

YMCA

Stoico/ FIRSTFED

271 Sharps Lot Rd Swansea, MA 02777

<https://ymcasouthcoast.org>

Vanessa Levrault Associate Executive Director

As the Associate Executive Director, I am responsible for the daily operations of the building and member engagement. Engaging with members my favorite part of my job. I love seeing how a healthy lifestyle can make a difference for many. I also enjoy being involved with the community and volunteering my time at our food markets. The South Coast Y has a partnership with the Boston Foodbank and we are able to distribute over 2 million pounds of food in the past year through our food distribution program called the Full plate project. We host food markets weekly at our branches. Here in Swansea, it is the 3rd Wednesday of each month at 11am. Any level of need is welcomed, and it is a quick and simple process. It is by far one of the most rewarding parts of my job.

I made the decision to come work for the Y about 7 years ago. I previously had a store manager position at a big box retailer. I always wanted to have a career helping others. I absolutely love working in the town that I grew up in. The Y is truly an amazing place to be. There is something for everyone. From group exercise classes to dance, childcare, and a full summer camp. We really have everything to serve the community. I love being a part of it all. I love watching and helping people do what they love.

One of our biggest challenges is letting people know we are here and more than a gym. We have many competitors nearby who are just a gym and we offer so much more such as child watch, pickleball, and basketball court, a place to be social.

What's one piece of advice you would give to someone starting a business in Swansea?

Swansea is an amazing community with many people wanting to be involved. My advice would be to reach out to all your neighbors and invite them to come to see what you're doing great.

What's the favorite lunch food of you or your team?

We love to order from Plaza pizza on Milford RD. My personal favorite is the Buffalo chicken Caesar salad.