

FALL 2 PROGRAMS

New Bedford YMCA



Fall 2 Session • October 29 – December 23, 2018

WELLNESS

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

SPORT SPECIFIC PERSONAL 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. Available for Junior High/High School Athletes.

Team Pricing:

Members: \$50/Team Member

Program Participants: \$70/team member

For information contact Mary Beth Gamache:

508.997.0734 x 130,

mgamache@ymcasc.org

\$40/1 Hour

Package of 6 – \$200

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. Schedule now!

Chris Koziol at 508.295.9622 x19

Members: FREE

Program Participants: \$25

New Bedford YMCA

25 S Water Street • New Bedford, MA
02740 • 508.997.0734 • ymcasc.org

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 Mary Beth Gamache, Health & Wellness Director, 508.997.0734 x130,

mgamache@ymcasc.org

1 session: Members: \$47

Program Participants: \$80

6 pack: Members: \$270

Program Participants: \$400

10 pack: Members: \$420

Program Participants: \$675

20 pack: Members: \$800



SMALL GROUP TRAINING

Our Trainers, Your Friends, Reduced Cost!
\$90 per person for 6 weeks, 1 hour per week

For more information contact:

Mary Beth Gamache, 508.997 0434 x130 or
mgamache@ymcasc.org

GET STARTED PROGRAM

Part of your membership benefit! 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. We want you to have all the support and resources you need to reach your goals! Ask at our Welcome Center how you can **Get Started** today!

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.

Contact: Candee La Fauci, 508.997.0734 x121,
clafauci@ymcasc.org

This program offered without cost to the participants.

PERSONAL TRAINING STARTER KIT

Are you new to personal training?
Or unsure if it's 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

Contact Mary Beth Gamache for more info or to sign up! 508.997.0734 x130

YOUTH WELLNESS ORIENTATION

Ages 8-13

Youth members who would like to use the strength and cardio equipment need to make an appointment for an orientation with the Health & Wellness staff. The orientation will teach youth members how to safely and efficiently use the equipment, and instruct them about general Wellness Center rules and etiquette. More than one appointment may be necessary depending on the youth member's needs and understanding. Once training is completed, an access pass will be given. Children who are 11 or younger must continue to workout alongside a parent or guardian. To schedule a Youth Orientation, contact Mary Beth Gamache at mgamache@ymcasc.org

FAMILY FIT MAP

Explore & learn about our facility while getting some physical activity and having lots of fun! Go to our Welcome Center and ask for a Family Fit Map. The fit Map leads you on an adventure around the branch where each stop along your journey is a fitness challenge to share with family members. There are different challenges for all levels and all family members.

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 info or to register contact Dara Midwood at 508.996.9622 x131 or ymcadpp@ymcasc.org

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YOUTH & FAMILY

PICKLEBALL

A cross between table tennis and real tennis.

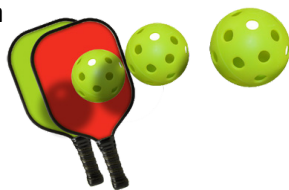
A Fun way to stay active for **all ages!**

Fridays: 10:00 am – 12:00 pm

Sundays: 10:00 – 12:00 pm

FREE for Members

\$5 drop in for non-members



TEEN CONDITIONING

Get ready for your upcoming athletic seasons in a team based weight lifting and functional training environment.

Wednesdays: 6:00 – 7:00 pm

Members: \$70 | **Program Participants:** \$105

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 RECIEVE A FREE UNIFORM.

Beginner and Children: Tues & Fri: 6:00 – 7:00 pm

Intermediate and Adult: Tues & Fri: 7:00 – 8:00 pm

Members: \$125 | **Program Participants:** \$16

FAMILY FUN NIGHTS !

Great fun for the entire family, once a month we will air a movie; have a special game night, or special activities for the whole family

3rd Friday of the month 7:30

Members: FREE

5\$ drop in for non-members

PRESCHOOL PLAYGROUP

A Great way for Pre-School aged children to learn socialization skills, make friends, and move around a little bit while enjoying age appropriate music!

Tuesdays: 9:00 – 9:30 am

Members: FREE

5\$ drop in for non-members

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25 S Water Street • New Bedford, MA 02740
508.997.0734 • ymcasc.org

Leaders Club: (Junior leaders/Leaders)

Middle School and High School aged teens learn leadership skills and remain held accountable for their actions while helping the community through volunteer work and teamwork.

Weekly Friday meetings after school at 3:00 pm

Members: FREE

ROCKWALL • Ages 6-14

Perfect for those looking for introduction and instruction to climbing and the ropes course.

Tuesday Climbing Class: 6:00 – 7:00 pm

Open Climb: 7:00 – 8:00 pm

Members: \$55 | **Program Participants:** \$98

MINI-BASKETBALL

Preschool age children playing and learning basketball skills on little tikes hoop in a fun and social environment. First time basketball players will learn basic skills and drills while having fun.

Mondays: 5:30 pm

Members: \$40 | **Program Participants:** \$60

BASKETBALL SKILLS AND DRILLS

Get Ready for basketball season learning and perfecting form.

Ages 6-8: Tuesdays 5:30-6:15 pm

Ages 9-12: Tuesdays 6:15-7:00 pm

Members: \$48 | **Program Participants:** \$92

YOUTH BASKETBALL LEAGUE

This league focuses on sportsmanship, participation, and teamwork. Players will develop their skills as they learn valuable lessons from staff and volunteer coaches. Volunteer Coaches needed! If you are interested in volunteering as a coach, please contact Justin Simmons for more details at 508.997-0734 x 34 or jsimmons@ymcasc.org

Evaluation Day January 5th

Rookies: 5-6yrs 9:00 am

7-8yrs 10:00 am

Ballers: 9-12yrs 11:00 am

Rookies Division • Ages 5-8 **Saturdays:** 9:00 am

Members: \$70 | **Program Participants:** \$105

Ballers Division • Ages 9-12 **Saturdays:** 10:00 am

Ballers Also Practice **Tuesdays:** 5:00 pm

Members: \$105 | **Program Participants:** \$135

FALL 2 AQUATICS

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PROGRAM-PRESCHOOL	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage A - Water Discovery	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am 6:30pm		10am
Stage B - Water Exploration	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am 6:00pm		10:30am
Stage C - Water Acclimation	2-5yrs	M: \$50 PP:\$96	30 min		6:00pm				9:30am
Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	4:15pm 5:30pm	10:00am 4:15pm 5:30pm	4:15pm 5:30pm	10:00am 4:15pm 5:30pm	10:00am 4:15pm 6:45pm	9:00am 9:30am 10:00am 10:30am 11:00am
Stage 2 - Water Movement	3-5yrs	M: \$50 pp: \$96	30 min	4:15pm 5:30pm	4:15pm 5:30pm	4:15pm 6:45pm	4:15pm 5:30pm	4:15pm 6:45pm	9:00am 10:00am 11:00am
Stage 3 - Water Stamina	3-5yrs	M: \$50 PP: \$96	30 min	6:15pm	4:15pm	6:45pm		4:15pm	9:00am
Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PP: \$96	30 min	6:15pm			4:15pm	6:45pm	9:00am
PROGRAM-SCHOOL AGE	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	4:00pm	4:45pm	4:00pm	6:00pm	4:45pm 6:45pm	9:45am 10:30am
Stage 2 - Water Movement	6+	M: \$58 PP: \$112	45 min	4:00pm	4:45pm	4:00pm 6:45pm	6:00pm	4:45pm	9:45am 10:30am
Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min	6:45pm	6:00pm	4:00pm	4:45pm		9:00am
Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min	6:45pm	6:00pm	5:30pm	4:45pm	6:45pm	9:45am 10:30am
Stage 5 - Stroke Development	6+	M: \$58 PP: \$112	45 min		6:00pm	6:45pm	6:00pm	4:00pm	10:30am
Stage 6 - Stroke Mechanics	6+	M: \$58 PP: \$112	45 min		7:00pm	6:45pm	7:00pm	6:45pm	11:15am
Pathway Competition: Competitive Swim	6+	M: \$58 PP: \$112	45 min		7:00pm		7:00pm	4:00pm	11:15am
Water Sports & Games Stage 6 Skill Level or higher	8+	M: \$58 PP: \$112	45 min	6:45pm					
Adult Lesson	14+	M: \$58 PP: \$112	45 min		7:45pm		7:45pm		