



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING PROGRAMS

## Mattapoissett YMCA

Spring 1 Session • February 26 – April 15, 2018

### MINI CHEFS CLUB Ages 5 - 8

In this class we will explore and create a few great recipes. Not only will your kids learn how to whip up some delicious concoctions, but they will also develop their reading, math and nutrition skills while cooking!

**Thursdays:** 5-6pm

Members: \$56 | Program Participants: \$108



### SUPER SILLY SCIENCE Ages 6 - 9

Join us as we explore the world of science with hands-on activities that celebrate natural curiosity. From volcanos to elephants' toothpaste, join us to get messy, have fun and learn!

**Tuesdays:** 5-6pm

Members: \$56 | Program Participants: \$108

### YOGA

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

**Mondays & Wednesdays:** 6:30-7:30pm

Members: Free

Program Participants: \$10/class

Seniors: \$7/class



### CALLING ALL STARS!

In this course, we will learn the basics of acting and theatre! Using drama games, improv, acting exercises and script work, students will explore the topics of voice, movement, character development, staging, ensemble, and more! The course will conclude with a student showcase.

**Saturdays:** 1-3pm

Members: \$56 | Program Participants: \$108



*Shining Tides*

WEDDINGS BY THE SEA

A Division of YMCA SOUTHCOAST  
38 RESERVATION RD • MATTAPOISETT MA  
508.525.5729 • WEDDINGS@YMCASC.ORG  
SHININGTIDESWEDDINGS.COM

### School Vacation Camp at the Mattapoissett YMCA

With so many demands on the family, parents need all the support possible. That is why our vacation camp offers more than just looking after the kids. Our camp focuses on nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance. Our camp programming is developed based on the YMCA's core values of caring, honesty, respect, and responsibility. Vacation camp combines a variety of educational activities and lots of songs, games, and F-U-N!!

Contact Julia McLaughlin at 508.758.4203 x102 or [jmclaughlin@ymcasc.org](mailto:jmclaughlin@ymcasc.org)



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## BAG HUNGER NOW

### Nutrition On Weekends

#### Wish List



- Cereal bars or granola bars—low sugar
- Tuna or Chicken pouches
- Peanut butter or cheese crackers
- Single servings of natural apple sauce
- Pop-top soups with meat (Progresso, Chunky, etc.)
- Fruit cups or pop-top canned fruit—in 100% fruit juice or water
- Pop-top canned meals in 15-oz size (Chef Boyardee Ravioli, Beefaroni, etc.)
- Single serving size boxes of cereal or oatmeal—whole grain
- Prepackaged single-serve bags of healthy or whole grain snacks (raisins, pretzels, Teddy Grahams, Annie's, etc.)
- Shelf-stable single-serve boxed milk (Hersey's, Horizon, etc)

Please place purchased items in a shopping bag and drop in the collection bins lobby of the New Bedford YMCA, Mattapoissett YMCA or Dartmouth YMCA, the libraries in Mattapoissett, Marion, Fairhaven and Rochester or the Mattapoissett Congregational Church.

For more information, to make a cash donation, or volunteer to stuff and organize bags, visit [ymcasouthcoast.org](http://ymcasouthcoast.org).

**Mattapoissett YMCA** A Division of YMCA Southcoast  
38 Reservation Road Mattapoissett MA 508.758.4203 [ymcasouthcoast.org](http://ymcasouthcoast.org)