

# WELLNESS

## Dartmouth YMCA

Spring 1 Session • February 25 – April 14, 2019



### 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 ymcadpp@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 ymcasc.org or inquire at the Welcome Center for the class schedule.

**Members: Free**

**Program Participants: \$12/class**

**Seniors: \$8/class**

### COMING SOON:

#### POUND! class -

Created by two female drummers, the POUND workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.

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#### Stretch & Strengthen -

A gentle and constructive way to learn to listen to your own movement in order to not just do it, but to feel it, in order to develop a healthy autonomous path to self-awareness and long-term fitness.

### 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**



### CHILD WATCH

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

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

## 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 ymcasc.org and click on the Dartmouth YMCA page.

# YOUTH



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### MARTIAL ARTS

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: \$77 | Program Participants: \$112

Wednesdays: 6:00 - 6:30pm AND

Saturdays: 11:00 - 11:30am

#### KARATE KIDS • Ages 6-12

Members: \$154 | Program Participants: \$224

WHITE/ORANGE (beginners):

Wednesdays: 6:30 - 7:30pm AND

Saturdays: 10:00 - 11:00am

GREEN OR HIGHER:

Mondays: 6:00 - 7:00pm AND

Wednesdays: 6:30 - 7:30am

#### TEEN & ADULT • Ages 13+

Members: \$154 | Program Participants: \$224

Wednesdays: 6:30 - 7:30pm AND

Saturdays: 9:00 - 10:00am

Advanced class through invitation from  
Master Roderick ONLY.

Monday 7:00 - 8:00pm • Additional Fee

### BABYSITTING COURSE • Ages 12-16

Learn basic child safety, the importance of play, diaper changing and following bedtime routines. An overview of first aid and CPR is included. Leads to basic babysitting certification.

Thursdays: 5:30-6:30 pm

Members: \$50

Program Participants: \$75



### KIDS NIGHT OUT • Ages 5-12

#### Spring Fling !

Friday, March 22, 2019

Jump into spring with games, crafts and an obstacle course. Pizza will be served. Children can be dropped off at 6 and MUST be picked up by 9.

\*Pre-registration is REQUIRED by Wednesday, March 20.

Members: \$15,

Additional Sibling: \$10

Program Participants: \$20,

Additional Sibling: \$15

### Enrichment Programs at Quinn Elementary

\*Children MUST attend Quinn Elementary School\*

#### PICASSO

Mondays: 3:30-5:00pm

Take out your paintbrush and join us after school for our take on some classical Picasso craft activities.

Express yourself and create artwork that is personalized to show your creative touch. We will also use a few sessions to work with recyclable materials to work toward sustainable crafting!

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

#### SPORTS MIX

Tuesdays: 3:30-5:00pm

Work on your skills and drills for a variety of high activity sports including; basketball, flag football, floor hockey, ultimate Frisbee and more! This group will engage in physical warm up, skill based drills, and scrimmages, all with an emphasis on teamwork and development.

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

## Dartmouth YMCA

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