

WELLNESS

Gleason Family YMCA



Spring 1 Session • February 25 – April 14, 2019

HEALTHY WEIGHT & YOUR CHILD

Empowering Families to Live Healthier. An evidence-based program For more information contact Mary Beth Gamache at 508.997.0734 x130.

GET SLIM

Take off the weight! A certified Personal trainer will coach small groups of participants through vigorous workouts, helping you attain your slimming goals. You will experience numerous healthy benefits!

Beginner: Mon & Wed 5-6pm

Beginner: Mon & Thur 10-11am

Beginner-Members: \$76 | **Program Participants:** \$128

Advanced-Thur 5-6pm

Advanced-Members: \$35 | **Program Participants:** \$56

Y DIABETES PREVENTION PROGRAM

This 12 month program helps adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve their overall health and well-being. Participants work together in small group facilitated by a trained Y lifestyle coach, to achieve the program goals of reducing individual by 7% and building up to 150 minutes of moderate physical activity per week for the purpose of reducing their risk for developing diabetes. Contact Dara Midwood for class days and times at 508.996.9622 x131.

SMALL GROUP OCTOGON TRAINING

Contact Lu Brito 508.295.9622 x17 to schedule times.

HEALTHY START BARIATRIC CLASS

For people who have or will have gastric bypass surgery and anyone who needs to lose 50 pounds for health reasons. For more information call Lu Brito at 508.295.9622 x17.

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 Lu Brito 508.295.9622 x17

MASSAGE THERAPY

Contact Deb Levesque at 508.965.3974 or Jon Leaver at 508.284.4752 for appointments scheduling and prices.

PARKINSON'S RECOVERY WELLNESS TRAINING

Stay stronger together. Researched based exercises specifically for Parkinson's that is neuroplasticity principled, holds promise to slow disease progression, restore motor function, increase longevity and quality of life. Participants should be able to walk and stand unassisted. Individuals with MS are also encouraged to attend. Caregivers welcome to attend.

PERSONAL TRAINING

Have a certified trainer design a motivating and challenging program to meet your needs. To make an appointment or for more information contact Lu Brito at 508.295.9622 x17.

PRICING:

1 Session - \$47

6 Sessions - \$270

10 Sessions - \$420

20 Sessions - \$800



CLIMBING WALL PRIVATE LESSONS

Ages 9+ perfect for adults or teens. Take your climbing skills to the next level with one-on-one sessions with a Y professional climbing instructor. Learn valuable skills for climbing outdoors, fine tune your muscles for advanced climbing and push yourself to new limits.

Members: \$89 | **Program Participants** \$121

Tuesday, Wednesday or Thursday 6:30-7:30pm

Gleason Family YMCA

33 Charge Pond Road • Wareham, MA 02571 • 508.295.9622 • ymcasec.org

YOUTH Gleason Family YMCA



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VACATION SWIM LESSONS

Monday – Friday of February & April Vacation Weeks

5 consecutive days of lessons for all swimming abilities. This program is designed to introduce children to swimming and to strengthen the skills of current swimmers.

Beginner • Ages 3-5

Ratio 1:5

10:30 – 11:00 am
11:30 am – 12:00 pm
4:30 – 5:00 pm
5:30 – 6:00 pm

Beginner • Ages 6+

Ratio 1:6

10:30 – 11:00 am
11:30 am – 12:00 pm
4:30 – 5:00 pm
5:30 – 6:00 pm

Advanced • Ages 4-5

Ratio 1:5

10:00 – 10:30 am
11:00 – 11:30 am
4:00 – 4:30 pm
5:00 – 5:30 pm

Advanced • Ages 6+

Ratio 1:8

10:00 – 10:30 am
11:00 – 11:30 am
4:00 – 4:30 pm
5:00 – 5:30 pm

Members: \$32 | Program Participants: \$60

MINI BASKETBALL • Ages 3-5

Basic basketball fundamentals are taught and reinforced, developing team building skills and self confidence.

Saturdays: 10:00 – 10:30am

Members: \$42 | Program Participants: \$84

LITTLE KICKERS • Ages 3-5

Learn the fundamentals of soccer during team practice and then use the skills to scrimmage another team. This league puts an emphasis on participation, teamwork and sportsmanship.

Saturdays: 9:00 – 9:30am

Members: \$42 | Program Participants: \$84

YOUTH GYMNASTICS

MOM & ME: Ages 1-3

Mondays or Wednesdays: 10:00-10:45am

Sundays: 10:00-10:45am

Members: \$49 | Program Participants: \$98

TINY TUMBLERS: Ages 3-6

Mondays or Wednesdays: 11:00-11:45am

Sundays: 11:00-11:45am

Members: \$49 | Program Participants: \$98

BEGINNER: Ages 5-7

Tuesdays: 4:00-5:00pm

Sundays: 12:00pm – 1:00pm

Members: \$70 | Program Participants: \$140

ADVANCED: Ages 8-12

Tuesdays: 5:00-6:00pm

Members: \$105 | Program Participants: \$210

KENPO KARATE • Ages 4-12

Through martial arts, participants will learn various self-defense techniques to develop physical fitness, flexibility, and self-confidence. Uniforms may be purchased separately; see instructor.

AGES 4-6: Thurs 6:00pm – 6:30pm &

Sat 11:30am – 12:00pm

Members: \$70 | Program Participants: \$140

AGES 7-12: Thurs 6:30 – 7:30pm &

Sat 12:00pm – 1:00pm

Members: \$105 | Program Participants: \$210

SPORTS MIX • Ages 3-5

Develop a love for sports while encouraging teamwork and good sportsmanship. This non-competitive class is designed to help pre-school age children develop coordination and begin to learn basic sports concepts to help them to excel on the court or field.

Fridays: 10:00 – 10:30am

Members: \$42 | Program Participants: \$84

YOUTH STRENGTH & CONDITIONING

This program teaches participants the importance of a well-balanced strength training program, including proper warm up, strength training, conditioning, and flexibility. Participants will receive guidance and assistance to ensure they are working in a safe and efficient manner based upon their abilities and goals.

Fridays: 4:00-5:00pm, or

Saturdays: 1:30 – 2:30 pm

Members: \$49 | Program Participants: \$98

GROUP CLIMBING LESSONS

Please call for evaluation for level placement

Members: \$49 | Program Participants: \$98

LEVEL 1

This beginning level helps new climbers learn the basics of the rock wall.

Monday: 5:30pm – 6:30pm

LEVEL 2

This level will introduce more complex movements.

Must pass LEVEL 1 to participate.

Tuesday: 5:30pm – 6:30pm

LEVEL 3

At this level climbers will assay more difficult routes requiring complex techniques. Must pass LEVEL 2 to participate.

Wednesday: 5:30pm – 6:30pm

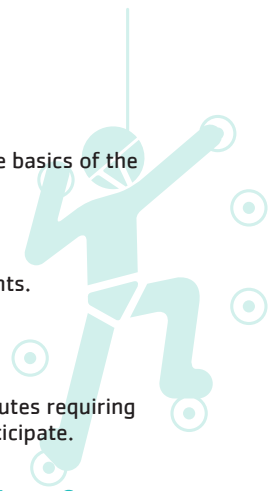
CLIMBING WALL PRIVATE LESSONS Ages 9+ years

Perfect for teens and adults. Take your climbing skills to the next level with one-on-one sessions with a Y professional climbing instructor.

Learn valuable skills for climbing outdoors, fine tune your muscles for advanced climbing and push yourself to new limits.

Monday, Tuesday, Wednesday or Thursday: 6:30pm – 7:30pm

Members: \$70 | Program Participants: \$140



AQUATICS

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	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THUR	FRI	SAT	SUN	
INFANT	Stage A - Water Discovery	6 mos - 36 mos	M: \$44 PM: \$84	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm	
	Stage B - Water Exploration	6 mos - 36 mos	M: \$44 PM: \$84	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm	
PRESCHOOL	Stage B - Water Exploration	3-5	M: \$44 PM: \$84	30 min	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	11:00 am 5:00 pm	11:30 am 5:30 pm	9:30 am 11:30 am	10:30 am 12:30 pm	
	Stage 1 - Water Acclimation	3-5	M: \$44 PM: \$84	30 min	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	10:30 am 11:30 am 3:30 pm 4:00 pm 5:00 pm	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	10:30 am 11:30 am 3:30 pm 4:00 pm 5:00 pm	10:00 am 11:00 am 3:30 pm 4:00 pm 4:30 pm	9:00 am 10:00 am 10:30 am 11:00 am	10:00 am 10:30 am 11:00 am 11:30 am 12:00 pm 12:30 pm	
	Stage 2 - Water Movement	3-5	M: \$44 PM: \$84	30 min	10:30 am 3:30 pm 4:30 pm 5:30 pm	10:30 am 3:30 pm 4:30 pm	10:30 am 3:30 pm 4:30 pm 5:30 pm	10:30 am 3:30 pm 4:30 pm	10:30 am 3:30 pm 4:30 pm 5:30 pm	9:30 am 10:30 am 11:00 am	10:00 am 11:00 am 11:30 am 12:00 pm	
	Stage 3 - Water Stamina	3-5	M: \$44 PM: \$84	30 min	3:30 pm 4:00 pm 5:30 pm	10:00 am 3:30 pm 4:00 pm	3:30 pm 4:00 pm 5:30 pm	10:00 am 3:30 pm 4:00 pm	3:30 pm 4:00 pm 5:30 pm	9:30 am 11:30 am	10:30 am 11:30 am 12:30 pm	
	Stage 4 - Stroke Introduction	4-5	M: \$44 PM: \$84	30 min	3:30 pm 4:30 pm 5:30 pm	10:00 am 3:30 pm 4:30 pm	3:30 pm 4:30 pm 5:30 pm		3:30 pm 4:30 pm 5:30 pm	9:30 am 11:30 am	10:30 am 11:30 am 12:30 pm	
	SNAP	3-5	M: \$54 PM: \$103	30 min	3:00 pm	3:30 pm	3:00 pm	3:30 pm	3:00 pm			
		Stage 1 - Water Acclimation	6+	M: \$51 PM: \$98	45 min	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm
YOUTH	Stage 2 - Water Movement	6+	M: \$51 PM: \$98	45 min	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	4:00 pm 4:45 pm	9:00 am 10:00 am 11:00 am	10:00 am 11:00 am 12:00 pm	
	Stage 3 - Water Stamina	6+	M: \$51 PM: \$98	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	9:00 am 11:00 am	10:00 am 12:00 pm	
	Stage 4 - Stroke Introduction	6+	M: \$51 PM: \$98	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	9:00 am 11:00 am	10:00 am 12:00 pm	
	Stage 5 - Stroke Development	6+	M: \$51 PM: \$98	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	10:00 am	11:00 am	
	Stage 6 - Stroke Mechanics	6+	M: \$51 PM: \$98	45 min	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	4:00 pm	4:00 pm 4:45 pm	10:00 am	11:00 am	
	Competitive Swim	6+	M: \$51 PM: \$98	45 min	5:30 pm		5:30 pm		5:30 pm		1:00 pm	
	Advanced Water Sports	8-14	M: \$51 PM: \$98	45 min	5:30 pm		5:30 pm		5:30 pm		1:00 pm	
	SNAP	6+	M: \$80 PM: \$154	45 min	3:15 pm	5:30 pm	3:15 pm	5:30 pm	3:15 pm			
		Stage 1 - Water Acclimation	15+	M: \$51 PM: \$98	45 min		6:15 pm		5:30 pm			1:00 pm
ADULT	Stage 2 - Water Movement	15+	M: \$51 PM: \$98	45 min		6:15 pm		5:30 pm			1:00 pm	
	Stage 3 - Water Stamina	15+	M: \$51 PM: \$98	45 min		5:30 pm		6:15 pm			1:00 pm	
	Stage 4 - Stroke Introduction	15+	M: \$51 PM: \$98	45 min		5:30 pm		6:15 pm			1:00 pm	
	Stage 5 - Stroke Development	15+	M: \$51 PM: \$98	45 min		6:15 pm		5:30 pm			1:00 pm	
	Stage 6 - Stroke Mechanics	15+	M: \$51 PM: \$98	45 min		6:15 pm		5:30 pm			1:00 pm	
	Master's Style Swim Conditioning 1	15+	M: \$70 PM: \$120	60 min	5:30 pm		5:30 pm				1:00 pm	
	Master's Style Swim Conditioning 2	15+	M: \$70 PM: \$120	90 min		5:30 pm		5:30 pm				

AQUATICS

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SWIM LESSON SELECTOR

STAGE A WATER DISCOVERY
Introduces infants and toddlers to the aquatic environment.

STAGE B WATER EXPLORATION
Parents work with their children to learn fundamental safety and aquatic skills.

STAGE 1 WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit the pool.

STAGE 2 WATER MOVEMENT
Students focus on body position and control, directional change, and forward movement in the water.

STAGE 3 WATER STAMINA
Students learn how to swim to safely for a longer distance. Rhythmic breathing and integrated arm and leg actions are introduced.

STAGE 4 STROKE INTRODUCTION
Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick.

STAGE 5 STROKE DEVELOPMENT
Students work on stroke technique in all major competitive strokes.

STAGE 6 STROKE MECHANICS
Students refine stroke technique in all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

VACATION SWIM LESSONS

Monday – Friday of February & April Vacation Weeks

5 consecutive days of lessons for all swimming abilities. This program is designed to introduce children to swimming and to strengthen the skills of current swimmers.

Beginner • Ages 3-5
Ratio 1:5

10:30 – 11:00 am
11:30 am – 12:00 pm
4:30 – 5:00 pm
5:30 – 6:00 pm

Beginner • Ages 6+
Ratio 1:6

10:30 – 11:00 am
11:30 am – 12:00 pm
4:30 – 5:00 pm
5:30 – 6:00 pm

Advanced • Ages 4-5
Ratio 1:5

10:00 – 10:30 am
11:00 – 11:30 am
4:00 – 4:30 pm
5:00 – 5:30 pm

Advanced • Ages 6+
Ratio 1:8

10:00 – 10:30 am
11:00 – 11:30 am
4:00 – 4:30 pm
5:00 – 5:30 pm

Members: \$32 | Program Participants: \$60

EVENTS

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DROP & SHOP

Saturdays 2.16, 3.16, and 4.13

12:00 – 4:00 pm

Need time to get your shopping, cleaning, or errands done or just need an afternoon to yourself? Drop your child off at the Y and let us entertain them. Group activities will include swimming, creative play, crafts and more!

A snack will be provided; please pack a swim suit.

Pre-registration:

Members: \$14 • **Program Participants:** \$18

Day of registration:

Members: \$18 • **Program Participants:** \$20

YMCA SWIM LESSON INSTRUCTOR CLASS

Tuesday – Friday, 2.19 – 2.22 & 4.23 – 4.26

12:00 – 4:00pm

Please contact Melissa Dyer for details AND pre-requisites at mdyer@ymcasc.org or 508.295.9622 x27

VACATION SWIM LESSONS 2019

February 18–22 & April 22–26

Join us for 5 consecutive days of swim lessons. Morning & Afternoon lessons for children aged 3–14 years, beginner through advanced swimmers.

POT-LUCK LUNCH

Fridays: 3.1, 3.29, 4.26, & 5.31

12:00 – 1:00pm

Spend time with old friends and meet new ones! Sign up at the Welcome Center and let us know what you want to bring. Plates, cups, and utensils supplied.

PIE FOR PI DAY

Thursday 3.14 • 5:30 – 6:30pm

Celebrate the irrational number rationally with a slice of pie! Main dish and dessert pies served with coffee or milk. \$5 donation per slice w/beverage.

SPIN-A-THON

Saturday, 3.23 • 8:00am – 1:00pm

Join us along with each YMCA SOUTHCOAST branch for 2019 SPIN-A-THON. We will be cycling all day to raise money for our Annual Campaign. \$10 event registration, \$100 fundraising minimum. Start a team and pick a time slot! One hour slots available all day.

FLASHLIGHT EASTER EGG HUNT

Friday, 4.19 • 6:00 – 8:00pm

Kids will have an “eggcellent” time at our 3rd Annual Flashlight Egg Hunt!

A fun evening searching for eggs & prizes in the dark! Bring a flashlight & a basket to hunt for eggs outside around Camp Nep-in-Nae. The hunt begins at dusk, about 7:30 pm, for the pre-school hunters (age 2–5 yrs) with a parent helper; kid hunters (age 6–12 years) begin right afterwards. There will be a bounce house, crafts, games and selfies with a surprise costumed character while you wait for the hunt to begin.

Register early as space is limited – we can only accept the first 200 registrations!

Members: \$5 • **Program Participants:** \$7 until March 20

Swim-A-Thon with 10 MILE SWIM CHALLENGE!

Saturday, 4.20 • 7:30am – 2:00pm

Join us in the pool in support of our local community! You determine the distance and swim to raise funds for the Annual Campaign which provides Y opportunities for all. Minimum \$50 donation PER swimmer each hour. Contact Mel Dyer at mdyer@ymcasc.org or 508.295.9962 x27 for details.

FREE “SPLASH INTO SPRING” Swim Lesson!

Saturday, 4.20 • 12:00 – 2:00pm

Register now for your free lesson and evaluation in our YMCA Swim Lesson Program. **Ages 6 months – 100 years!**

Parent/Child: 1:30 – 2pm

Beginner: 12:00 – 12:30pm & 1:00 – 1:30pm

Intermediate: 12:30 – 1:00pm & 1:30 – 2:00pm

Advanced Swimmers: 1:00 – 1:30pm

HEALTHY KID’S DAY®

Saturday, 4.27 • 12:00 – 2:00pm

Come TOUCH-A-TRUCK and have fun learning how to stay healthy and active this summer as you explore new activities and use your imagination at Healthy Kids Day. Trucks from the Wareham Fire Department, Department of Natural Resources, Wareham Ford & others will be on site for kids of all ages to experience. A certified “Car Seat Inspection Station” will also be available.

Other activities include: an inflatable obstacle course, an LL Bean Hiking & Fly Fishing demo, a Plymouth County Sheriff’s K9 demo, a Scott’s MLB Hit & Run competition for kids and lots more fun for the whole family!

