

WELLNESS



New Bedford YMCA

Spring 1 Session • February 25 – April 14, 2019

LIFEGUARD COURSE

Must be 16 years or older.
Call or stop by the branch to register!
Monday & Wednesdays: 6:00 pm – 9:00 pm
\$350.00

SPRING INTO SWIM

Join us and celebrate the official beginning of spring at the pool.
Learn some water safety, take a swim with the whole family, and play some fun games!
Sunday, March 24th • 1pm-3pm.

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

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 or clafauci@ymcasc.org
This program offered without cost to the participants.

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.



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 or 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
Program Participants: \$1350



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



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

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 508.997.0734 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!

CIRCUIT ORIENTATION

Learn the basics of weight training & proper technique. Times By Appointment sign up at the Wellness Center.

YOUTH



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SOCCER SKILLS AND DRILLS

Get ready for the spring soccer season with some technical drills and workouts to not only get you in shape and good condition for the season, but great form on the pitch!

5-8 year olds:

Fridays: 5:30-6:15

9-13 year olds:

Fridays: 6:15-7:00

Members: \$48 | Program Participants: \$60

SPRING FLAG FOOTBALL LEAGUE!

Why only play in the fall? The weathers great in the spring too! Join us for our fun and competitive NFL play 60 flag football league, the divisions are:

5-7 years old • 8-10 years old • 11-13 years old

Saturdays: 8:00am - 3:00pm starting in April!

Members: \$70 | Program Participants: 95\$

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



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

FREE

YOUTH WRESTLING PROGRAM

For the younger newer wrestlers this program will offer a great way to learn technique and discipline through the sport of wrestling, while having fun and getting a great workout. Every student will have a chance to try out for our competition team that will compete in local wrestling tournaments as well as have dual meets against local youth programs. This is a great opportunity to learn from an early age the sport of wrestling from a high school coach that has coached multiple state champions and placers! Don't miss out

5-8 years old:

Monday 5:00 - 6:00 pm

Wednesday 5:00 - 6:00 pm

9-13 years old:

Monday 6:00 - 7:00 pm

Wednesday 6:00 - 7:00 pm

11+ years old:

Wednesday 7:00 - 8:00 pm

Thursday 5:00 - 6:00 pm

Competition Team ALL AGES

Thursday 6:00 - 8:00

Members: \$125 for 12 week session

Program Participants: \$200 for 12 week session

Start date - March 4th



New Bedford YMCA

25 S Water St. • New Bedford, MA 02740 • 508.997.0734 • ymca.org

SWIM LESSONS



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For more info on Swim Lessons, contact Sara White, Aquatics Director at 508.997.0734 x122 or swhite@ymcasc.org

PROGRAM-PRESCHOOL	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage A - Water Discovery	6 mos-36 mos	M: \$44 \$PP: 84	30 min		10:30am		10:30am 6:00pm		10:00am
Stage B - Water Exploration	6 mos-36 mos	M: \$44 \$PP: 84	30 min		10:30am		10:30am 6pm		10:30am
Stage C - Water Acclimation	2-5yrs	M: \$44 \$PP: 84	30 min		6:00pm				9:30am
Stage 1 - Water Acclimation	3-5yrs	M: \$44 \$PP: 84	30 min	4:15pm 5:30pm	10am 4:15pm 5:30pm	4:15pm 5:30pm	10am 4:15pm 5:30pm	10am 4:15pm 6:45pm	9:00am 9:30am 10:00am 10:30am 11:00am
Stage 2 - Water Movement	3-5yrs	M: \$44 \$PP: 84	30 min	4:15pm 5:30pm	4:15pm 5:30pm	4:15pm 5:30pm	4:15pm 5:30pm	4:15pm 6:45pm	9:00am 10:00am 11:00am
Stage 3 - Water Stamina	3-5yrs	M: \$44 \$PP: 84	30 min	6:15pm	4:15pm	6:45pm		4:15pm	9:00am
Stage 4 - Stroke Introduction	3-5yrs	M: \$44 \$PP: 84	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: \$51 \$PP: 98	45 min	4pm	4:45pm	4pm 6:45pm	6pm	4:45pm 6:45pm	9:45am 10:30am
Stage 2 - Water Movement	6+	M: \$51 \$PP: 98	45 min	4pm	4:45pm	4pm 6:45pm	6pm	4:45pm 6:45pm	9:45am 10:30am
Stage 3 - Water Stamina	6+	M: \$51 \$PP: 98	45 min	6:45pm	6pm	4pm	4:45pm	4:00pm	9:00am
Stage 4 - Stroke Introduction	6+	M: \$51 \$PP: 98	45 min	6:45pm	6pm	5:30pm	4:45pm	4:00pm 6:45pm	9:45am 10:30am
Stage 5 - Stroke Development	6+	M: \$51 \$PP: 98	45 min		6pm	6:45pm	6pm	4:00pm	10:30am
Stage 6 - Stroke Mechanics	6+	M: \$51 \$PP: 98	45 min		7:00 pm	6:45 pm	7:00pm	6:45pm	11:15am
Pathway Competition: Competitive Swim	6+	M: \$51 \$PP: 98	45 min		7pm		7:00pm	4:00pm	11:15am
Pathway Recreation: Adult Swim	14+	M: \$51 \$PP: 98	45 min		7:45pm		7:45pm		
Water Sports & Games	8+	M: \$51 \$PP: 98	45 min	6:45pm					



Planning on participating in the Buzzard's Bay Coalition Swim this year? Start training now!

Ask any Aquatics Staff member for details about our Buzzard's Bay Coalition Swim Prep Class.

