

WELLNESS

Fall River YMCA

Fall 1 Session • September 4 – October 27, 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:

Kerry McElroy at kmcelroy@ymcasc.org.

FREE for Members

GROUP FITNESS 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 Kerry McElroy at kmcelroy@ymcasc.org

or The Welcome Center and register today!

KIDS GET STARTED in WELLNESS

Ages 8-13

Youth Members who would like to use the strength and cardio equipment can join the Wellness Staff on Monday nights from 4:30-5:30 pm. Our youth members will learn how to safely navigate Wellness Center equipment as well as learn about general Wellness Center rules and etiquette. This program is offered as part of membership to all Youth Members ages 8-13. Please sign up at the Welcome Center or by calling 508.675.7841.

ADULT DANCE CLASSES

Whether this is your first dance class ever or in a long time or you're eager to try something different to get your workout in, this 7-week course exploring different styles of dance could be for you! Learn fundamentals and technique used in ballet, lyrical, jazz, musical theatre dance, and hip hop while burning calories in a fun, welcoming environment.

Thursdays: 6:00 -7:00 pm

\$75

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.

For more info, contact: Kerry McElroy at kmcelroy@ymcasc.org

M=Members | PP=Program Participants

1 x 30 Minute Session: M: \$27 | PP: \$45

6 x 30 Minute Sessions: M: \$152 | PP: \$228

12 x 30 Minute Sessions: M: \$270 | PP: \$405

20 x 30 Minute Sessions: M: \$420 | PP: \$630

1 x 60 Minute Session: M: \$47 | PP: \$71

3 x 60 Minute Sessions: M: \$129 | PP: \$228

6 x 60 Minute Sessions: M: \$270 | PP: \$405

10 x 60 Minute Sessions: M: \$420 | PP: \$630

20 x 60 Minute Sessions: M: \$800 | PP: \$1,200

SMALL GROUP TRAINING

Weight Training For Women

6 Weeks for 6 Participants

Tuesdays: 5:30 pm (starts 9.3)

Wednesdays: 5:00 pm (starts 9.4)

Fridays: 10:00 am (starts 9.6)

Saturdays: 8:30am (starts 9.7)

For more info, contact:

Kerry McElroy at

kmcelroy@ymcasc.org

Members: \$90/6 Weeks

Program Participants: \$129/6 Weeks



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 ymcadpp@ymcasc.org.

YOUTH Fall River YMCA



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TUMBLING TOTS • Ages 3-5

Preschool tumbling is designed for students to develop strength, agility, flexibility, body positioning, and control through basic skills. Each child will be introduced to the basic foundation of tumbling which include rolling, handstand variations, and cartwheels. Children will participate in small and large groups to foster the social and emotional skills needed to begin Kindergarten.

Thursdays: 4:00 - 4:30pm

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

YOUTH TUMBLING • Ages 6-10

Students will start with the basics of handstands, cartwheels and rolls. Through strength conditioning, they will progress to the more difficult skills including front and back walkovers, handsprings, and more. Tumbling class improves coordination, muscle development, and flexibility. This class is designed to focus on the floor gymnastics exercise and also to compliment dance or cheer.

Thursdays: 4:30 - 5:00pm

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

YOUTH VOLLEYBALL • Ages 6-16

YMCA Youth Volleyball offers instruction and practice in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship. Playing volleyball helps build agility, coordination, speed and balance, and improves hand-eye coordination. Volleyball requires that teammates work cooperatively and at a fast pace, which can help improve interpersonal skills as well. Playing volleyball may also enhance energy level and improve overall performance in other sports and workouts.

Wednesdays: **Ages 6-12:** 6:00 - 6:45pm • **Ages 13-16:** 6:45 - 7:30pm

Members: \$60 | **Program Participants:** \$95

MARTIAL ARTS • Ages 8-17

YMCA Martial Arts classes develop strength, balance, flexibility, and self-defense skills in a fun and supportive environment that emphasizes character development and self-discipline. With classes for beginners to advanced, martial arts is a fun way for both boys and girls to achieve fitness and focus. Participation in martial arts may improve listening skills and increase self-esteem as it provides opportunity to learn how to set and achieve goals, while interacting with others.

Mondays & Wednesdays:

Ages 8-12: 6:00-6:45pm • **Ages 13-17:** 6:45-7:30pm

ACTIVE SCIENCE

Active Science is an innovative, initiative that provides youth with opportunities for physical fitness and educational engagement. During the program, youth participate in group physical activities while wearing activity monitors. Each week student will participate in a different activity such as basketball, lacrosse and yoga. After exercising, children enter the data from their monitors into mobile tablets and then interact with their personal data. Active Science simultaneously increases children's physical activity and engagement with STEM content.

Monday and Thursday: 6:30 - 7:30p

Free with YMCA membership

HIP HOP DANCE

Ages 7-17

Hip Hop for all. Whether you are an aspiring dancer or just love to move, this 1 day a week program will introduce students to the fundamentals of Hip Hop dance. Students will learn basic dance moves, musicality and choreography. Hip Hop dance club is a performance troupe co-taught by two instructors ensuring that students of all dance levels can participate.

No previous dance experience is necessary.

Tuesdays: 6:30 - 7:30 pm

\$65 per 8 week session

BALLET

Ages 5-8

Students will learn proper technique, terminology, and basic ballet steps in a structured but fun, age appropriate class to teach little ones grace, poise and confidence.

Thursdays: 6:00-6:45pm

Members: \$54 | **Program Participants:** \$83

PRE-BALLET

Ages 3-5

This class is designed for children just starting out as dancers. During this class all the beginner ballet moves and terminology will be introduced.

Thursdays: 5:15 - 5:45pm

Members: \$54 | **Program Participants:** \$83

TEEN LEADERS

***For Ages 12+**

***Must not already be enrolled in YMCA Childcare**

The Teen Leaders Afterschool Club students will meet 4 days a week and benefit from:

- Age appropriate structure and activities
- Homework assistance
- Physical activity
- Workshops and presentation that develop leadership skills
- Volunteer opportunities
- Enrichment classes such as Active Science, STEM, Arts and Activism, Design Space, etc.
- FREE dinner provided

Participants will be also be able to attend summer camp as part of our Counselors in Training program! Transportation to the YMCA is provided. Students must be picked up at the YMCA by 6pm daily.

Monday - Thursday: 3:30 - 6:00pm

\$40/week • Financial Assistance Available



AQUATICS

FALL RIVER YMCA

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	PROGRAM	AGES	RATES	LENGTH	MON	TUES	WED	THURS	FRI	SAT	SUN
PRESCCHOOL	Stage A - Infant/Toddler Water Discovery	6 Mos - 36 Mos	M:\$50 PP: \$96	30 min		4:00 pm	5:00 pm	10:30 am		9:00 am	
	Stage B - Infant/Toddler Water Exploration	6 Mos - 36 Mos	M:\$50 PP: \$96	30 min		10:30 am 4:00 pm		5:00 pm	4:30 pm	9:40 am	
	Preschool 1 - Water Acclimation	3-5 Yrs	M:\$50 PP: \$96	30 min	4:00 pm	5:30 pm	5:30 pm	10:00 am 4:00 pm		9:00 am 11:00 am	10:00 am
	Preschool 2 - Water Movement	3-5 Yrs	M:\$50 PP: \$96	30 min	4:30 pm	10:00 am 5:00 pm		5:30 pm	4:00 pm	9:40 am 10:20 am	9:30 am
	Preschool 3 - Water Stamina	3-5 Yrs	M:\$50 PP: \$96	30 min	5:00 pm	6:00 pm	4:00 pm	11:00 am 4:30 pm	5:00 pm	10:20 am	9:00 am
	Preschool 4 - Stroke Introduction	6+ Yrs	M:\$50 PP: \$96	30 min	5:30 pm	11:00 am	4:30 pm	6:00 pm	5:30 pm	11:00 am	10:30 am
YOUTH	School Age 1 - Water Acclimation	6+ Yrs	M:\$58 PP: \$112	45 min	4:00 pm	4:45 pm		5:30 pm	4:00 pm	9:00 am	11:00 am
	School Age 2 - Water Movement	6+ Yrs	M:\$58 PP: \$112	45 min	4:45 pm		4:45 pm	6:15 pm	4:45 pm	10:00 am	9:00 am
	School Age 3 - Water Stamina	6+ Yrs	M:\$58 PP: \$112	45 min	4:45 pm	6:30 pm	4:30 pm			11:00 am	10:00 am
	School Age 4 - Stroke Introduction	6+ Yrs	M:\$58 PP: \$112	45 min		6:15 pm	5:30 pm		5:30 pm	9:00 am	11:00 am
	School Age 5 - Stroke Introduction	6+ Yrs	M:\$58 PP: \$112	45 min	6:15 pm			4:00 pm		10:00 am	
	School Age 6 - Stroke Mechanics	6+ Yrs	M:\$58 PP: \$112	45 min			6:15 pm	4:45 pm		11:00 am	
ADULT	Teen 1	13 - 18	M:\$58 PP: \$112	45 min		4:00 pm					
	Teen 2	13 - 18	M:\$58 PP: \$112	45 min							
	Adult 1	13 - 18	M:\$58 PP: \$112	45 min				6:30 pm			
	Adult 2	13 - 18	M:\$58 PP: \$112	45 min	5:30 pm						

FALL RIVER LIGHTNING SWIM TEAM

Season Starts September 9th

10 & UNDER

Monday & Wednesday 6:00 - 7:00 pm
Friday 5:00 - 6:00 pm

11 & OVER

Monday & Wednesday 7:00 - 8:30 pm
Friday 6:00 - 7:00 pm

