

WELLNESS



Fall River YMCA

Spring 2 Session • April 22 – June 16, 2019

GET STARTED PROGRAM

Our Get Started Program is a series of 3 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@ymcasc.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@ymcasc.org and register today!

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@ymcasc.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 dmidwood@ymcasc.org



PERSONAL TRAINING

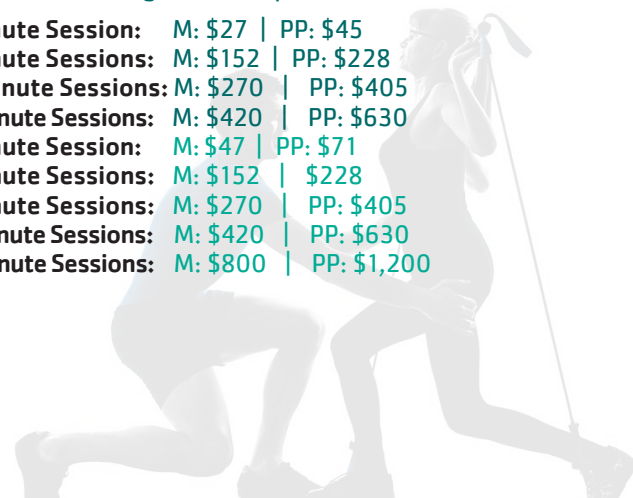
Achieving your fitness goals can be hard. We're here to help. Personal Training allows you to work one-on-one with a certified trainer to establish goals & make a plan to succeed. To get started contact Joe Wenhold at: jwenhold@ymcasc.org

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 | PP: \$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

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199 N Main St. • Fall River, MA 02720 • 508.675.7841 • ymcasc.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	4:30 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	5:30 pm	7:00 pm	6:30pm	10:00 am		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	5:30 pm	11:00 am	10:30 am
YOUTH	School Age 1 - Water Acclimation	6+	M: \$58 PM: \$112	45 min	5:30 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	4:45 pm		5:30 pm		4:00 pm	10:00 am	9:00 am
	School Age 3 - Water Stamina	6+	M: \$58 PM: \$112	45 min	4:00 pm	4:00pm	6:15 pm	4:30 pm	4:45 pm	11:00 am	9:00 am
	School Age 4 - Stroke Introduction	6+	M: \$58 PM: \$112	45 min	6:15 pm		4:00 pm	6:45 pm		9:00 am	11:00 am
	School Age 5 - Stroke Development	6+	M: \$58 PM: \$112	45 min	4:00 pm		7:00 pm	6:00 pm	6:15 pm	10:00 am	
	School Age 6 - Stroke Mechanics	6+	M: \$58 PM: \$112	45 min	7:00 pm	5:15 pm	4:45 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			

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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

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



SPRING SWIM TEAM

10 and Under: Monday & Wednesday, 6:00 – 7:00pm
Friday, 5:00 – 6:00pm

11 and Over: Monday & Wednesday, 7:00 – 8:00pm
Friday, 6:00 – 7:00pm

Members: \$144 | **Program Participants:** \$192

