



WELLNESS



New Bedford YMCA

Summer Session • June 24 – August 18, 2019

CIRCUIT ORIENTATION

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

Members Free.

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 ymcasc.org or inquire at the Welcome Center for the class schedule.

Members: FREE

Program Participants: \$12/class

Seniors: \$8/class

SPORT SPECIFIC TRAINING

6-8 Week Session

Receive a tailored strength and conditioning program for your specific sport. Preseason, in-season, or post-season programs available. For information contact:

Mary Beth Gamache at 508.997.0734 x130 or mgamache@ymcasc.org

Team Pricing

Members: \$50/team member

Program Participants: \$70/team member

SPORT SPECIFIC PERSONAL TRAINING

Junior High/High School

Are you a competitive athlete? We can give you the year round, individualized sport performance training that will take your game to the next level.

Members: \$40/1 Hour

Package of 6: \$200

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.

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

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, 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

If you are looking for personal training and enjoy working out with your friends then this training option is for you. You get customized personal training at a reduced cost. Grab some friends and train today!

For more information contact:

Mary Beth Gamache, 508.997 0434 x130 or mgamache@ymcasc.org

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

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:

mgamache@ymcasc.org

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.

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

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 at 508.997.0734 x121 or clafauci@ymcasc.org.

This program offered without cost to the participants.



AQUATICS



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PROGRAM-PRESCHOOL	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage A - Water Discovery	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am		10am
Stage B - Water Exploration	6 mos-36 mos	M: \$50 PP: \$96	30 min		10:30am		10:30am		10:30am
Stage C - Water Acclimation	2-5yrs	M: \$50 PP:\$96	30 min						9:30am
Stage 1 - Water Acclimation	3-5yrs	M: \$50 PP: \$96	30 min	4:00pm	10am 5:30pm	4:00pm 5:30pm	10am 5:30pm	4:00pm	9am 9:30am 10am
Stage 2 - Water Movement	3-5yrs	M: \$50 pp: \$96	30 min	4:30pm	5:30pm	4:30pm	5:30pm	4:00pm	9am 10am
Stage 3 - Water Stamina	3-5yrs	M: \$50 PP: \$96	30 min		4:15pm		4:15pm	4:00pm	9am
Stage 4 - Stroke Introduction	3-5yrs	M: \$50 PP: \$96	30 min		4:15pm		4:15pm	6:45pm	9am
PROGRAM-SCHOOL AGE	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT
Stage 1 - Water Acclimation	6+	M: \$58 PP: \$112	45 min	4pm	4:45pm	4pm	4:45pm	4:45pm	9:45am 10:30am
Stage 2 - Water Movement	6+	M: \$58 PP: \$112	45 min	4pm	4:45pm	4pm	4:45pm	4:45pm	9:45am 10:30am
Stage 3 - Water Stamina	6+	M: \$58 PP: \$112	45 min	6pm	6pm	4:45pm	6pm	4pm	9am
Stage 4 - Stroke Introduction	6+	M: \$58 PP: \$112	45 min	6pm	6pm	5:30pm	6pm	4pm	9:45am 10:30am
Stage 5 - Stroke Development	6+	M: \$58 PP: \$112	45 min	6:45pm	6pm	6:45pm	6pm	6:45pm	10:30am
Stage 6 - Stroke Mechanics	6+	M: \$58 PP: \$112	45 min	6:45pm	7pm	6:45 pm	7:00 pm	6:45 pm	11:15am
Pathway Competition: Competitive Swim	6+	M: \$58 PP: \$112	45 min		7pm			6:45 pm	