

WELLNESS

Stoico/FIRSTFED YMCA



Fall 1 Session • September 3 – October 27, 2019

ADULT PICK-UP BASKETBALL • Ages 16+

Come in and play full court pick-up.

Members: \$ FREE | General Public: Guest Pass

RECREATIONAL ADULT BASKETBALL LEAGUE

TUESDAYS: 6:00 – 9:00pm • Ages 18+

All teams play a 10-game regular season, and then play-offs. All games are reffed by 2 certified referees. Stats are tracked. *Tuesdays are a more competitive league than Sundays. Enrollment is limited to 6 teams.

Members: \$70 | General Public: \$90

Runs from October 1 – December 17

RECREATIONAL ADULT BASKETBALL LEAGUE

SUNDAYS: 8:00am – 1:00pm • Ages 18+

All teams play a 10-game regular season, and then play-offs. All games are reffed by 2 certified referees. Stats are tracked. *Tuesdays are a more competitive league than Sundays.

Members: \$70 | General Public: \$90

Runs from September 9 – December 22

OPEN PICKLE BALL

Ages 18+



Drop-in and play this growing sport with other recreational pickleball players. Nets and balls are provided.

Mondays: 9:00am – 2:00pm

runs from 9.9 – 10.21

Sundays: 9:00am – 2:00pm

runs from 9.11 – 10.20

Members: \$ FREE | General Public: Guest Pass

PERSONAL TRAINING Ages 14+

Working out with a YSC Personal trainer provides you the support you need to achieve better results.

Trainers work with you, *where you are at*, to create achievable long and short term goals and personalized workouts that target the areas you want to work on. This partnership serves as a bond that holds both accountable, **to the end result.**

One on One 30 Minute TRAINING SESSIONS

Single Session: \$27

Package of 6: \$138

Package of 12: \$270

One on One 60 Minute TRAINING SESSIONS

Single Session: \$47

Package of 6: \$270

Package of 10: \$420

Package of 20: \$800

By appointment, please contact: Christine Medeiros at 508.678.9622 or chMedeiros@ymcasc.org

8 WEEK WEIGHT LOSS CHALLENGE

Ages 16+

Take control, stay motivated and keep on track.

Join a team of Y members who have the same goals in mind: slim down and increase your fitness. You and your team will work with a certified personal trainer who will design your workouts, guide you through your fitness journey, and help you lose those stubborn pounds.

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

Starts Monday, September 23.

SPECIAL WELLNESS EVENTS

STRONG Launch • Ages 13+

Friday, September 6 • 5:30 – 6:30pm

Join us for our new release with a black & red theme!

Members: \$ FREE | General Public: Guest Pass

Spartan 300 Cycle Ride • Ages 13+

Thursday, October 3 • 6:30 – 7:15pm

Join us for an epic ride as we prepare for battle. 300 Spartans hold their ground and battle a tribe of 100,000 to save their land. Burn calories, and build mental and physical strength. Be sure to reserve your bike in advance!

Members: \$ FREE | General Public: Guest Pass

Spartan 300 Cycle Ride • Ages 13+

Saturday, October 5 • 10:00 – 10:45am

Join us for an epic ride as we prepare for battle. 300 Spartans hold their ground and battle a tribe of 100,000 to save their land. Burn calories, and build mental and physical strength. Be sure to reserve your bike in advance!

Members: \$ FREE | General Public: Guest Pass

BODY PUMP 111 Launch • Ages 13+

Saturday, October 26 • 8:00 – 9:00am

Toy Story theme!

Members: \$ FREE | General Public: Guest Pass

PRESCHOOL YOUTH & FAMILY



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PRESCHOOL

WEE-JAM • Ages 12 – 36 months

A parent & child participation class designed to get your little one movin' and groovin'. Children will experiment with musical instruments, as well as sing, dance and more!

Fridays: 10:30 – 11:00am

Members: \$48 | **Program Participants:** \$80

ART, BOOK & COOK • Ages 2.5 – 5 years

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. Parents must remain on YMCA property.

Mondays: 10:00 – 10:45am

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

1-2-3 GROW! • Ages 2 – 3 years

A great transition program for children who may be entering preschool, this class will introduce children to a classroom environment with segments of learning, reading, and crafting in addition to working on their social interactions with their peers. Parents will not be in the classroom, but must remain on site.

Mondays: 11:15am – 12:00pm

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

PRESCHOOL ENRICHMENT • 2.9 – 5 years

Help your little one prepare for the school experience. Whether they are moving to a preschool classroom or kindergarten, this program will focus on developing the essential social, emotional, cognitive and developmental skills necessary to succeed in a classroom environment. Participants will learn about numbers, letters, colors, days of the week and more!

Tuesdays: 9:00 – 11:30am

Members: \$84 | **Program Participants:** \$126

YOUTH & FAMILY

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.

Ages 7-9: Wednesdays: 4:30 – 5:15pm

Ages 10 – 12: Wednesdays: 5:30 – 6:15pm

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

OPEN CHALLENGE COURSE • Ages 7+

Take on our Challenge Course with family and 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: 5:00 – 8:00pm

Members: \$ FREE | **General Public:** Guest Pass

HOME SCHOOL GYM CLASS • Ages 7+

Give your young student the opportunity to play organized active games with like-minded individuals. The opportunity to interact socially with other students and families is an added bonus.

Tuesdays: 10:00am – 12:00pm

Members: \$40 | **General Public:** \$80

RUN KID RUN • Ages 7+

Your child will be introduced to the joys of running in this program that works on the fundamentals of running and increasing endurance.

Thursdays: 4:30 – 5:15pm

Members: \$56 | **General Public:** \$89

SPECIAL EVENTS

FAMILY FUN NIGHT: FALL CARNIVAL

Friday, September 20 • 5:30 – 8:00pm

Join us for a fun night of carnival-themed activities, and free dinner on us! Fun for the whole family. **FREE!**



TRUNK OR TREAT

**Wednesday, October 23
6:00 – 8:00pm**

Our 4th Annual Halloween event returns. Children can trick or treat safely in our parking lot, as well as take part in fun, Halloween-themed activities and crafts in the building. **\$5/person or max \$20/family.**



KIDS NIGHT OUT • Ages 5-12

Friday, October 18 • 5:30 – 8:00pm

Enjoy a night out while we watch the kids.

Children will also have pizza for dinner.

Members: \$12 | **General Public:** \$15

2nd ANNUAL GALA

Saturday, November 9 • 6:00pm

Let's party together and celebrate all of the good that the Y does! Dinner, drinks and dancing. All proceeds will benefit the Y Annual Campaign. Must be 21 to attend. **\$60 per ticket.**