSES
Children will learn proper technique, terminology, and choreography in a fun, dynamic environment.

PRE-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: $54 | Program Participants: $83
Wednesdays: 5:00–5:30 pm

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: $54 | Program Participants: $83
Tuesdays: 4:45–5:30 pm

TUMBLING TOTS · Ages 2–4
Children will explore the world of creative movement through gymnastics; Your child will enhance social skills, risk taking, body awareness and confidence.

Members: $54 | Program Participants: $83
Wednesdays: 4:00–5:00 pm
Wellness Programs

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

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

Members: Free
Program Participants: $12/class | Seniors: $8/class

ENHANCE FITNESS
16 week program
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 focuses on strength, flexibility, balance and movement. Contact Joseph Wenhold at jwenhold@ymcasouthcoast.org and register today!

PERSONAL TRAINING
Achieving your fitness goals can be hard. We’re here to help. Personal Training allows you to work one-on-one with a certified trainer to establish goals & make a plan to succeed. To get started contact Joe Wenhold at jwenhold@ymcasouthcoast.org

1 1/2 Hour Session: $25 Members
6 1/2 Hours Sessions: $125 Members
1 Session: $45 members | $80 Program Participants
6 pack: $225 members | $400 Program Participants
10 pack: $375 members | $675 Program Participants
10 pack: $750 members | $1350 Program Participants

LIVESTRONG® at the YMCA
This is a 1 1/2 week small group program designed for adult cancer survivors who have become chronically fatigued or de-conditioned from treatment and disease. Contact Christine Rizza, 508.675.7841 x125, crizza@ymcasouthcoast.org
This program offered without cost to the participants.

YMCA DIABETES PREVENTION PROGRAM
This 12 month program helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve overall health and well-being. Participants work together in a small group facilitated by a trained Y lifestyle coach to achieve the program goals of reducing individual weight by 7% and building up to 150 minutes of moderate physical activity per week for the purpose of reducing their risk for developing diabetes. For more information or to register contact Dara Midwood at 508.996.9622 x141 or ymcadpp@ymcasouthcoast.org To find out if the Y’s Diabetes Prevention Program is covered by your insurance, please call the DPCA Call Center at 800.237.4942

MAKE A DIFFERENCE
Experience the joy of helping a child learn

The Fall River YMCA is seeking volunteers to engage and work with area youth in the BayCost Bank Educational Achievement Center. We are looking for volunteers to help us in this important work! Lend your expertise while encouraging children to learn through interactive curriculum-based lessons and activities. Educational Achievement Center volunteers will:
• Be provided with an orientation and ongoing training
• Use existing curriculum or create their own based on their passions and interests
• Commit to a least one hour a week after school for an 11 week session
• Be at least 18 years of age
• Have fun, be a role model and make a difference in the lives of children

For more information please contact
Ja’Nell Henry 508.675.7841 x124
SWIM SCHEDULE AT A GLANCE

STAGE A- WATER DISCOVERY
Your infant or toddler will be introduced to the aquatic environment. This is an introduction to water class.
*FOR AGES 6 MONTHS-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

STAGE2- 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

STAGE4- 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

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 CLASSES:
Per Class: Members $30 Program Members $50
Sold in books of 5 (5 lessons for the price of 4)
Members $120 | Program Participants $200

SEMI–PRIVATE CLASSES:
Per Class: Members $45 Program Members $70
Sold in books of 5 (5 lessons for the price of 4)
Members $180 | Program Participants $280
# WINTER PROGRAMS
2018 • Fall River YMCA
January 2 – February 18 (7 weeks)

## SWIM SCHEDULE AT A GLANCE

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>AGES</th>
<th>RATES</th>
<th>LENGTH</th>
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