



WELLNESS



Fall River Family YMCA

Summer Session • June 24 – August 18, 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 the Welcome Center.

FREE for Members

GROUP FITNESS CLASSES

Most group exercise classes are included with your Y membership. Classes may include Zumba, Yoga, Group Cycling, and Cardio Sport. Visit ymcasc.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 the Welcome Center for more info or to register!

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.

For more information, contact Christine Rizza: 508.675.7841 x118 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 ymcadpp@ymcasc.org.

FALL RIVER YMCA

199 N Main St. • Fall River, MA 02720 • 508.675.7841 • ymcasc.org

MAKE A DIFFERENCE



EXPERIENCE THE JOY OF HELPING A CHILD

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 x113

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 Stephanie Mancini at smancini@ymcasc.org.

30-MINUTE SESSIONS:

Single Session: \$27

Package of 6: \$138

Package of 12: \$270

ONE HOUR SESSIONS:

Single Session: \$47

Package of 6: \$270

Package of 10: \$420

Package of 20: \$800





YOUTH



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LITTLE KICKERS • Ages 3-5

This preschool program will introduce participants to the basic skills involved in youth soccer. With a mix of drills and games, students will learn hand eye coordination, gross motor skills, and team work all in a safe environment.

Wednesdays: 6:00 – 6:30pm

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



SOCCER SKILLS AND DRILLS • Ages 6-12

This program will expand the player's knowledge of youth soccer. Players will improve in all aspects of the game. They will not only perfect the fundamentals; they will understand the concept of teamwork. This will gear them up for the youth soccer league!

Wednesdays: 6:30 – 7:15pm

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

BASKETBALL SKILLS AND DRILLS • Ages 5-12

Starting July 6th



Gear up for our 7-week session of youth basketball at the Fall River YMCA.

We will provide basic basketball skills along with plenty of fun! A great way to learn teamwork and build confidence on and off the court!

Rookies (5-8): Saturdays: 9:00am

Rookies (9-12): Saturdays: 10:30am

Members: \$50 | **Program Participants:** \$70

BASKETBALL LEAGUE • Ages 13-21

Starting July 6th

Join us for 7-week basketball league this summer!

Week 1 will be used to determine skill levels and organize teams, followed by 6 weeks of games. Each team will be assigned 1 game each week, with two 20 minute half's. Stay updated with our leaderboard so you can see your individual and team stats.

Ballers: (13-15) Mondays: 6:00-9:00pm

All Stars: (16-21) Thursdays: 6:00-9:00pm

Members: \$50 | **Program Participants:** \$70

LITTLE ARTISTS • Ages 5-12

Let us get messy creating and mixing different concoctions! Experiment with paint, different clays and doughs, ect. Explore a new project each week with your budding artist! Meet new friends, develop fine motor skills, and learn line, shapes, & color.

Ages 5-8: Thursdays: 6:00 – 6:30pm

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

Ages 9-12: Thursdays: 6:45 – 7:30pm

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

PRE-BALLET • Ages 4-5

An introduction to motor skills related to dance. Students will be introduced to the basic concepts of rhythm, Movement, and spatial awareness.

Thursdays: 5:15 – 5:45pm

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

BALLET • Ages 5-7

Children will improve Balance, flexibility, grace and strength. They will also learn dance terminology as they work to develop classical ballet techniques.

Thursdays: 6:00 – 6:45pm

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





AQUATICS

Fall River YMCA

Summer Session 2019

Summer A: June 24 - July 21
 Summer B: July 22 - August 18
 Summer C: June 24 - August 18

M = Member
 PP = Program Participants

Sessions A & B

Pay for one group swim class at regular price and receive a second group swim class for the same person at another time during this session for 50% off.

PRE-SCHOOL

PROGRAM	AGES	RATES	LENGTH	MON & WED	TUES & THUR
Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	4:00 pm	5:20 pm
Stage 2 - Water Exploration	3-5yrs	M: \$50 PP: \$96	30 min	4:40 pm	4:40 pm
Stage 3 - Water Stamina	3-5yrs	M: \$50 PP: \$96	30 min	5:20 pm	4:00 pm
Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PP: \$96	30 min	6:00 pm	
Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	4:00 pm	6:00 pm
Stage 2 - Water Exploration	6+	M: \$58 PP: \$112	45 min	5:00 pm	7:00 pm
Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min	6:00 pm	
Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min	7:00 pm	
Stage 5 - Water Acclimation	6+	M: \$58 PP: \$112	45 min		4:00 pm
Stage 6 - Water Exploration	6+	M: \$58 PP: \$112	45 min		5:00 pm

YOUTH

LIFEGUARDING/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 or Special Needs per class:
Members: \$30 | Program Participants: \$50
 Sold in books of 5 (5 lessons for the price of 4)
Members: \$120 | Program Participants: \$200

Semi Private per class:
Members: \$45 | Program Participants: \$70
 Sold in books of 5 (5 lessons for the price of 4)
Members: \$180 | Program Members: \$280

Session C

PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THUR	FRI	SAT	SUN
Stage A - Water Discovery	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:00 am			10:00 am 5:20 pm	9:00 am	
Stage B - Water Exploration	6 mos-36 mos	M: \$50 PP: \$96	30 min				10:00 am	4:40 pm	9:40 am	
Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	6:30 pm	10:40 am	6:30 pm		10:40 am 4:00 pm	9:00 am 11:00 am	9:00 am
Stage 2 - Water Exploration	3-5yrs	M: \$50 PP: \$96	30 min				10:40 am	11:20 am	9:40 am 10:20 am	9:40 am
Stage 3 - Water Stamina	3-5yrs	M: \$50 PP: \$96	30 min		11:20 am		6:30 pm		10:20 am	10:20 am
Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PP: \$96	30 min				11:20 am 6:00 pm	6:00 pm	11:00 am	
Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min			4:00 pm		4:00 pm	9:00 am	9:00 am
Stage 2 - Water Exploration	6+	M: \$58 PP: \$112	45 min					5:00 pm	10:00 am	10:00 am
Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min		6:00 pm		6:45 pm	6:00 pm	11:00 am	
Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min			7:00 pm		6:45 pm	9:00 am	
Stage 5 - Water Acclimation	6+	M: \$58 PP: \$112	45 min		6:45 pm				10:00 am	
Stage 6 - Water Exploration	6+	M: \$58 PP: \$112	45 min					6:45 pm	11:00 am	
Teen 1	13-18	M: \$58 PP: \$112	45 min		6:45 pm					
Teen 2	13-18	M: \$58 PP: \$112	45 min							
Adult 1	18+	M: \$58 PP: \$112	45 min	7:00 pm						
Adult 2	18+	M: \$58 PP: \$112	45 min			6:40 pm				

PRE-SCHOOL

YOUTH

ADULT