

# PROGRAMS & EVENTS

## Mattapoissett YMCA



Fall 1 Session • September 3 – October 27, 2019

### PROGRAMS

#### YOUTH STRENGTH & CONDITIONING

**Ages 7-12**

Join us for circuit-style outdoor training. A great way to start your Saturday morning off by getting active & having fun while doing it! Children must dress appropriately for outdoor weather.

**Saturdays: 9:30 – 10:15am**

**Members: \$56 | Program Participants: \$108**

#### POTTERY CLUB • Ages 8 – 14

Let your artist's creativity shine as you will learn a variety of hand-building techniques, surface design application, and even get your hands on the potter's wheel! By the end of this session, you will have gained skills in ceramics and have a collection of beautiful, glazed pottery to enjoy for years to come!

**Fridays: 4:30 – 5:30pm**

**Members: \$56 | Program Participants: \$108**

#### YOGA

Relaxation through a series of movement, poses and breathing that can be accommodating to all fitness levels.

**Mondays & Wednesdays: 6:30 – 7:30pm**

**Members: FREE | Program Participants: \$10/class**

### EVENTS

#### KID'S NIGHT OUT • 6:00 – 9:00pm

**Ages 5 – 14**

**Friday, September 20**

Parents enjoy a night out while kids have their own fun night out at the Y!

**Members: \$20 | General Public: \$25**

And additional siblings are half price!

#### BOO-BASH

**Friday, October 18 • 5:30 – 8:30pm**



Join us for a fun-filled, not-so-spooky family night to celebrate the season! Costumes encouraged, not required.

FREE for Mattapoissett YMCA Child Care Families.

**General Public: \$5**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BAG HUNGER NOW

### Nutrition On Weekends



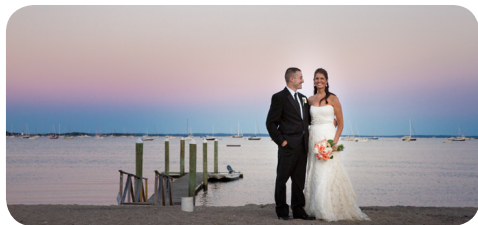
#### Wish List

- Cereal bars or granola bars—low sugar
- Tuna or Chicken pouches
- Peanut butter or cheese crackers
- Single servings of natural apple sauce
- Pop-top soups with meat (Progresso, Chunky, etc.)
- Fruit cups or pop-top canned fruit—in 100% fruit juice or water
- Pop-top canned meals in 15-oz size (Chef Boyardee Ravioli, Beefaroni, etc.)
- Single serving size boxes of cereal or oatmeal—whole grain
- Prepackaged single-serve bags of healthy or whole grain snacks (raisins, pretzels, Teddy Grahams, Annie's, etc.)
- Shelf-stable single-serve boxed milk (Hersey's, Horizon, etc)

Please place purchased items in a shopping bag and drop in the collection bins lobby of the New Bedford YMCA, Mattapoissett YMCA or Dartmouth YMCA. the libraries in Mattapoissett, Marion, Fairhaven and Rochester or the Mattapoissett Congregational Church.

For more information, to make a cash donation, or volunteer to stuff and organize bags, visit [ymcasouthcoast.org](http://ymcasouthcoast.org).

**Mattapoissett YMCA** A Division of YMCA Southcoast  
38 Reservation Road Mattapoissett MA 508.758.4203 [ymcasouthcoast.org](http://ymcasouthcoast.org)



## Shining Tides

WEDDINGS BY THE SEA

A Division of **YMCA SOUTHCOST**  
508.525.5729 • [WEDDINGS@YMCASC.ORG](mailto:WEDDINGS@YMCASC.ORG)  
[SHININGTIDESWEDDINGS.COM](http://SHININGTIDESWEDDINGS.COM)