



# WELLNESS

## STOICO/FIRSTFED YMCA

Summer Session • June 24 – August 18, 2019



### THE SUMMER SLIMDOWN! • 6 Week Weightloss Challenge

Take control, stay motivated and keep on track. Join this program to work on trimming that winter weight before the summer takes over, and you'll have the opportunity to take advantage of exclusive small group training sessions with a certified personal trainer multiple times per week.

Participants will have a pre a post assesment performed to determine progress.

**Members: \$80 | Program Participants: \$120**

#### 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**

#### 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.

**FREE for members**

**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 x141 or ymcdpp@ymcasc.org.

#### 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.

By Appointment: 508.678.9622

**Members: \$90 | Program Participants: \$180**

#### 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 ymcasouthcoast.org or inquire at theWelcome 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 Mike Mahoney to learn more: mmahoney@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



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# YOUTH & FAMILY



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### ARCHERY • Ages 7 – 12

Our archery program teaches the concentration, focus, patience and confidence essential for the safe enjoyment of the sport. Class is taught by a certified instructor, and all equipment is provided.

Classes are 45 minutes.

**Ages 7-9 - Wednesdays: 4:30pm**

**Ages 10-12 - Wednesdays - 5:30pm**

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

### LITTLE EINSTEINS • Ages 2.9 – 5

Let your little one explore the world around them in this science-based program. Classes are 1 hour.

**Mondays: 10:30am**

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

### ART, BOOK & COOK • Ages 2.9 – 5

A fun approach to learning, your preschooler will make a craft and have a snack all related to a book that we will read to begin each class.

Classes are 1 hour.

**Fridays: 9:00am**

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



### MIDDLE SCHOOL BASKETBALL • Ages 12 – 15

Play organized pick-up with other players your age under the supervision and guidance of YMCA Teen staff members who can help you improve your skills and your overall game.

**Saturdays: 11:00am – 1:00pm**

**Members: \$10 | Bring a friend with a Guest Pass!**

### SUMMER BASKETBALL CLINIC • Ages 7 – 16

\*Runs from 6.25 – 8.20

Work with Ray Cantelmo and a team of coaches each Tuesday to improve your skills, and become a better all-around player. Please pack a lunch and plenty of fluids. Basketball footwear is required.

No class the week of July 4.

**Tuesdays: 8:30am – 3:30pm**

**Members: \$300 | Program Participants: \$350**

### OPEN CHALLENGE COURSE • Ages 7+

Take on our Challenge Course with family friends. Each week we'll open a handful of elements, including the climbing tower for you to test your skill and strength. Certified Y staff will be on belay and provide you with coaching and guidance.

**Wednesdays: 5:30 – 8:30pm**

**Members: Free | Bring a friend with a Guest Pass!**

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# DANCE

## STOICO/FIRSTFED YMCA

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### MUSIC MEDELY

18 Mo-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

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.

### COMPANY CLASSES

3rd-5th Graders

These classes require director approval & are invite only. Students will perform at community events & competitions during the dance season.

**We provide a quality dance education  
at an affordable rate,  
concentrating on technique and fun!**

### HIP HOP

1st Grade & Up

A fun upbeat class. Improve flexibility, balance & coordination. Dancers will learn turns, leaps, kicks & Jazz steps while de-veloping their rhythm.

### COMBO III/BALLET, TAP & JAZZ

1st & 2nd Graders

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

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-ONS

**COMBO ACRO:** Pre-K – 1st Grade

**COMBO ACRO II:** Pre-K – Kindergarten

**COMPANY:** (Invitation)

**ADULT DANCE CLASS:** Why let kids have all the fun?!?

## Summer Dance Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30-4:15PM CREATIVE MOVEMENT 3-4 years old	3:30-4:00PM MUSIC MEDELY 18 Months- 2 years					
4:15-5:00 PM RUBY COMPANY (Invitation only)	4:00-4:30PM PEARL COMPANY (Invitation only)	4:00-4:45PM ACRO 1st & 2nd Grade	4:15-5:00 PM HIP HOP 1st & 2nd Grade			
5:00-6:00 PM TURQUOISE COMPANY (Invitation only)	4:30-5:30 PM LEAPS, TURNS & TECHNIQUE (PEARL, JADE & SAPPHIRE COMPANY)	4:45-5:30 PM ACRO 3rd and 4th Grade	5:00-5:45 PM HIP HOP 3 <sup>RD</sup> & 4 <sup>TH</sup> Grade			
6:00-7:00PM LEAPS, TURNS & TECHNIQUE (Turquoise Company)	5:30-6:30 PM SAPPHIRE & JADE COMPANY (Invitation only)	5:30-6:30 PM ACRO 5th Grade and up	5:45-6:30 PM HIP HOP 5th Grade and up			

### DANCE PRICING • Summer 2019

**FIRST CLASS - Members: \$49**

**Program Participants: \$60**

**ADDITIONAL CLASSES - Members: \$15**

**Program Participants: \$20**

# DANCE

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**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 Grade** 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 Unlimied Plan	\$220 (Memebr)		\$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 (Genral Public)		