

FALL 2 PROGRAMS

Dartmouth YMCA



Fall 2 Session • October 29 – December 23, 2018

YOUTH

MARTIAL ARTS

Session 2: 10/22 – 12/22*

*Session 2: NO CLASSES the week of 11/11/18 and NO CLASS on 11/21 (Thanksgiving)

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.

TINY TIGERS • Ages 3-5

Members: \$88 | Program Participants: \$128

Wednesdays: 6:00 – 6:30pm AND

Saturdays: 10:00 – 10:30am

KARATE KIDS • Ages 6-12

Members: \$176 | Program Participants: \$256

WHITE/YELLOW/ORANGE (beginners):

Wednesdays: 6:30 – 7:30pm AND

Saturdays: 9:00 – 10:00am

GREEN OR HIGHER:

Mondays: 6:00 – 7:00pm AND

Wednesdays: 6:30 – 7:30am

TEEN & ADULT • Ages 13+

Members: \$176 | Program Participants: \$256

Wednesdays: 6:30 – 7:30pm AND

Saturdays: 8:00 – 9:00am

**Advanced class through invitation from Master Roderick
ONLY Monday 7:00 – 8:00pm • Additional Fee**



Dartmouth YMCA

276 Gulf Road • Dartmouth, MA • 508.993.3361 • ymcasc.org

EVENTS

DROP AND SHOP!

Black Friday Special: 11/23 • 7:00am– 3:00pm

Pre-registration is required by November 20th!

Members: \$20 for the day

Non Members: \$30 for the day

While you hop on those deals we will entertain your children with a day of activities! Pre-registration is required. Pizza and water will be served for lunch at noon.

FRIENDSGIVING

Tuesday 11/20 • 11:30 am – 1 pm

Join us for our 2nd annual "Friendsgiving" pot luck lunch! Celebrate Thanksgiving with your YMCA family. Spend time with old friends and meet new ones. Sign up at the Welcome Center or email Rochelle Whalen at rwhalen@ymcasc.org and let us know what you will bring.

HOLIDAY HOPE ANGEL TREE • 11/16 – 12/1

Join us in helping to provide a fabulous Christmas for a family in need. We are once again partnering with the United Way of Greater New Bedford to sponsor a family. Please take an angel tag off our tree, let the welcome center know what you chose, and return it by the due date. If you are so inclined, feel free to wrap it. Thank you for your generosity.

PANCAKE BREAKFAST

Tuesday 12/18 • 9:30am – 11am

Join us for our 2nd annual pancake breakfast. Eggs, Bacon, Pancakes, Oh My! Join us for a delicious breakfast with your YMCA family to celebrate the holidays. All food will be provided, just bring yourself and your appetite. Please RSVP at the Welcome Center by 12/14.

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WELLNESS

GET STARTED PROGRAM

Our Get Started Program is a series of three complimentary appointments designed to support you in pursuit of your health and wellness goals. A wellness coach will meet with you to discuss your needs and interests and together you will develop an achievable plan for success. Whether you are new to exercise, have dabbled in it your whole life, or are comfortable in your regular program, we will help you make the most of your Y membership! Ask at our welcome or wellness center to GET STARTED today!

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 info or to register: Dara Midwood at 508.996.9622 x131 or ymcdpp@ymcasc.org.

GROUP EXERCISE CLASSES

Most group exercise classes are included with your Y membership. Classes may include Boot Camp, Barre, Stretch, Chair Yoga, and Yoga. Visit ymasc.org or inquire at the Welcome Center for the class schedule.

Members: Free

Program Participants: \$12/class

Seniors: \$8/class

CHILD WATCH

Monday - Friday: 8:30 - 10:30am

Tuesday & Thursday: 6:00 - 8:00pm

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@ymcasc.org or 508.993.3361.

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 Welcome Center at 508.993.3361

30-MINUTE SESSIONS:

Single Session: \$27

Package of 6: \$152

Package of 12: \$270

ONE HOUR SESSIONS:

Single Session: \$47

Package of 6: \$270

Package of 10: \$420

Package of 20: \$800

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 session



BRANCHING OUT!

FACILITY RENTALS

Host your corporate outing, family reunion, or afternoon picnic with us at the Y! The Dartmouth YMCA offers year-round opportunities for corporate rentals and special events. For more information or to schedule your event, call 508.993.3361.

BIRTHDAY PARTIES

We will partner with you to make your next birthday party fun, affordable, and memorable. We provide the space, help with planning, set-up, event supervision, and clean-up to ensure this special day is fun-filled and hassle free. Contact Rochelle Whalen for more information at rwhalen@ymcasc.org or call 508.993.3361.

WEDDINGS

The Dartmouth YMCA is the perfect setting for weddings, receptions, and anniversary parties! For more information, please email Maia Shwartz at mshwartz@ymcasc.org or call 508.993.3361.

VOLUNTEER:

Sharing the Harvest Community Farm

Did you know that the Dartmouth YMCA is home to a four-acre community farm?

With your help, & the help of others, the food we grow 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 - Thursday:

9am-noon & 2pm-5pm

Saturdays: 9am-noon

For more information, contact our Volunteer Coordinator at 508.993.3361 or sharingtheharvest@ymcasc.org. To learn more visit ymasc.org and click on the Dartmouth YMCA page.