

# PROGRAMS

## Mattapoissett YMCA

Winter Session • January 2 – February 17, 2019 (7 weeks)



### 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



### KIDS NIGHT OUT!

Join us for some fun-filled nights, just for kids!

1 Friday night a month from 6:00 – 9:00 pm.

Each night will have it's own theme so keep an eye out for what's next!

**Members:** \$15, Additional Sibling: \$10

**Program Participants:** \$20, Additional Sibling: \$15

**Fridays:**  
January 25  
February 15  
March 29

For more information contact Traci Antil at 508.758.4203 or tantil@ymcasc.org.



## 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 Traci Antil at 508.758.4203  
or tantil@ymcasc.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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)