

WELLNESS



Fall River 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're 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! To GET STARTED, contact: Joe Wenhold at jwenhold@ymcasouthcoast.org FREE for Members

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

ENHANCE FITNESS

This class is a 16 week program designed for older adults of all fitness levels. If you have a chronic condition such as arthritis this class will help you gain strength and independence. You will feel energized physically, mentally and socially. Classes meet three times per week and focuses on strength, flexibility, balance and movement.

Contact Joseph Wenhold at:

jwenhold@ymcasouthcoast.org and register today!

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 Joe Wenhold at: jwenhold@ymcasouthcoast.org

M=Members | PP=Program Participants

1 - 30 Minute Session: M: \$27 | PP: \$45

6 - 30 Minute Sessions: M: \$152 | PP: \$228

12 - 30 Minute Sessions: M: \$270 | PP: \$405

20 - 30 Minute Sessions: M: \$420 | PP: \$630

1 - 60 Minute Session: M: \$47 | PP: \$71

3 - 60 Minute Sessions: M: \$152 | \$228

6 - 60 Minute Sessions: M: \$270 | PP: \$405

10 - 60 Minute Sessions: M: \$420 | PP: \$630

20 - 60 Minute Sessions: M: \$800 | PP: \$1,200

MAKE A DIFFERENCE



Experience the joy of helping a child learn

The Fall River YMCA is seeking volunteers to engage and work with area youth in the BayCoast Bank Educational Achievement Center.

We are looking for volunteers to help us in this important work! Lend your expertise while encouraging children to learn through interactive curriculum-based lessons and activities. Educational Achievement Center volunteers will:

- Be provided with an orientation and ongoing training
- Use existing curriculum or create their own based on their passions and interests
- Commit to a least one hour a week after school for an 11 week session
- Be at least 18 years of age
- Have fun, be a role model and make a difference in the lives of children

For more information please contact
Ja'Nell Henry 508.675.7841 x124

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 Christine Rizza, 508.675.7841 x125 or crizza@ymcasouthcoast.org

This program offered without cost to the participants.

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 information or to register contact Dara Midwood at 508.996.9622 x141 or ymcadpp@ymcasouthcoast.org.



AQUATICS



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SWIM SCHEDULE AT A GLANCE

	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THUR	FRI	SAT	SUN
PRESCHOOL	Stage A - Infant/Toddler Water Discovery	6 mos-36 mos	M: \$50 PM: \$96	30 min		10:00 am	5:30pm	4:00 pm	10:00 am	9:40 am	
	Stage B - Infant/Toddler Water Exploration	6 mos-36 mos	M: \$50 PM: \$96	30 min		5:30 pm		10:30 am	4:30 pm	10:20 am	
	Preschool 1 - Water Acclimation	3-5yrs	M: \$50 PM: \$96	30 min	6:00 pm	11:00 am & 5:00 pm		5:00 pm	5:00pm	9:00 am	10:00 am
	Preschool 2 - Water Movement	3-5yrs	M: \$50 PM: \$96	30 min	5:00 pm	10:30 am & 6:30 pm	6:00 pm	4:30 pm	4:00 pm	11:00 am	10:30 am
	Preschool 3 - Water Stamina	3-5yrs	M: \$50 PM: \$96	30 min	5:30pm	7:00 pm	6:30pm	10:00 am & 5:30 pm		9:40 am	10:00 am
	Preschool 4 - Stroke Introduction	3-5yrs	M: \$50 PM: \$96	30 min		6:00 pm	5:00 pm	11:00 am		11:00 am	10:30 am
YOUTH	School Age 1 - Water Acclimation	6+	M: \$58 PM: \$112	45 min	6:00 pm	6:45 pm		6:00 pm	5:30 pm	9:00 am	11:00 am
	School Age 2 - Water Movement	6+	M: \$58 PM: \$112	45 min	5:15 pm		5:15 pm		4:00 pm	10:00 am	11:00 am
	School Age 3 - Water Stamina	6+	M: \$58 PM: \$112	45 min	4:00 pm	4:00pm	6:00 pm	6:45 pm	4:45 pm	11:00 am	
	School Age 4 - Stroke Introduction	6+	M: \$58 PM: \$112	45 min	6:45 pm		4:00 pm	6:45 pm		9:00 am	
	School Age 5 - Stroke Development	6+	M: \$58 PM: \$112	45 min	4:00 pm		6:45 pm	6:00 pm	6:15 pm	10:00 am	
	School Age 6 - Stroke Mechanics	6+	M: \$58 PM: \$112	45 min		5:15 pm	4:00 pm		6:15 pm	11:00 am	
ADULT	Teen 1	13-18	M: \$58 PM: \$112	45 min							
	Teen 2	13-18	M: \$58 PM: \$112	45 min			6:45 pm				
	Adult 1	18+	M: \$58 PM: \$112	45 min	6:45 pm						
	Adult 2	18+	M: \$58 PM: \$112	45 min				6:45 pm			

Spring 1 2019 PROGRAMS • FALL RIVER YMCA
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AQUATICS



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NEW AQUATIC PROGRAMS

AQUATIC CONDITIONING

This Program is designed for those students who have graduated from stage 4 preschool and stage 6 youth, who express interest in swim team or progressing their stroke. There will be strong focus on the technical component of swim strokes and building the swimmers stamina for competition.

Preschool (ages 3-5):

Mondays: 6:30-7:00pm

Saturdays: 9:00-9:30am

Youth (ages 6-12):

Tuesdays: 6:00-6:45pm

Thursdays: 5:15-6:00pm

Members: \$50 | **Program Participants:** \$96

WATER SPORTS AND GAMES

Endurance, Sports, and Games is one offering from the recreation pathway students can pursue following YMCA Swim Lessons. The program continues to build endurance on all major competitive strokes and encourages aquatic sports and games as a part of a healthy lifestyle.

Youth (ages 6-12): Thursdays: 4:30-5:15pm

Members: \$58 | **Program Participants:** \$112

MASTERS SWIM

This class is for advanced swimmers who like to improve technique, follow a routine or just get a good workout. Each class will be guided by an instructor who can make adjustments to the routine to fit your skill level. They will also be available to review stroke mechanics and help improve stamina.

Adults (aged 19+): Mondays: 5:45-6:45am

Members: \$58 | **Program Participants:** \$112

SAFETY AROUND THE WATER

This Program introduces children to techniques used to stay safe around open water. They will learn how to help themselves, as well as other if faced with a water emergency. The basic swimming skills will be introduced, as well as safe practices in and out of the water. Those students who take part in safety around the water may continue with the swim program if desired.

BEGINNER: Preschool (ages 3-5)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Saturdays: 10:20-10:50am

Members: \$50 | **Program Participants:** \$96

INTERMEDIATE: Preschool (ages 3-5)

Encourages forward movement in water and basic self-rescue skills performed independently.

Tuesdays: 5:00-5:30pm

Members: \$50 | **Program Participants:** \$96

ADVANCED: Preschool (ages 3-5)

Develops self-rescue skills performed at longer distances than in previous stages.

Thursdays: 5:30-6:00pm

Members: \$50 | **Program Participants:** \$96



AQUATICS



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SWIM LESSON SELECTOR

STAGE A- WATER DISCOVERY

Your infant or toddler will be introduced to the aquatic environment. This is an introduction to water class.

***FOR AGES 6 MONTHS-3 YEARS**
***PARENT /CHILD CLASS'**

STAGE B- WATER EXPLORATION

Your child will now begin to explore body positions in the water, blowing bubbles, and begin to learn fundamental safety and aquatic skills.

***FOR AGES 6MONTHS-3 YEARS**
***PARENT /CHILD CLASS**

STAGE 1- WATER ACCLIMATION

Your child will learn to be comfortable with underwater exploration and will be taught basic water safety skills performed with assistance from the instructor.

PRESCHOOL 3-5 30 MINUTES CLASS
YOUTH 6+ 45 MINUTE CLASS

STAGE2- WATER MOVEMENT

Your child will learn how to make forward movement in the water and continue to master water safety skills independently.

PRESCHOOL 3-5 30 MINUTES CLASS
YOUTH 6+ 45 MINUTE CLASS

STAGE 3 - WATER STAMINA

Your child will continue to master their self-rescue and water safety skills independently. They will be able to perform these skills for longer distances, improving their endurance.

PRESCHOOL 3-5 30 MINUTES CLASS
YOUTH 6+ 45 MINUTE CLASS

STAGE4- STROKE INTRODUCTION

Your child will be introduced to basic stroke technique in front crawl and back crawl. They will also reinforce their water safety skills by learning treading water and elementary backstroke.

PRESCHOOL 3-5 30 MINUTES CLASS
YOUTH 6+ 45 MINUTE CLASS
THIS IS THE HIGHEST STAGE FOR PRESCHOOL AGE

STAGE 5- STROKE DEVELOPMENT

Your child will be introduced to breast stroke and butterfly, as well as reviewing and continuing to master front crawl and back crawl. They will reinforce their water safety skills by learning sidestroke and continuing to practice treading water.

THIS IS A 45 MINUTE CLASS ONLY

STAGE 6- STROKE MECHANICS

You child will refine their stroke technique on all major competitive strokes and will be encouraged to include swimming as a part of a healthy lifestyle.

LIFEGUARD CERTIFICATION

Designed to train individuals to become certified lifeguards. Instruction for equipment rescue, preventative safety, water assists, defenses, escapes and emergency procedures. Training in CPR PRO, AED, Oxygen and First Aid included. Must be 16. Please call 508.675.7841 x121 for information.

Certification Fee: \$350.00
Recertification for Y lifeguards: \$35
Crossover from Red Cross, etc: \$150

PRIVATE & SPECIAL NEEDS SWIM LESSONS

Thirty minute one-on-one lessons with an instructor available upon request. Please call 508.675.7841 x121 to set up a time.

PRIVATE CLASSES:

Per Class: **Members \$30 Program Members \$50**
Sold in books of 5 (5 lessons for the price of 4)
Members \$120 | Program Participants \$200

SEMI-PRIVATE CLASSES:

Per Class: **Members | \$45 Program Members \$70**
Sold in books of 5 (5 lessons for the price of 4)
Members \$180 | Program Participants \$280

