

# WELLNESS

## Stoico/FIRSTFED YMCA



Spring 2 Session • April 22 – June 16, 2019

## HEALTH & WELLNESS

### SPORT SPECIFIC PERSONAL TRAINING

Receive a tailored strength and conditioning program for your specific sport.

Pre-season, in-season, and post-season programs available. Please call the Y at 508.678.9622 to make an appointment. Individual pricing also available.

**Please note:** \*A minimum of 5 participants are needed for program to run.

**Members:** \$50/team member

**Program Participants:** \$70/team member

### SMALL GROUP PERSONAL TRAINING

Big enough to be fun, but small enough to deliver the quality you deserve. Our Small Group Personal Training Programs feature skilled personal trainers working with groups of 3-6 participants to achieve their shared goals over the course of six 1-hour sessions.

### GET STARTED! PROGRAM

This free program for members will help you get started down a path to success. New members receive 1, 30-minute goal setting session with a trainer, which also includes a fitness assessment to determine a baseline. By Appointment.

**Members:** FREE

Not Available for General Public

### Y DIABETES PREVENTION PLAN

This 12 month program helps overweight adults at risk for type 2 diabetes 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 or [dmidwood@ymcasc.org](mailto:dmidwood@ymcasc.org).

## Stoico/FIRSTFED YMCA

271 Sharps Lot Road • Swansea, MA 02777  
508.678.9622 • [ymcasc.org](http://ymcasc.org)

### GROUP EXERCISE CLASSES

Group exercise classes are included with your Y membership!

Group Exercise Classes include:

- Abs and Sculpt
- Barre
- Boot Camp
- Core & More
- Cycling
- HIIT
- Les Mills BODYPUMP™
- Les Mills TONE™
- Low Impact
- Strong
- Ultimate Abs
- Yoga
- Zumba

Visit [ymcasc.org](http://ymcasc.org) or inquire at the Welcome Center for the class schedule.

**Members:** FREE

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

**Seniors:** \$8/class



### PERSONAL TRAINING

Need motivation, guidance or help goal-setting?

Our experienced personal trainers have the knowledge and expertise to help you realize your goals.

Contact Christine Medeiros for more info or to sign up!  
508.678.9622 or [chMedeiros@ymcasc.org](mailto:chMedeiros@ymcasc.org).

#### 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



# YOUTH & ADULT



## Stoico/FIRSTFED YMCA

Spring 2 Session • April 22 – June 16, 2019

### YOUTH

#### ARCHERY • Ages 7-12

Our Archery program gradually teaches the concentration, focus, patience, and confidence essential for safety and enjoyment of the sport.

All equipment will be provided for this class.

##### Wednesdays:

Ages 7 – 9 • 4:30 – 5:15 pm

Ages 10 – 12 • 5:15 – 6:00 pm

Members: \$56 | Program Participants: \$75

#### PRESCHOOL ENRICHMENT • Ages 2.9 – 5

If you are not quite ready to put your child into preschool, this is the perfect transition program for a child who has been at home or with family to a licensed preschool program.

This 3-day per week class will focus on social interaction, gross motor development, and a basic curriculum focused on numbers, letters and colors.

Tuesdays, Wednesdays, Thursdays: 9:00 – 11:30am

Members: \$74\* | Program Participants: \$110\*

\* Price is per day for the session

#### LITTLE WIZARDS • Ages 3-5

Explore the world around you! This science-based program will help your preschooler explore and learn with sensory activities, projects focused on fine motor skills, and creative experiments.

Tuesdays: 5:30 – 6:15pm

Members: \$56 | Program Participants: \$84

#### LITTLE KICKERS • Ages 2-5

Your little soccer player will develop the fundamental skills to play “the world’s game.” Soccer is appropriate for children of all ages, and this program specifically focuses on the preschool age group. The curriculum presents children with age-appropriate activities and challenges that will improve agility, balance and coordination, social interaction, gross motor skills, and teamwork.

Tuesdays: 9:00 – 9:30am

Members: \$48 | Program Participants: \$92

#### ART, BOOK, COOK • Ages 3-5

This class is all about bringing literacy to life.

We’ll bring a new book to life each and every week.

Children will enjoy storytime, then they’ll work together to make a snack, and finish the class with a craft – all focused on the same theme.

Fridays: 10:00 – 10:45am

Members: \$56 | Program Participants: \$100

#### JUNIOR CHEFS • Ages 9-12

Make your own healthy snacks, learn how to decorate desserts. Fun class to explore presentation of food and nutrition value!

Wednesdays: 4:00 – 4:45pm

Members: \$56 | Program Participants: \$89

### ADULT

#### ADULT VOLLEYBALL

Set, bump, and spike while you compete against others in this weekly league.

Fridays: 6:00 – 8:00pm

Members: \$50

Program Participants: \$75



#### 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: Mike Mahoney at 508.678.9622 or at mmahoney@ymcasc.org.

This program offered without cost to the participants.

### Stoico/FIRSTFED YMCA

271 Sharps Lot Road • Swansea, MA 02777 • 508.678.9622 • ymcasc.org

# DANCE

## Stoico/FIRSTFED YMCA



### DANCE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00-10:30 AM <b>MUSIC MEDLEY</b> 18 Months – 2 years				9:00-9:30 AM <b>MUSIC MEDLEY</b> 18 Months- 2 years	
	10:30-11:15 AM <b>COMBO II</b> Pre-K- Kindergarten				9:30-10:15 AM <b>CREATIVE MOVEMENT</b> 3-4 years old	10:15-10:45 AM <b>HIP HOP</b> 1 <sup>ST</sup> & 2 <sup>ND</sup> Grade
	11:15- 11:45 AM <b>COMBO ACRO</b> Pre-K-Kindergarten				10:15-11:00 AM <b>COMBO II</b> Pre-K-Kindergarten	10:45-11:30 AM <b>HIP HOP ADULT CLASS</b>
3:30-4:15PM <b>PRIVATE SOLO</b>	3:30-4:00PM <b>MUSIC MEDLEY</b> 18 Months- 2 years	3:30-4:00 PM <b>PRIVATE SOLO</b>		3:15-4:00 PM <b>Creative Movement</b> 3 - 4 year olds	11:00-11:45 AM <b>COMBO II ACRO</b> Pre-K-Kindergarten	11:30-12:15 PM <b>HIP HOP</b> 3 <sup>RD</sup> & UP
4:15-5:00 PM <b>COMBO II</b> Pre-K- Kindergarten	4:00-4:45PM <b>COMBO II ACRO</b> Pre-K- Kindergarten	4:00-4:45PM <b>JAZZ/TAP</b> 3 <sup>RD</sup> & 4 <sup>TH</sup> Grade		4:00-5:30PM <b>COMBO III</b> 1 <sup>ST</sup> & 2 <sup>ND</sup> Grade	11:45-1:15PM <b>COMBO III</b> 1 <sup>ST</sup> & 2 <sup>ND</sup> Grade	
5:00-6:00 PM <b>BALLET/LYRICAL</b> 5 <sup>TH</sup> Grade & UP	4:45-5:15PM <b>PEARL COMPANY</b> (Invitation only)	4:45-5:30PM <b>BALLET/LYRICAL</b> 3 <sup>RD</sup> & 4 <sup>TH</sup> Grade		5:30-6:15 PM <b>COMBO III ACRO</b> 1 <sup>ST</sup> & 2 <sup>ND</sup> Grade	1:15-2:00PM <b>COMBO III ACRO</b> 1 <sup>ST</sup> & 2 <sup>ND</sup> Grade	
6:00-7:00PM <b>ACRO II</b> 5 <sup>TH</sup> Grade & up	5:15-6:00PM <b>COMBO III ACRO</b> 1 <sup>ST</sup> & 2 <sup>ND</sup> Grade	5:30-6:30PM <b>JAZZ</b> 5 <sup>TH</sup> Grade & UP		6:15-7:15 PM <b>ACRO</b> 3 <sup>RD</sup> & 4 <sup>TH</sup> Grade		
7:00-7:30PM <b>TAP</b> 5 <sup>TH</sup> Grade & UP	6:00-6:30 PM <b>SAPPHIRE COMPANY</b> (Invitation only)	6:30-7:00PM <b>TURQUOISE COMPANY</b> (Invitation only)		7:15-8:15 PM <b>BALLET/LYRICAL</b> 3 <sup>RD</sup> & 4 <sup>TH</sup> Grade		
7:30-8:30PM <b>ADULT CLASS</b>	6:30-7:15 PM <b>ACRO</b> 3 <sup>RD</sup> & 4 <sup>TH</sup> Grade	7:00-7:30 PM <b>PRIVATE DUO</b>				

**Stoico/FIRSTFED YMCA**

271 Sharps Lot Road • Swansea, MA 02777 • 508.678.9622 • ymca.org

# DANCE

## Stoico/FIRSTFED YMCA



**THE DANCE PROGRAM** is a 10 month progressive program, ending with a recital performance in June. We provide a quality dance education at an affordable rate, concentrating on technique & performance.

**MUSIC MEDELY • Ages 18 months - 2 years**  
Introduction to motor & social skills needed for dance & tumbling. Great for boys & girls. Introduction to the basic concepts of rhythm & movement using creative games.

**CREATIVE MOVEMENT • Ages 3-4 years**  
Introduction to motor & social skills needed for dance & tumbling. Introduction to the basic concepts of rhythm, spatial awareness & movement using creative games as well as teaching basic ballet movements.

**COMBO II /Ballet & Tap  
Ages Pre-K & Kindergarten**  
Introduction to motor & social skills needed for dance. Introduction to the basic concepts of rhythm, spatial awareness & movement using creative games as well as teaching ballet and tap steps.

**BALLET /LYRICAL • Ages 3rd Grade & Up**  
Ballet is the foundation of all dance. Developing strong, classical technique will help dancers build & become solid dancers in whichever form they prefer. Children will improve balance, grace, strength & flexibility, learn terminology & focus on lyrical movements.

**COMPANY CLASSES • Ages 3rd - 5th Graders**  
These classes require director approval & are invite only. Students will perform at community events & competitions during the dance season.

**JAZZ • Ages 3rd - 5th Graders**  
A fun upbeat class. Improve flexibility, balance & coordination. Dancers will learn turns, leaps, kicks & Jazz steps while developing their rhythm.

**TAP • Ages 3rd - 5th Graders**  
A fun upbeat class. Improve flexibility, balance & coordination. Dancers will learn turns, leaps, kicks & steps while developing their rhythm.

**HIP HOP • Ages 3rd - 5th Graders**  
A fun upbeat class. Improve flexibility, balance & coordination. Dancers will learn turns, leaps, kicks & Jazz steps while developing their rhythm.

**COMBO III /Ballet, Tap & Jazz •  
Ages 1st & 2nd Grade**  
Introduction to motor and social skills needed for dance. Develop the concepts of rhythm, spatial awareness & movement as well as teaching ballet, tap & jazz steps.

**ACRO • Ages 3rd - 5th Graders**  
This class is ideal for children interested in tumbling. This class builds the foundation of acrobatic skills. Dancers will learn confidence, agility & flexibility.

**DANCE ADD-ON'S**  
**COMBO ACRO:** Ages: Pre-K - 1st Grade  
**COMBO ACRO II:** Ages: Pre-K & Kindergarten  
**COMPANY:** (Invitation)  
**ADULT DANCE:** Why let the kids have all the fun?!?

### 2018-2019 Monthly Pricing Chart

#### Toddler to 2nd Grade

Class	Member	General Public	Class	Member	General Public
Music Medley	\$25	\$40	Combo II	\$30	\$46
Creative Movement	\$30	\$45	Combo III	\$38	\$52
Additional Combo Acro	\$10	\$20	Hip Hop (1st and 2nd)	\$8	\$18

#### HOURLY BASED TUITION PLAN

(Hours per week, price is once monthly)

Hours	Member	General Public	Hours	Member	General Public
1 Hour	\$34	\$48	3.5 Hours	\$54	\$68
1.25 Hours	\$36	\$50	3.75 Hours	\$56	\$70
1.50 Hours	\$38	\$52	4 Hours	\$58	\$72
1.75 Hours	\$40	\$54	4.25 Hours	\$60	\$74
2 Hours	\$42	\$56	4.5 Hours	\$62	\$76
2.25 Hours	\$44	\$58	4.75 Hours	\$64	\$78
2.50 Hours	\$46	\$60	5 Hours	\$66	\$80
2.75 Hours	\$48	\$62	5.25 Hours	\$68	\$82
3 Hours	\$50	\$64	5.5 Hours	\$70	\$84
3.25 Hours	\$52	\$66	5.75 Hours	\$72	\$86
6 Hours + (Unlimited Dance)	\$100 (Member)		\$130 (General Public)		
2 Student Unlimited Plan	\$180 (Member)		\$210 (General Public)		
3+ Student Unlimited Plan	\$220 (Member)		\$300 (General Public)		
30 Minute Private	\$60 (Member)		\$80 (General Public)		
30 Minute Semi-Private	\$40 (Member)		\$60 (General Public)		
30 Minute Private Group	\$35 (Member)		\$40 (General Public)		