



# SOUTH SHORE YMCA PROGRAM GUIDE

SPRING 2023 | APRIL 2 – JUNE 17, 2023



**FAMILIES HELP  
FAMILIES SAVE  
20% AT THE Y**

LEARN MORE INSIDE ABOUT  
OUR 20/20 MEMBERSHIP  
REFERRAL PROGRAM!

**[SSYMCA.ORG/REGISTER](https://ssymca.org/register)**

**MEMBERS: MARCH 6, 2023**

**NON-MEMBERS: MARCH 13, 2023**

**[SSYMCA.ORG/REGISTER](https://ssymca.org/register)**





# JOIN OUR Y FAMILY!

## PREFERRED DATES & RATES FOR OUR Y MEMBERS

With South Shore YMCA Family/Household Membership, you and your family will enjoy early registration and 50% off Swim Lessons and substantial discounts on all other Y programs, including Camp, Tennis, Gymnastics, Sports, Health & Wellness – and more. And, Y members receive preferred registration dates to help you find the right programs for you and your family. Financial Assistance is available based on individual need.

JOINING IS EASY! COME IN FOR A TOUR OR JOIN ONLINE AT [SSYMCA.ORG/JOIN](https://ssymca.org/join)



**FRIENDS HELP  
FRIENDS SAVE 20%**  
20/20 FRIENDS & FAMILY  
MEMBERSHIP REFERRAL PROGRAM



## FAMILY MEMBERSHIP BENEFITS & MEMBERSHIP RATES

GROW STRONGER AT  
SOUTH SHORE YMCA

At the Y, we help everyone stay active together. With a South Shore YMCA Membership, there is so much to enjoy!

- 50% off Swim Lessons and Substantial Savings on other YMCA Programs and Camps
- Preferred Early Program & Camp Registration
- Family & Open Swim in Heated Indoor Pools
- FREE Family Fun Activities Every Day!
- FREE Drop-In Sports Activities
- FREE babysitting for children 6 weeks -6 years in our safe, vibrant Playrooms
- Activity Center for kids 6-10 years
- Multiple indoor Basketball Courts
- Indoor and Outdoor Walking/Running Tracks
- Fitness Programs for Adults, Youth & Seniors
- Indoor Tennis Courts & Pickleball
- SSYMCA Natural Science Center
- SSYMCA Family Farm in Hanover
- SSYMCA Gymnastics Center

## FLEXIBLE RATES

ASK ABOUT OUR FLEXIBLE  
PRICING & FINANCIAL  
ASSISTANCE FOR SSYMCA  
MEMBERSHIP & PROGRAMS

MEMBERSHIP	RATE
Family/Houshold	\$123/mo
Adult (28-64)	\$68/mo
Young Adult (23-27)	\$46/mo
Junior (10-22)	\$29/mo
Senior (65+)	\$49/mo

## JOIN US!



- \$0 JOIN FEE
- 30-DAY MONEY BACK GUARANTEE
- NO ANNUAL COMMITMENT

VISIT [SSYMCA.ORG/JOIN](https://ssymca.org/join)

EMILSON YMCA (HANOVER) | 781-829-8585

HALE FAMILY YMCA (QUINCY) | 617-479-8500





# WHAT'S INSIDE

SPRING SESSION PROGRAMS:  
APRIL 2 – JUNE 17, 2023

SWIM LESSONS

TENNIS

YOUTH & FAMILY

HEALTH & WELLNESS

GYMNASTICS

SPORTS

FARMING & OUTDOOR EDUCATION

ARTS & EDUCATION

REGISTRATION & DATES

POLICIES

CONTACT US



**SSYMCA.ORG/REGISTER**  
**REGISTRATION BEGINS...**

- MEMBERS: MARCH 6, 2023, 8:30AM
- NON-MEMBERS: MARCH 13, 2023, 8:30AM



# SWIM LESSONS



## STRONG SWIMMERS CONFIDENT KIDS

**THE Y IS AMERICA'S SWIM INSTRUCTOR**

The Y is "America's Swim Instructor" and the South Shore YMCA offers the area's leading swim instruction for any individual, any ability, and any age – from infant to adult. With water safety as our number one priority, our trusted program sets swimmers on a path for a lifetime love of swimming and safety around water, offering tracks for recreational swimming, competitive swimming, and aquatics leadership through Lifeguard and Swim Instructor training.

**SOUTH SHORE YMCA MEMBERS SAVE 50% OFF SWIM LESSONS.**

**VISIT [SSYMCA.ORG/SWIMLESSONS](https://ssymca.org/swimlessons) TO GET STARTED**



**SAFETY & RECREATION**



**COMPETITIVE**



**LEADERSHIP**





## SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

# STAGE DESCRIPTIONS



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



### C / WATER ACCLIMATION (PARENT/CHILD)

Accompanied by parents, students develop comfort with underwater exploration and learn to safely exit in the event of falling into water. Stage C lays a foundation that allows for a student's future progress.



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### SOUTH SHORE YMCA

Emilson YMCA, Hanover, MA

Hale Family YMCA, Quincy, MA

**HAVE MORE QUESTIONS?** Our front-desk staff is available to answer any questions about the swim lessons program.



# SWIM LESSONS & TRAINING

SPRING SESSION: April 2 – June 17, 2023  
 MEMBER REGISTRATION: Begins Monday, March 6, 2023  
 NON-MEMBER REGISTRATION: Begins Monday March 13, 2023

MEMBERS  
SAVE 50% OFF  
SWIM  
LESSONS!

FREE PARENT  
CHILD LESSONS  
FOR FAMILY  
MEMBERS!

VISIT [SSYMCA.ORG/SWIMLESSONS](https://ssymca.org/swimlessons) TO REGISTER

			Member Rate	Non-Member Rate
<b>SWIMSTARTERS PARENT/CHILD</b> 4 months – 3 years	Accompanied by a parent, infants and toddlers in YMCA Swim Lessons learn to be comfortable in the water and develop swim readiness skills.	STAGE A   Water Discovery (4mo–1yr)	\$0 <b>FREE FOR Y FAMILY MEMBERS!</b>	M, Sat, or Sun: \$216 T,W,Th,F: \$240
		STAGE B   Water Exploration (1 yr–3yrs)		
		STAGE C   Water Acclimation (2.5–3yrs)		
<b>SWIM BASICS: PRESCHOOL</b> 3 years – 5 years	SWIM BASICS swim lessons for preschoolers build confident swimmers for life! Preschool-age swimmers start at their own level and advance at their own pace.	STAGE 1   Water Acclimation (Preschool)	M,Sat, or Sun: \$135 T,W,Th,F: \$150	M, Sat, or Sun: \$270 T,W,Th,F: \$300
		STAGE 2   Water Movement (Preschool)		
		STAGE 3   Water Stamina (Preschool)		
		STAGE 4   Stroke Introduction		
<b>SWIM BASICS: YOUTH</b> 6 years – 12 years	For children ages 6–12 who are new to lessons, students start at their own level and advance at their own pace, building skills that lead to Competition, Leadership or Recreational paths.	STAGE 1   Water Acclimation (Youth)	M, Sat, or Sun: \$135 T,W,Th,F: \$150	M, Sat, or Sun: \$270 T,W,Th,F: \$300
		STAGE 2   Water Movement (Youth)		
		STAGE 3   Water Stamina (Youth)		
<b>SWIM STROKES &amp; SWIM SQUAD</b> 6 years – 14 years	Having mastered fundamentals, students build stroke technique, developing skills that increase social-emotional & cognitive well-being, encourage physical activity, and offer a taste of competitive training, without competition	STAGE 4   Stroke Introduction (6–14 yrs)	M, Sat, or Sun: \$135 T,W,Th,F: \$150	M, Sat, or Sun: \$270 T,W,Th,F: \$300
		STAGE 5   Stroke Development (6–14 yrs)		
		STAGE 6   Stroke Mechanics (6–14 yrs)		
		SWIM SQUAD   Competitive Intro (10–14 yrs)	M, Sat, or Sun: \$144 T,W,Th,F: \$160	M, Sat, or Sun: \$288 T,W,Th,F: \$320
<b>TEEN-ADULT</b> 13 years – Adult	It's never too late to learn to swim or improve technique. The Y offers teen and adult lessons for all ages and levels.	ADULT BEGINNER   13 years – Adult	M, Sat, or Sun: \$135	M, Sat, or Sun: \$270
		ADULT INTERMEDIATE   13 years – Adult	T,W,Th,F: \$150	T,W,Th,F: \$300
<b>COMPETITIVE SWIMMING</b>	SSYMCA Strypers is a USA competitive swim team for all ages and abilities, providing all members the opportunity to succeed, from novice to international competitor.	MINI STRYPERS   Ages 7–8 years	Contact Head Coach Andy Noble at <a href="mailto:strypers@ssymca.org">strypers@ssymca.org</a> for 2023–2024 season	
		STRYPERS   Ages 8–18 years		
		MASTERS TEAM   Ages 18 – Adult		
<b>PRIVATE LESSONS</b> 3 years – Adult	Learn to swim in a small group or on your own with private or semi-private lessons. See details at <a href="https://ssymca.org/privateswimlessons">ssymca.org/privateswimlessons</a>	PRIVATE   Ages 3–Adult	\$40	\$55
		SEMI-PRIVATE   Ages 3–Adult	\$60	\$75
<b>LIFEGUARD &amp; INSTRUCTOR TRAINING</b> 16 years+	Become a life-saving Lifeguard or a Swim Instructor at our Y! With American Red Cross training, you could gain skills for a lifetime. FREE training available to those who continue to work for our Y!	LIFEGUARDING COURSE	\$350	\$400
		LIFEGUARD REVIEW/RECERTIFICATION	\$150	\$200
		WATERFRONT LIFEGUARD COURSE	\$120	\$160
		WATER SAFETY/SWIM INSTRUCTOR	\$450	



# SWIM LESSON SCHEDULES

## HALE FAMILY YMCA (QUINCY) – SPRING 2023 SWIM LESSON SCHEDULE

MONDAY	10:30 AM Parent/Child A	11:05 AM Parent/Child B	11:40 AM Parent/Child C	3:30 PM Preschool S1, 2, 3, 4 Youth S4	4:15 PM Preschool S1, 2, 3 Youth S4	5:00 PM Preschool S1, 2, 3, 4 Youth S5	5:45 PM Youth S1, 2, 3, 5, 6	6:30 PM Youth S1, 2, 4	
TUESDAY	10:30 AM Parent/Child B	11:05 AM Parent/Child A	11:40 AM Parent/Child C	3:30 PM Parent/ChildA Parent/Child C Preschool S1, 2, 3 Youth S4	4:15 PM Parent/Child B Preschool S1, 2, 3 Youth S4	5:00 PM Parent/ChildA Preschool S1, 2, 3 Youth S5	5:45 PM Youth S1, 2, 3, 5, 6	6:30 PM Youth S1, 2, 3, 4 Adult Beginner	7:15 PM Adult Intermediate
WEDNESDAY	10:30 AM Parent/Child A	11:05 AM Parent/Child B	11:40 AM Parent/Child C	3:30 PM Parent/Child B Parent/Child C Preschool S1, 2, 3 Youth S4	4:15 PM Parent/Child A Preschool S1, 2, 3 Youth S4	5:00 PM Parent/Child B Preschool S1, 2, 3 Youth S5	5:45 PM Youth S1, 2, 3, 5, 6 Adult Intermediate	6:30 PM Youth S1, 2, 4 Adult Beginner	
THURSDAY	10:30 AM Parent/Child B	11:05 AM Parent/Child A	11:40 AM Parent/Child C	3:30 PM Parent/Child A Parent/Child C Preschool S1, 2, 3 Youth S4	4:15 PM Parent/Child B Preschool S1, 2, 3 Youth S4	5:00 PM Parent/Child B Preschool S1, 2, 3 Youth S4	5:45 PM Youth S1, 2, 3, 5, 6	6:30 PM Youth S1, 2, 3, 4	
FRIDAY	10:30 AM Parent/Child A	11:05 AM Parent/Child B	11:40 AM Parent/Child C	3:30 PM Parent/Child B Preschool S1, 2, 3 Youth S4	4:15 PM Preschool S1, 2, 3 Youth S4	5:00 PM Preschool S1, 2,3,4 Youth S5	5:45 PM Youth S1, 2, 3, 5, 6		
SATURDAY	9:00 AM Preschool S1, 2, 3 Youth S2	9:40 AM Preschool S1, 2, 3 Youth S1	10:30 AM Preschool S1, 2,3,4	11:15 AM Youth S1, 2, 3, 5	12:00 PM Youth S3, 4, 5, 6				
SUNDAY	9:00 AM Preschool S1, 2, 3 Youth S2	9:40 AM Preschool S1, 2, 3 Youth S1	10:30 AM Preschool S1, 2,3,4	11:15 AM Youth S1, 2, 3, 5	12:00 PM Youth S3, 4, 5, 6				

## EMILSON YMCA (HANOVER) – SPRING 2023 SWIM LESSON SCHEDULE

MONDAY	8:00 AM Parent/Child A	8:35 AM Parent/Child B	9:10 AM Parent/Child C 9:45 AM Preschool S1	4:00 PM Preschool S1, 4	4:35 PM Preschool S3 Youth S3	5:10 PM Youth S1 Preschool S1	5:45 PM Preschool S2 Youth S4	6:20-6:50 PM Youth S2 Parent/Child B	6:55 PM Youth S4, 3
TUESDAY	8:00 AM Parent/Child A	9:10 AM Parent/Child C	2:50 PM Parent/Child A	4:00 PM Preschool S1 Youth S4	5:10 PM Preschool S3 Youth S3	6:20 PM Parent/Child B Youth S3	7:05 PM Parent/Child C	7:40 PM Teen/Adult Beginner	
	8:35 AM Parent Child/B	9:45 AM Preschool S1	3:25 PM Preschool S2	4:35 PM Parent/Child C Youth S4	5:45 PM Youth S2 Preschool S4	6:55 PM Youth S3 Parent/Child C			
WEDNESDAY	8:00 AM Parent/Child A	9:10 AM Parent/Child C	2:50 PM Preschool S2	4:00 PM Parent/Child A Parent/Child C	4:35 PM Preschool S1 Youth S3	5:10 PM Preschool S2, 1	5:45 PM Preschool S3 Youth S4	6:20 PM Preschool S4 Parent/Child C	6:55 PM Youth S2, 4
	8:35 AM Parent/Child B	9:45 AM Preschool S1	3:25 PM Parent/Child B						
THURSDAY	8:00 AM Parent/Child A	9:10 AM Parent/Child C	2:50 PM Parent/Child A	4:00 PM Preschool S1	5:10 PM Preschool S3 Youth S2	6:20 PM Youth S3, 4	6:55 PM Youth S5, 6	7:40 PM Teen/Adult Intermediate	
	8:35 AM Parent/Child B	9:45 AM Preschool S1	3:25 PM Parent Child B	4:35 PM Youth S3 Preschool S2	5:45 PM Parent/Child C Preschool S4				
FRIDAY	8:00 AM Parent/Child A	9:10 AM Parent/Child C	2:50 PM Youth S2	3:25 PM Youth S3	4:00 PM Youth S4	4:35 PM Youth S5	5:20 PM Youth S6	6:05 PM Swim Squad Youth S5	
	8:35 AM Parent/Child B	9:45 AM Preschool S1							
SATURDAY	8:30 AM Preschool S1 Youth S1, 4 4Parent/Child A	9:05 AM Preschool S2 Youth S2, 5 Parent/Child B	9:40 AM Preschool S3 Youth S3 Parent/Child C	9:50 AM Youth S6	10:15 AM Preschool S4 Youth S4 Parent/Child A	10:35 Youth S4	10:50 AM Preschool S1 Youth S2 Parent/Child B	11:10 AM Swim Squad	11:25 AM Preschool S2 Youth S3 Parent/Child C
SUNDAY	8:30 AM Preschool S1 Youth S1, 4 Parent/Child A	9:05 AM Preschool S2 Youth S2, 5 Parent/Child B	9:40 AM Youth S6 Parent/Child C	9:50 AM Preschool S3 Youth S3	10:15 AM Youth S4	10:35 AM Preschool S4 Youth S4 Parent/Child A	10:50 AM Preschool S1 Youth S2 Parent/Child B	11:10 AM Swim Squad	11:25 AM Preschool S2 Youth S3 Parent/Child C

\*SCHEDULE SUBJECT TO CHANGE. (No classes will be held on April 16, April 22, or April 29. Makeups will be held on June 18 & June 24)



# SOUTH SHORE YMCA

# TASTE OF THE SOUTH SHORE



**JOIN US AS WE CELEBRATE 26 YEARS OF FOOD, FUN, AND COMMUNITY IMPACT AT THE 2023 TASTE OF THE SOUTH SHORE, OUR SIGNATURE FUNDRAISER**



The "Taste" is the premiere social and food & beverage tasting event on the South Shore, with gourmet tastings from over 30 local restaurants, caterers, breweries and wineries.



**WEDNESDAY, APR 26  
6:00 PM – 9:00 PM**



THE TASTE 2023

**REGISTER NOW, OR BECOME A SPONSOR OF THE TASTE!**

[ssymca.org/taste](https://ssymca.org/taste)





# TENNIS @ EMILSON YMCA (HANOVER)



**SPRING SESSION DATES:** APRIL 2 - JUNE 17, 2023

**MEMBER REGISTRATION:** Begins Monday, March 6, 2023 | **NON-MEMBER:** Begins Monday, March 13, 2023

To register online visit [ssymca.org/tennis](https://ssymca.org/tennis), choose a category and click the "Register" button.

## YOUTH/JUNIOR TENNIS

**LITTLE CHAMPS (AGES 4-5):** Fun-filled introduction to tennis with smaller courts and foam balls. Features stroke development, games, and hand-eye coordination drills in a social setting.

- Monday 4:00-4:45P, **M \$135**, NM \$225
- Wednesday 4:00-4:45P, **M \$150**, NM \$250
- Friday 4:00-4:45P, **M \$150**, NM \$250
- Saturday 9:00-9:45A, **M \$150**, NM \$250

**RED BALL (AGES 6-7):** This format uses specialized equipment and short court dimensions. Players use the red ball (25% of yellow regulation ball compression) on a 36-foot court. Players must understand basic rules, be proficient in basic strokes, have rally skills, and serve consistently with success on a 36-ft court.

- Red Wednesday 5:00- 6:00P, **M \$200** NM \$350
- Red Friday 5:00 - 6:00P **M \$200** NM \$350
- Red Saturday 10:00 - 11:00A **M \$200** NM \$350

### ORANGE BALL (AGES 8-10)

**OB1:** Intro to the basics of stroke production, rules, and ball control using the orange ball (50% of yellow regulation ball) on a 60-ft court.

**OB2:** Players must know basic strokes, sustain at least short rallies, serve, and understand the rules well enough to play points on a 60-ft court.

- Orange 1 Monday 4:00 - 5:00P, **M \$180** NM \$315
- Orange 1 Friday 5:00 - 6:00P, **M \$200** NM \$350
- Orange 1 Saturday 11:00A - 12:00P, **M \$200** NM \$350
- Orange 2 Monday 5:00 - 6:00P, **M \$180** NM \$315
- Orange 2 Friday 5:00 - 6:00P, **M \$200** NM \$350
- Orange 2 Saturday 12:00 - 1:00P, **M \$200** NM \$350

**GREEN BALL (AGES 11-18): GB1:** Intro to the basics of stroke production, rules and ball control using green dot balls (75% of regular compression) on a full, 78-foot court. GB2: Placement is contingent on evaluation. Must be able to cover the entire court with proper and consistent movement skills, ball recognition, forehands, backhands, and serves.

- Green 1 Tuesday 4:00 - 5:00P, **M \$200** NM \$350
- Green 1 Thursday 4:00 - 5:00P, **M \$200** NM \$350
- Green 1 Saturday 11:00A - 12:00P, **M \$200** NM \$350
- Green 2 Monday 3:30 - 5:00P, **M \$270** NM \$473
- Green 2 Friday 3:30 - 5:00P, **M \$300** NM \$525
- Green 2 Saturday 12:00 - 1:30P, **M \$300** NM \$525

**PLAYER DEVELOPMENT CLINICS 1 & 2 (AGES 13-18):** For more experienced players PDV1 (90 minutes) focuses on proper technique, singles/doubles strategies and learning to play live ball, while PDV2 (2 hours), for more advanced players, works on strokes and strategy with 30-minute Match Play. (PDV2 runs 10 weeks to coincide with start of HS tennis team season).

- PDV1 Clinic 1 Tues 5:00 - 6:30P, **M \$300** NM \$525
- PDV1 Clinic 1 Tues & Thurs 5:00 - 6:30P, **M \$540** NM \$945
- PDV1 Clinic 1 Thurs 5:00 - 6:30P, **M \$300** NM \$525
- PDV1 Clinic Sat 1:30 - 3:00P, **M \$300** NM \$525
- PDV1 Clinic 1 Sat & Tues Time Varies, **M \$540** NM \$945
- PDV1 Clinic 1 Sat & Thurs Time Varies, **M \$540** NM \$945
- PDV1 Clinic 2 Tues 3:30 - 5:30P, **M \$400** NM \$700
- PDV2 Clinic 2 Tues & Thurs 3:30 - 5:30P, **M \$720** NM \$1,260
- PDV2 Clinic 2 Thurs 3:30 - 5:30P, **M \$400** NM \$700
- PDV2 Clinic Sat 1:30 - 3:30P, **M \$400** NM \$700
- PDV2 Clinic 2 Sat & Tues Time Varies, **M \$720** NM \$1,260
- PDV2 Clinic 2 Sat & Thurs Time Varies, **M \$720** NM \$1,260

**HIGH SCHOOL AGES (13-18):** For teens who are new to the game and looking to play High School tennis. This class runs for 10 weeks.

- HS Tennis Clinic Wednesday 3:30 - 5:00P, **M \$300** NM \$525

## JUNIOR SUNDAY SINGLES: Junior Singles Ladders

(ages 8–17). For Orange Ball 2/Green Ball 2/PDV1 & 2 players. This is a chance for players to put their skills to use in a competitive scenario. Matches are overseen by a staff pro; rankings will be kept. Ladder is free to players enrolled in two weekly clinics. Each division must have a minimum 6 players for ladder to run.

- Orange/Green Ball 2: Sunday 10:30–11:30A, **\$135**
- PDV 1&2: Sunday 11:30A–1P, **\$160**

## ADULTS

**ADULT BEGINNER CLINICS AGES 18+:** Stay in shape or simply discover the joy of tennis. These clinics cover the basics with an emphasis on FUNdamentals. Level 1 is for first-time players. Level 2 for players with limited experience

- Level 1 Monday 6:00 – 7:00P, **M \$180** NM \$315
- Level 1 Tuesday 12:00 – 1:00P, **M \$200** NM \$350
- Level 1 Saturday 8:30 – 9:30A, **M \$200** NM \$350
- Level 2 Mon 7:00 – 8:00P, **M \$180** NM \$315
- Level 2 Sat 11:00A – 12:00P, **M \$200** NM \$350

## ADULT INTERMEDIATE & ADVANCED CLINICS

AGES 18+: Work on stroke and strategy development but still play games. Combines 45 minutes of drills and 45 minutes of match play

### LEVEL INTERMEDIATE NTRP 2.5 – 3.0

- Monday 6:30 – 8:00P, **M \$270** NM \$473
- Thursday 9:00 – 10:30A, **M \$300** NM \$525
- Saturday 9:30 – 11:00A, **M \$300** NM \$525

### LEVEL ADVANCED NTRP 3.5+

- Wednesday 5:00 – 6:30P, **M \$300** NM \$525
- Thursday 12:00 – 1:30P, **M \$300** NM \$525
- NTRP 4.0+ Monday 8:00 – 9:30P, **M \$270** NM \$473

**DRILL & PLAY CLINICS AGES 18+:** Work on stroke and strategy development but still play games. Combines 45 minutes of drills and 45 minutes of match play.

- Doubles Intermediate Thur 10:30A–12P, **M \$300** NM \$525
- Doubles Advanced Tues 9:00–10:30A, **M \$300** NM \$525

**LEAGUE PLAY AGES 18+:** The South Shore YMCA tennis leagues for men and women gives players across the area the chance to get in the game!

- Ladies Doubles NTRP 3.0+ Fri 9–10:30A, **M \$130** NM \$228
- Men's Singles NTRP 3.5–4.5 Sun 4–5:30P, **M \$162** NM \$284

## SPECIALTY CLINICS

**SIDE BY SIDE:** Utilizing the variety of shots provided by our ball machine, our staff pro will coach players from THEIR side of the court for a unique and more personal interaction.

- Friday 11:00A – 12:00P, **M \$200** NM \$300

**NO PROGRAM CLINICS SATURDAY, APRIL 29, DUE TO HEALTHY KIDS DAY/LAURA'S LOVE EVENTS. MAKEUPS WILL BE HELD ON, SATURDAY, JUNE 24**

## PICKLEBALL

Play one of the fastest growing sports in the country. Let our certified pros teach you how to play, join our in-house league, or drop in and play. Bring your own equipment if you have it. Paddles & pickleballs will be available for those who need it.

**PICKLEBALL: 4-WEEK BEGINNER ADULT CLASS** Learn how to play this immensely popular game. We'll provide paddles if needed.

- Tuesday 12:00P – 1:00P, **M \$60**, NM \$105
- Runs monthly. Contact Maureen Ahl at [mahl@ssymca.org](mailto:mahl@ssymca.org) for exact dates.

### PICKLEBALL LEAGUE 18+

This in-house league for men and women gives players the chance to play in a competitive and friendly environment. Minimum 12 players needed.

### CO-ED INTERMEDIATE

- Mon 6:00P – 8:00P **M \$117**, NM \$205

### PICKLEBALL & TENNIS DROP IN

**M FREE**, NM \$15

- Saturday 6:00P – 8:00P
- Sunday 6:00P – 8:00P



### OPEN PICKLEBALL HOURS

Grab your paddles and join us in the gymnasium for free open pickleball courts. Free to South Shore YMCA members.

### EMILSON YMCA (HANOVER)

- Monday, Wednesday, Friday 8:00A – 12:00P
- Thursdays 6:00 – 9:00P

### HALE FAMILY YMCA (QUINCY)

- Weekdays: 9:30am – 12:00pm
- Weekends: Times vary, visit [ssymca.org/schedules](http://ssymca.org/schedules) for full details

### STAY CONNECTED TO PICKLEBALL AT THE SOUTH SHORE YMCA!

Stay connected to Pickleball at South Shore YMCA at [ssymca.org/pickleball](http://ssymca.org/pickleball), where you'll find information on open court time and Pickleball classes.

## LOB-STARS ADAPTIVE TENNIS PROGRAM

The Lob-Stars are the South Shore YMCA's Special Olympics Tennis Team, providing an inclusive tennis program for adults with developmental and intellectual disabilities. Our coaching professionals and supportive staff work to train, teach, and encourage growth and skills in all our Lob-Stars players.

- Advanced Wed 3:00–4:00P (\$150) & Sunday 4:00–5:00P (\$135)
- Beginner & Intermediate Wed 4:00P–5:00P, \$150

## CONTACT US

- For questions on Tennis Programs, contact Sr. Tennis Director Bob Carroll, [bcarroll@ssymca.org](mailto:bcarroll@ssymca.org)
- For questions on contact tennis and Pickleball, contact Maureen Ahl, [mahl@ssymca.org](mailto:mahl@ssymca.org)
- For questions on league play, contact Elaine Nolan, [enolan@ssymca.org](mailto:enolan@ssymca.org)





**NEW**

# SOUTH SHORE YMCA OUTDOOR AQUATICS CENTER!

EMILSON YMCA, HANOVER

**COMING  
JUNE  
2023**  
EMILSON YMCA



LEARN MORE

**GET YOUR SEASON PASS TODAY  
SPACE IS FILLING UP FAST... DON'T WAIT!**

**REGISTER AT**

**[SSYMCA.ORG/OUTDOORAQUATICSCENTER](https://ssymca.org/outdooraquaticscenter)**



## YOUTH & FAMILY

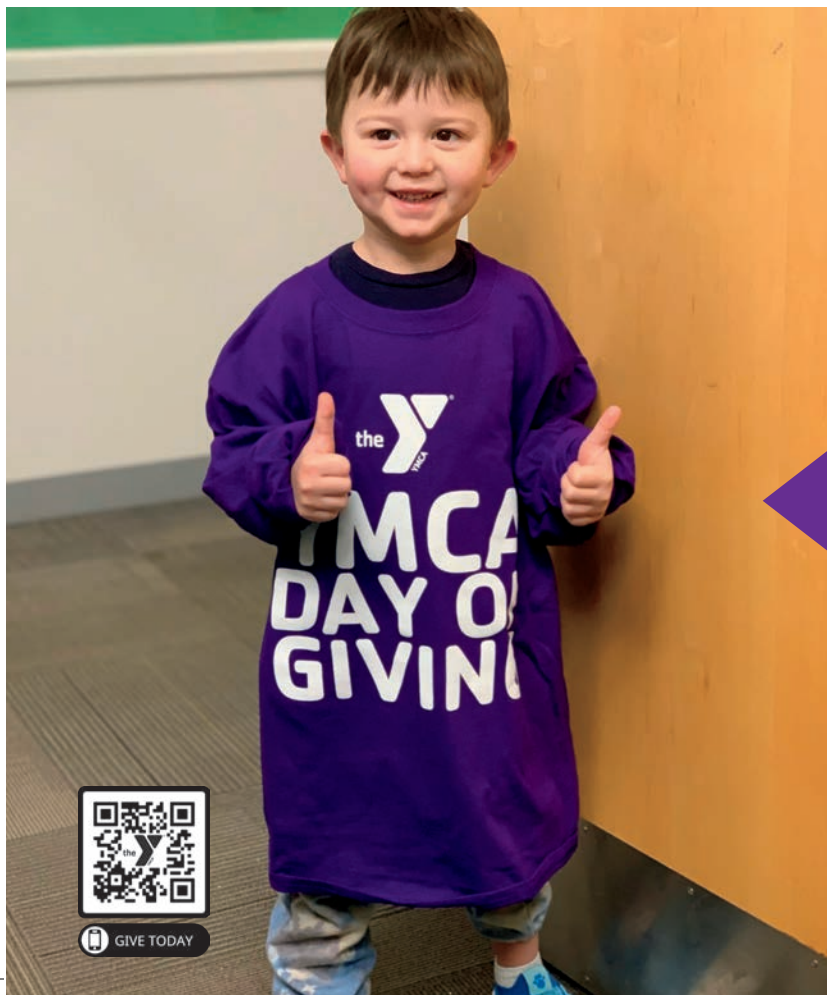


### SCHOOL VACATION & HOLIDAY PROGRAMS: GERMANTOWN NEIGHBORHOOD CENTER (QUINCY) & EMILSON YMCA (HANOVER)

Need care for your kids during school vacations or holiday closures? Our School Vacation Programs allow kids to enjoy a variety of fun, safe, and challenging activities at our Germantown Neighborhood Center (Quincy) and Emilson YMCA (Hanover) branches during December, February, and April school vacations, as well as many major holidays. Families can be assured of a caring environment where children receive excellent supervision, quality programming, and create lasting memories.

- Open to students Kindergarten – Grade 6
- Good Friday Day Program: April 7, 2023
- April Vacation: Monday, April 17, 2023– Friday, April 21, 2023

**CONTACT & REGISTRATION:** For details, contact Ervica Fanfan at [efanfan@ssymca.org](mailto:efanfan@ssymca.org) (Quincy) or Liam McSweeney at [lmcsweeney@ssymca.org](mailto:lmcsweeney@ssymca.org) (Hanover)



# YMCA DAY OF GIVING

Because a better tomorrow begins today.

[ssymca.org/dayofgiving](https://ssymca.org/dayofgiving)

MARCH 8, 2023  
#YMCADAYOFGIVING



# HEALTH & WELLNESS



**SPRING SESSION DATES:** APRIL 2 - JUNE 17, 2023

**MEMBER REGISTRATION:** Begins Monday, March 6, 2023 | **NON-MEMBER:** Begins Monday, March 13, 2023

Visit [ssymca.org/register](https://ssymca.org/register) or contact EMILSON Y (HANOVER) 781-829-8585, HALE FAMILY Y (QUINCY) 617-479-8500.

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## YOUTH STRENGTH (EMILSON YMCA, HANOVER)

This youth fitness program is designed to improve endurance, musculoskeletal strength, flexibility and build confidence. Each week the child will explore fitness through fun activities while teaching proper skills using a variety of equipment like ladders, cones, and balls. Come join Matt and make some new friends!

- **SCHEDULE:** Tuesdays 5:30-6:15PM
- **AGES:** 7-10 years
- **LOCATION:** Emilson YMCA, Studio B
- **COST:** M \$120 | NM \$240
- **CONTACT:** Stephanie Costa at [scosta@ssymca](mailto:scosta@ssymca) for more information.

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## PERSONAL TRAINING (MEMBERS ONLY)

Our caring, certified personal training staff is here to provide the individualized attention you need to set and achieve your fitness goals. Whatever your goal or interest, our trainers are here to help you become the better you. Personal training is non-refundable and expires within two years of purchase.

**REGISTER:** [SSYMCA.ORG/PERSONALTRAINING](https://ssymca.org/personaltraining) or contact EMILSON Y 781-829-8585 | HALE FAMILY Y 617-479-8500

**LOCATION:** Emilson Y (Hanover), Hale Family Y (Quincy)

- |   |   |
|---|---|
| • <b>FIRST TIME CLIENT PACKAGE 6-PACK:</b><br>Six, 30-minute sessions \$149 | • <b>Single 1 Hour Session</b> \$60                 |
| • <b>3-PACK 30m,</b> Three, 30-minute sessions \$99                         | • <b>3-Pack 60m,</b> Three, 1-hour sessions \$168   |
| • <b>6-PACK 30m,</b> Six, 30-minute sessions \$186                          | • <b>6-Pack 60m,</b> Six, 1-hour sessions \$312     |
| • <b>12-PACK 30m,</b> Twelve, 30-minute sessions \$336                      | • <b>12-Pack 60m,</b> Twelve, 1-hour sessions \$576 |

**CONTACT:** For more information on Personal Training, contact Stephanie Costa, [scosta@ssymca.org](mailto:scosta@ssymca.org) (Emilson Y, Hanover) or Nick Avery, [navery@ssymca.org](mailto:navery@ssymca.org) (Hale Family Y, Quincy)

## **NEW!** YOUTH SPORTS PERFORMANCE STRENGTH COACHING (EMILSON YMCA, HANOVER. MEMBERS ONLY)

Calling all athletes, train for your next sports season at the Emilson Y in Hanover! Our dedicated Personal Training Staff will coach young athletes on sports knowledge, fundamentals, and competitive edge needed to improve their overall speed, performance, and agility.

**CONTACT:** For more information on Youth Sports Performance Training, contact Stephanie Costa, [scosta@ssymca.org](mailto:scosta@ssymca.org)

## **PRIVATE PILATES REFORMER TRAINING (EMILSON YMCA, HANOVER. MEMBERS ONLY)**

Using the classic Pilates Reformer apparatus, our Pilates Reformer sessions will strengthen and lengthen your entire body. Private instruction as well as groups of 2-4 are available. For South Shore YMCA members only.

**LOCATION:** Emilson YMCA, Hanover

**REGISTER:** [ssymca.org/pilatesinfo](http://ssymca.org/pilatesinfo) or 781-829-8585

- **FIRST TIME CLIENTS:** Three 60-minute sessions, \$78 (duets and trios only)
- 1 hour private \$70
- 3 Pack, 1 hour private \$198
- 6 Pack, 1 hour private \$372
- 12 Pack, 1 hour private \$696
- Duet, 1 hour \$40 per person
- Duet, 1 hour, 6 Pack, \$216 per person
- Duet, 1 hour, 12 Pack, \$396 per person
- Trio, 1 hour, 6 Pack, \$168 per person
- Trio, 1 hour, 12 Pack, \$324 per person

**CONTACT:** For more information on Pilates Reformer Training, contact Stephanie Costa, [scosta@ssymca.org](mailto:scosta@ssymca.org)



# WE'RE GROWING AND HIRING

## FIND THE JOB YOU'LL LOVE

- TEACHERS
- LIFE GUARDS
- CUSTODIANS
- HEALTH & WELLNESS
- MEMBERSHIP
- CAMP TEAM



## APPLY TODAY!

[SSYMCA.ORG/JOBS](http://SSYMCA.ORG/JOBS)

- FREE Y Membership
- Competitive Salary/Rates
- Discounts on Y programs
- On-the-job training
- Great Benefits
- Flexible Hours



# HEALTH & WELLNESS: INCLUSIVE FITNESS

South Shore YMCA Inclusion Modified Programs are for people with Intellectual or Developmental Disabilities (IDD) — includes DSM-5 diagnosis. Inclusion Modified Programs improve and encourage communication skills, social and emotional development, cooperative interactions, physical well-being, and friendships.

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## INCLUSIVE CARDIO AND FUNCTIONAL STRENGTH

Explore interval training with a combination of cardio routines and strength training activities. We incorporate stretching, calisthenics, dumbbells, medicine balls and balance balls.

- **LOCATION:** Emilson YMCA
- **DAYS:** Thursday 4pm
- **COST:** M \$120 | NM \$240
- **CONTACT:** Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org)

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## INCLUSIVE EGYM STRENGTH (9 WEEKS)

Come strength train using the EGYM circuit supervised by one of our trainers. Equipment is customized to the needs of the individual and makes working out fun! South Shore YMCA Membership and registration required.

- **LOCATION:** Emilson YMCA, eGym
- **DAYS:** Mondays 4pm
- **COST:** FREE, South Shore YMCA Membership Required
- **CONTACT:** Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org) for more information.

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## HOOPSTARS UNIFIED BASKETBALL (9 WEEKS)

This Unified Team joins people together to train, develop basketball skills, build friendships and understanding. Participants will learn the fundamentals and rules of the sport while enhancing self-esteem and improvement of physical and mental health.

- **LOCATION:** Emilson YMCA
- **DAYS:** Mondays 5pm
- **COST:** \$135
- **CONTACT:** Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org) for more information.



# HEALTH & WELLNESS: MEDICAL WELLNESS



## **PRESCRIBE THE Y | YOUR PRESCRIPTION FOR HEALTHY LIVING AND COMMUNITY WELLNESS**

To help more people transition from medical treatment to sustained health and wellness, the South Shore YMCA's Prescribe the Y program offers community health workshops, education, support networks, nutrition and exercise programs designed to bridge the gap between clinical care and community care. Through evidenced based Prescribe the Y programs and the support of our strong Y community, individuals can take control of their health and well-being to maintain long-term health benefits.

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### **CARDIAC & PULMONARY MAINTENANCE**

- **Monday/Wednesday** | 1pm-2pm | Emilson YMCA, Hanover | FREE FOR MEMBERS, NON-MEMBERS \$250
- **Tuesday/Thursday** | 9am-10am | Hale Family YMCA, Quincy | FREE FOR MEMBERS, NON-MEMBERS \$250

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### **ENHANCED FITNESS**

- **Tuesday/Thursday/Saturday** | 11am-12pm | Emilson YMCA, Hanover | FREE FOR MEMBERS & NON-MEMBERS
- **Monday/Wednesday/Friday** | 1pm-2pm | Hale Family YMCA, Quincy | FREE FOR MEMBERS & NON-MEMBERS

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### **PARKINSON'S STRENGTH**

- **Tuesday and Thursday** | 12pm-1pm | Emilson YMCA, Hanover | FREE FOR MEMBERS | NON-MEMBERS \$250
- **Monday and Thursday** | 11am-12pm | Hale Family YMCA, Quincy | FREE FOR MEMBERS | NON-MEMBERS \$250

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### **DIABETES EXERCISE MANAGEMENT**

- **Monday eGym Circuit** | 2pm-3pm | Emilson YMCA, Hanover | FREE FOR MEMBERS | NON-MEMBERS \$125
- **Tuesday/Thursday** | 9am-10am | Hale Family YMCA, Quincy | FREE FOR MEMBERS | NON-MEMBERS \$250

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### **PARTNERSHIP PROGRAM**

The Partnership Program is an adaptive, recreational, non-clinical fitness program designed specifically for people with physical disabilities to more fully enjoy all that the Y has to offer. Training partners assist participants with exercise to improve or maintain physical conditioning, stay active in sports, recreation, and everyday activities. South Shore YMCA membership required, available by appointment only. Contact Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org) (Emilson Y, Hanover) or Katelyn Szafir at [kszafir@ssymca.org](mailto:kszafir@ssymca.org) (Hale Family Y, Quincy).

**CONTACT** For more information on Medical Wellness programs at the Y, contact Katelyn Szafir, Hale Family YMCA (Quincy), [kszafir@ssymca.org](mailto:kszafir@ssymca.org) or Stephanie Costa, Emilson YMCA (Hanover), [scosta@ssymca.org](mailto:scosta@ssymca.org)

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### **BLOOD PRESSURE CLINICS**

Stop in for a FREE blood pressure check at one of our free clinics. No appointment necessary!

- **Hale Family YMCA (Quincy)** – Thursdays 9am-11am
- **Emilson YMCA (Hanover)** – Mondays 1pm-2pm
- **Germantown Neighborhood Center (Quincy)** – Wednesdays 9am-10am

**CONTACT:** For more information contact Katelyn Szafir at [kszafir@ssymca.org](mailto:kszafir@ssymca.org).





# LIFE IS BETTER WITH CAMP

[SSYMCA.ORG/CAMP](http://SSYMCA.ORG/CAMP)

**2023 CAMP  
REGISTRATION  
NOW OPEN!**



Kids find their true selves at Y camp, building confidence and making new memories that last a lifetime. South Shore YMCA members enjoy substantial discounts off Y camps and preferred registration.

# GYMNASTICS – HANOVER



In each class, Y coaches work with gymnasts to their own ability through the progression of skills on each event.

**DATES:** Classes held throughout the school year (SEPTEMBER 7, 2022 – JUNE 24, 2023) and families are billed on the first of the month. Registration is ongoing with classes prorated depending on the date of registration. Any change to a class must be in writing 30 days before the date change by email to [amillis@ssymca.org](mailto:amillis@ssymca.org).

- **LOCATION:** South Shore YMCA Gymnastics Training Center, 1075 Washington St, Hanover, MA
- **REGISTER:** To register visit [ssymca.org/gymnastics](http://ssymca.org/gymnastics). Classes follow the school year calendar.

## GROUP CLASSES, SEMI/PRIVATE LESSONS:

Private/semi-private lessons for Y members, plus private groups for playgroups, families, homeschoolers, etc. Contact Andrea Millis at [amillis@ssymca.org](mailto:amillis@ssymca.org) to schedule.

## PARENT AND CHILD – SCHOOL YEAR

**45 minutes | Ages 1-3 | M \$59 NM \$103**

A fun, interactive class where parents/caregivers help their children develop balance, strength and confidence while exploring all the gym has to offer.

- Tues, Thurs, Sat 9:00am – 9:45am

## ROLLERS – SCHOOL YEAR

**45 minutes | Age 3 | M \$59 NM \$103**

A fun-filled introduction to fundamentals, working on basic gymnastics skills to improve hand eye coordination and balance while enhancing overall motor skill development.

- Sat 10:00am – 10:45am
- Wednesday 3:45pm–4:30pm

## TINY TUMBLERS – SCHOOL YEAR

**45 minutes | Ages 4-5 | M \$59 NM \$103**

For our youngest gymnasts moving on from Pre-School class to develop core skills on all apparatus including tumble track.

- Wednesday 3:45pm–4:30pm

## BEGINNER – SCHOOL YEAR

**1 hour | Ages 5-10 | M \$74 NM \$129**

Gymnasts learn basics, improve motor skills, balance, strength, and flexibility on all Olympic apparatus.

- Monday, Thursday, Friday 4:00pm – 5:00pm
- Wednesday 4:30pm – 5:30pm
- Saturday 12:00–1:00pm

## PRE-TEAM

**90 minutes | Ages 6-11 | M: \$115**

Gymnasts build on basics while beginning to learn routines on all Olympic apparatus. Membership required. To register contact [amillis@ssymca.org](mailto:amillis@ssymca.org) or [kprotulis@ssymca.org](mailto:kprotulis@ssymca.org).

- Monday or Friday 5:00pm – 6:30pm

## TEAM – SCHOOL YEAR

All levels of Excel from Bronze through Diamond and USAG levels 2 and 3. Gymnasts will learn routines and compete on all Olympic apparatus. Meets will be home and away, team info sent in a separate package. Practices Monday, 6:00–8:00pm, Tuesday/Wednesday 5:30–7:30pm, and Thursday 5:00–7:00pm.

**Contact Andrea Millis at [amillis@ssymca.org](mailto:amillis@ssymca.org) for team information. Placement evaluations available upon request**

## NINJA – SCHOOL YEAR

Participants work on strength, conditioning, and balance in small groups, circuits, and mini obstacle courses.

**LIL NINJA | 45 minutes | Ages 3-5 | M \$59 NM \$103**

- Tuesday 11:15am – 12:00pm
- Tuesday 3:45pm – 4:30pm
- Saturday 1:30pm – 2:15pm
- Saturday 3:00pm – 3:45pm

**NINJA PLUS | 45 minutes | Ages 6-11 | M \$59 NM \$103**

- Tuesday 4:30pm – 5:15pm
- Saturday 2:15pm – 3:00pm





## GYMNASTICS BIRTHDAY PARTIES

90 minutes | Max 15 Children | M \$300 NM \$400

Schedule a gymnastics birthday party with the South Shore YMCA Gymnastics Center in Hanover! Enjoy fun in our gym with gymnastics, games, and obstacle courses for all abilities. Food or cake must be brought from home. Waivers are required for all non-members

- Saturdays 4-5:30pm, Sundays 2-3:30pm or 4-5:30pm
- Open to children ages 5-10
- \$300 for South Shore YMCA Members, \$400 for Non-Members
- \$100 deposit required to book

For available dates and to book a party, email Kara Protulis, [kprotulis@ssymca.org](mailto:kprotulis@ssymca.org), or Andrea Millis [amillis@ssymca.org](mailto:amillis@ssymca.org).





# SPORTS & RECREATION



Sports restore our spirits and energy and build confidence. And for many of us, they're the foundation of active living and rewarding relationships. Our Y is thrilled to bring back sports for our community, following all safety guidelines to keep kids active and safe.

**SPRING SESSION DATES:** April 2 – June 17, 2023

**LOCATION:** Hale Family YMCA (Quincy) & Emilson YMCA (Hanover)

**MEMBER REGISTRATION:** Begins Monday, March 6, 2023 | **NON-MEMBER:** Begins Monday, March 13, 2023

Visit [ssymca.org/register](https://ssymca.org/register) or contact EMILSON Y (HANOVER) 781-829-8585, HALE FAMILY Y (QUINCY) 617-479-8500.

**CONTACT:** For questions about Youth Sports programs, contact Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org)

## SPORTS MANIA (HALE FAMILY YMCA, QUINCY)

Ages 4-6 Introduces preschoolers to basic skills of sports such as basketball, soccer, and more. Class focuses on self-esteem, hand-eye coordination, teamwork and sportsmanship while having the comfort of their family there with them. Game play to be determined by Youth Sport Restrictions and Guidelines.

- **DATES:** April 8 – June 17
- **Saturday** 11:45AM | 45 minutes | **M \$150 NM \$300**

## YOUTH SOCCER (HALE FAMILY YMCA, QUINCY)

Our youth soccer program emphasizes teamwork while improving your young athlete's skills. Players aged 5-12 will enjoy high-level soccer instruction focused on game basics taught by our certified coaches. Each group will end the season with competitive games to showcase their skills.

- **LOCATION:** Hale Family YMCA (Quincy) | Briggs Family Field House
- **PRACTICE:** Saturdays
  - 5-6 years old: 8:00am – 9:00am
  - 7-8 years old: 9:00am – 10:00am
  - 9-12 years old: 10:00am – 11:00 am.
- **COST: Members \$150 | Non-Members \$300**
- **EQUIPMENT:** Players need to bring shin guards, cleats, a soccer ball, and water.

## KARATE (HALE FAMILY YMCA, QUINCY)

Students can continue to learn the skills of Okinawan karate at the Y! Karate benefits your child's health and well-being in so many ways, spirit, mind and body. Smaller group classes require a minimum number of students to run.

- **Pee Wee:** Basic martial arts taught through fun drills.
- **Beginner:** All-level class to learn the basics.
- **Intermediate:** Advance your skills in Okinawan Karate.

CLASS	AGE	DAY	TIME	FEE (Member/Non-Member)	DURATION
Pee Wee	5-7	Monday	5:00pm-5:30pm	<b>M \$168</b>   NM \$336	30 Mins
Pee Wee	5-7	Tuesday	6:00pm-6:30pm	<b>M \$168</b>   NM \$336	30 Mins
Pee Wee	5-7	Saturday	9:00am-9:30am	<b>M \$168</b>   NM \$336	30 Mins
Beginner	8-12	Monday	5:30pm-6:15pm	<b>M \$200</b>   NM \$400	45 Mins
Beginner	8-12	Saturday	9:35am-10:20am	<b>M \$200</b>   NM \$400	45 Mins
Intermediate	10-18	Saturday	10:25am-11:10am	<b>M \$200</b>   NM \$400	45 Mins
Adult	18+	Tuesday	5:15pm-6:00pm	<b>M \$200</b>   NM \$400	45 Mins



## PICKLEBALL IN THE GYM™ DROP-IN TIMES (HANOVER & QUINCY)

Grab your paddles and join us in our Hale Family Y or Emilson Y gymnasiums for FREE open Pickleball drop-in!

- **FREE** for South Shore YMCA members
- **HALE FAMILY YMCA (QUINCY)**  
Weekdays: 9:30am – 12:00pm  
Weekends: Times vary, visit [ssymca.org/schedules](https://ssymca.org/schedules) for full details
- **EMILSON YMCA (HANOVER)**  
Mondays, Wednesdays, Fridays | 8:00am-12:00pm  
Thursdays | 6:00pm-9:00pm

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## NEW! YOUTH RUGBY (HALE FAMILY YMCA, QUINCY)

Powered by the FreeJacks, we're excited to bring Rugby to the Hale Family YMCA! This co-ed program will teach the basics of playing the game and the rules of play. All instruction is led by players from the FreeJacks.

- **LOCATION:** Hale Family YMCA (Quincy), Briggs Family Field House
- **PRACTICE:** Wednesdays, April 5 – June 14  
13 + Highschool | 6pm-7pm  
6-8 years old, 9-12 years old | 5pm-6pm
- **COST:** M \$120 | NM \$240
- **CONTACT:** Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org) for more information

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## NEW! YOUTH WRESTLING (HALE FAMILY YMCA, QUINCY)

Led by experienced wrestling staff, participants will earn the fundamentals of wrestling, basic techniques, and sport rule. Program Director Nick Avery is a former Big Ten wrestler & New England Champ, as well as a MA hall of fame coach and wrestler.

- **LOCATION:** Hale Family YMCA (Quincy), Briggs Family Field House
- **AGES:** 5-12 years
- **PRACTICE:** Mondays, April 3 – June 12, 2023  
Team Blast Double | Ages 5-8 | 5:15pm – 6:15pm  
Team Funk Roll | Ages 9-12 | 6:15pm – 7:15pm
- **COST:** M \$100 | NM \$200
- **CONTACT:** Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org) for more information

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## NEW! YOUTH VOLLEYBALL

Join Team Setter or Team Spiker for a fun, interactive youth volleyball league. These teams will work on all aspects of the game; basic skills, drills, mini-games, scrimmages, and more, with a focus on fun and team building. You can also sign up for our Scrimmage and Play program! This session is jam packed with games and live volleyball play.

- **LOCATION:** Hale Family YMCA (Quincy), Briggs Family Field House
- **AGES:** Grades 4-12
- **PRACTICE:** Tuesdays, April 4 – June 13  
Team Setter, Gr 4-5: 4:00pm – 5:00pm  
Team Spiker, Gr 6-7: 5:00pm – 6:00pm  
Scrimmage & Play, Gr 5-8: 6:00pm – 7:00pm  
Scrimmage & Play, Gr 9-12: 7:00pm – 8:00pm
- **COST:**  
Team Setter & Spiker: M \$100 | NM \$200  
Scrimmage & Play: M \$80 | NM \$160
- **CONTACT:** Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org) for more information



### **NEW! YOUTH T-BALL (HALE FAMILY YMCA, QUINCY)**

This class teaches youth the fundamentals of T-Ball including fielding, throwing, swing form and hitting while incorporating teamwork and good sportsmanship.

- **LOCATION:** Hale Family YMCA (Quincy), Briggs Family Field House
- **AGES:** 5-8
- **PRACTICE:** Mondays 4:15pm – 5:00pm, April 3 – June 12
- **COST:** M \$100 | NM \$200
- **CONTACT:** Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org) for more information

## **COMING SOON!**

### **NEW! SPORTS AT THE HALE FAMILY YMCA**

Keep an eye out for these new programs kicking off in Spring 2023!

- Tumbling & Cheer
- Adult Sports Leagues

INTERESTED? Contact Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org) to learn more!

### **NEW! YOUTH SPORTS AT THE EMILSON YMCA**

Keep an eye out for these new programs kicking off in Spring 2023!

- Youth Basketball Skills and Drills
- Flag Football Skills and Play
- Soccer Skills and Play

INTERESTED? Contact Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org) to learn more!



# **GOLF CLASSIC**

REGISTER YOUR FOURSOME TODAY!  
[ssymca.org/golfclassic](http://ssymca.org/golfclassic)



WEDNESDAY, JULY 12 2023  
PINEHILLS GOLF CLUB, PLYMOUTH



# SPORTS & RECREATION – GOLF

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## GOLF SIMULATORS

Check out our indoor Golf Simulators at the Hale Family and Emilson YMCA to warm up for your golf season!

- **HALE FAMILY Y (QUINCY):** Contact Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org) for details.
- **EMILSON Y (HANOVER):** Contact Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org) to reserve.

South Shore YMCA membership required. Visit [ssymca.org/golf](http://ssymca.org/golf) for details and to reserve.

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## GOLF LESSONS – PRIVATE (HALE FAMILY YMCA, QUINCY)

Work on your overall skills 1:1 with our YMCA Golf Pros. Based on your goals, focus on specific aspects of the game or overall golf improvement. 45-minute sessions available for purchase.

**CONTACT:** For scheduling, pricing, and availability, contact Steve Kuketz at [skuketz@ssymca.org](mailto:skuketz@ssymca.org)

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## GOLF LESSONS – INDIVIDUAL & SEMI-PRIVATE (EMILSON YMCA, HANOVER)

Improve your golf game or help a loved one perfect theirs with a professional golf experience. Lessons provide the most efficient way to improve as a golfer. Each session includes 60-minutes with a PGA-certified Golf Professional on our golf simulator.

**CONTACT:** For information contact Stephanie Costa, [scosta@ssymca.org](mailto:scosta@ssymca.org)

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## MPGA GOLF – ADAPTIVE GOLF PRACTICES & CLINICS (HALE FAMILY YMCA, QUINCY)

Work on your overall skills with our YMCA Golf Pros. Based on your goals, focus on specific aspects of the game or overall golf improvement.

- **SESSION:** April 2 – June 17, 2023
  - **PRACTICE:** Fridays, 11 AM – 3 PM
  - **CONTACT:** Steve Kuketz at [skuketz@ssymca.org](mailto:skuketz@ssymca.org)
- 

## STRONGER GOLFER TRAINING PROGRAM

Like all athletes, strong golfers require training and conditioning. For players looking to improve their game and get ready for the season, our Stronger Golfer personal golf performance and fitness program focuses on a physical assessment, strength training and conditioning for injury prevention, and personalized 1:1 golf workouts with a trainer. South Shore YMCA membership required. Personal training programs are non-refundable and expire within two years of purchase.

### INCLUDES:

- Six 30-minute personal training golf workout sessions with a Certified Personal Trainer
- Four hours of golf simulator time at South Shore Y Emilson or Hale Family Branches

**COST: \$229 (MEMBERS ONLY)**

**CONTACT:** For more information contact Stephanie Costa at Emilson YMCA (Hanover) [scosta@ssymca.org](mailto:scosta@ssymca.org) or Nick Avery at Hale Family YMCA (Quincy) [navery@ssymca.org](mailto:navery@ssymca.org).

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## **NEW!** YOUTH GOLF LESSONS (EMILSON YMCA, HANOVER)

Our small-group golf lessons are designed to teach kids the game of golf through easy-to-understand concepts and interactive games. Participants develop the fundamentals, explore golf academic concepts through gameplay and practice sportsmanship and respect.

- **DATES:** APRIL 2 – JUNE 17
  - **TIMES:** Mondays 3:00pm – 4:00pm
  - **AGES:** 6–10 years
  - **COST: M \$200 | NM \$400**
  - **CONTACT:** Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org)
- 

## **NEW!** FORE! INTRO TO GOLF–SMALL GROUP LESSONS (YOUTH)

FORE! In this one-hour small group lesson, young golf players will learn the basics of the game while they putt, chip, and swing with our golf professionals. This small group class provides players with personal instruction and one on one support on how to improve their game. Players are recommended to bring their own equipment.

- **DATES:** APRIL 2 – JUNE 15
  - **TIMES:** Participants are assigned a one-hour lesson by course instructors during the following times:
  - **Thursdays:** 5:00pm – 7:00pm
  - **Sundays:** 11:00am – 1:00pm
  - **COST: M \$250 | NM \$390**
  - **CONTACT:** Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org)
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## **NEW!** WOMEN'S INTRO TO GOLF (HALE FAMILY YMCA, QUINCY)

Our women's group golf lessons create a fun and exciting atmosphere for learning the fundamentals of golf. Our golf professionals will teach the basic skills and techniques of the game, with a focus on golf etiquette. Players are recommended to bring their own equipment.

- **DATES:** APRIL 2 – JUNE 15
  - **TIMES:** Thursdays 7PM, or Sundays 9AM, or Sundays 10AM
  - **COST: M \$250 | NM \$390**
  - **CONTACT:** Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org)
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# SPORTS & RECREATION – BASKETBALL

## SKILLS AND DRILLS (HALE FAMILY YMCA, QUINCY)

This basketball session will focus on the learning process through outstanding instruction, skill development, situational training, and competition simulation. Young players will learn to improve their footwork, dribbling, passing, and shooting through exciting drills, games, and activities. We will focus on working hard, improving our skill set and having fun. Basketball instructors will break down each skill and give scenarios for players to understand. Instructors all have experience at the high school, college and club level.

- **WINTER SESSION:** APRIL 8- JUNE 17, 2023
- **LOCATION:** Briggs Family Field House
- **RATES:** M \$150 | NM \$300
- **AGES:** 4-11
- **REGISTER:** Visit [ssymca.org/register](http://ssymca.org/register)
- **TIMES/GROUPS:**
  - Saturday 4-5 yr olds, 8AM
  - Saturday 6-8 yr olds, 9AM
  - Saturday 9-11yr olds, 10AM



## PRIVATE INDIVIDUAL BASKETBALL LESSONS (HALE FAMILY YMCA, QUINCY)

Ages 5 and above can work on your overall skills 1 on 1 with our YMCA Basketball Staff. Based on your goals focus on specific aspects of the game or overall basketball improvement. 30- and 60-minute sessions available for purchase.

**CONTACT** [nguyen@ssymca.org](mailto:nguyen@ssymca.org) for scheduling and availability.

- Single 30 Minute Session **M \$30** | NM \$45
- Single 60 Minute Session **M \$50** | NM \$75
- 3 Pack 30 Minute Sessions **M \$80** | NM \$120
- 3 Pack of 60 Minute Sessions **M \$140** | NM \$210

## SMALL GROUP BASKETBALL LESSONS (HALE FAMILY YMCA, QUINCY)

Ages 6-8 and 9-12 can work on their overall skills in a small group setting with our YMCA Basketball Staff. Lessons will focus on specific aspects of the game and overall basketball improvement. 60-minute sessions available for purchase.

**SESSION 1: APRIL 5 – APRIL 26, WEDNESDAYS**

- Ages 6-8 | 5:00PM | **M \$90** | NM \$ 180
- Ages 9-12 | 6:00PM | **M \$90** | NM \$ 180

**SESSION 2: MAY 3 – MAY 24, WEDNESDAYS**

- Ages 6-8 | 5:00PM | **M \$90** | NM \$ 180
- Ages 9-12 | 6:00PM | **M \$90** | NM \$ 180

## **NEW!** PERFECT YOUR CRAFT: HIGH LEVEL SKILL INSTRUCTION

Looking to improve your craft? Come be a part of a high school/college-level skill-skills session with Coach Kenny! Each skills session will focus on attention to detail with game moves. 60 minutes of high-quality instruction at game speed. This program is catered to players that have played in Travel and AAU basketball programs.

**SESSION 1: APRIL 6 – JUNE 15, THURSDAYS**

- Ages 8-12 | 5:00PM | **M \$200** | NM \$400

**CONTACT:** Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org)

## ADVANCED BASKETBALL (HALE FAMILY YMCA, QUINCY)

This program is designed for those participants who have experienced playing basketball on a team and want to take their game to the next level. This one hour per week, high level workout, will focus on footwork, dribbling, shooting, passing, and moving with and without the ball.

- MONDAYS 6PM – 7PM | Ages 7 – 18 | **M \$180** NM \$360

## WHEELCHAIR BASKETBALL (HALE FAMILY YMCA, QUINCY)

Join Adaptive Sports New England for youth wheelchair basketball at the Quincy branch. Players must have good function in both arms, be able to push their own wheelchairs, and participate independently. This program is ideal for youth who have a lower body impairment, but siblings and friends can also join the fun. Beginners are welcome!

**CONTACT:** Joe Walsh at [joe.walsh@adaptivesportsne.org](mailto:joe.walsh@adaptivesportsne.org) or 617-690-9103 for more information.





**FREE  
EVENT**  
OPEN TO THE  
PUBLIC

# HEALTHY KIDS DAY

**SATURDAY, APRIL 29**  
**SOUTH SHORE YMCA**

HALE FAMILY YMCA, QUINCY | EMILSON YMCA, HANOVER

[ssymca.org/hkd](http://ssymca.org/hkd)

- Food & Healthy Snacks
- Music, Games, Arts, Crafts
- Bounce House, Obstacle Course
- Touch-a-Truck
- Family Exercise Classes
- Family Swim

# FARMING & OUTDOOR EDUCATION



**LOCATION:** South Shore YMCA Laura's Center for the Arts (Emilson YMCA Campus)

South Shore YMCA Family Farm, 1075 Washington Street Hanover, MA

**MEMBER REGISTRATION:** Begins Monday, March 6, 2023 | **NON-MEMBER:** Begins Monday, March 13, 2023

Visit [ssymca.org/register](https://ssymca.org/register) or contact EMILSON Y (HANOVER) 781-829-8585, HALE FAMILY Y (QUINCY) 617-479-8500.

## FUN WITH FARMER KATE! GARDENING & FARMING WORKSHOPS

Come to the Farm and help Farmer Kate grow vegetables to share with our community. This will be hands on, get dirty fun. In these hands-on workshops, participants will learn skills for planting, watering, weeding, harvesting, and preparing produce for delivery. Participants ages 6-9 must be accompanied by an adult.

### SESSION 1: April 4 – April 25

- Tuesdays 3:30PM – 4:30 PM
- South Shore YMCA Laura's Center for the Arts (Emilson YMCA Campus)
- **M: \$40** | NM \$80

### SESSION 2: May 9 – June 13

- Tuesdays 3:30PM – 4:30 PM
- South Shore YMCA Family Farm
- **M: \$60** | NM \$120

## FAMILY FARM FUN VOLUNTEER SATURDAYS

Want to learn about farming and gardening while helping to prepare our Family Farm for planting and growing beautiful flowers and fresh produce? Come volunteer on our Farm! Free and open to the community! Children and families of all ages are welcome

- **DATES:** Saturdays, Noon-2pm
- **LOCATION:** South Shore YMCA Family Farm, 1075 Washington Street Hanover, MA

**CONTACT:** For questions on Farming & Outdoor Education, and the South Shore YMCA Family Farm, contact Kate Smith at [ksmith@ssymca.org](mailto:ksmith@ssymca.org).



# ARTS AT LAURA'S CENTER FOR THE ART



The South Shore YMCA's Laura's Center for the Arts (LCA) at the Emilson Y campus in Hanover is a stunning, vibrant community arts center dedicated to celebrating all arts on the South Shore. Our mission is to provide a welcoming environment for all ages and abilities to explore and discover the wonder of the arts.

**SPRING SESSION DATES:** April 2 – June 17, 2023

**LOCATION: SSYMCA:** Laura's Center for the Arts, Emilson YMCA Campus, Hanover & Hale Family YMCA (Quincy)

**MEMBER REGISTRATION:** Begins Monday, March 6, 2023 | **NON-MEMBER:** Begins Monday, March 13, 2023

**REGISTER:** Visit [ssymca.org/register](https://ssymca.org/register) or contact EMILSON Y (HANOVER) 781-829-8585, HALE FAMILY Y (QUINCY) 617-479-8500.

**CONTACT:** For questions about Arts Programs, contact Ashley Genrich, [agenrich@ssymca.org](mailto:agenrich@ssymca.org)

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## PRESCHOOL ART

Enjoy different projects and creative ideas each week that your child will get to use their imagination to create.

- Ages 3-5
- Mondays 11A-12P or Wednesdays 11A-12P
- **M \$60** | NM \$120

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## INTRO TO ART

Enjoy different projects and creative ideas each week as your child experiences different medias, and methods of visual arts.

- Ages 6-12
- Wednesdays 4:30P – 5:30P
- **M \$60** | NM \$120

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## INTRO TO MUSIC & RHYTHM

In this class, young musicians will learn about musical instruments, sounds, rhythms, and fun!

- Ages 3-5
- Tuesdays 11a-12p or Saturdays 10a-11a
- **M \$60** | NM \$120

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## CREATIVE WRITING & POETRY

Explore different styles of writing to inspire self-expression through life experience.

- Ages 12+
- Thursdays 4:30P – 5:30P
- **M \$60** | NM \$120

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## BEGINNER DANCE

Tiny dancers in this class will explore movement & rhythm, paired with great music and beginner dance skills.

- Ages 3-6
- Saturdays 11:15a-12:15p
- **M \$60** | NM \$120

# DANCE CLASSES AT THE HALE FAMILY YMCA (QUINCY)



## FIRST STEPS BALLET CLASS

In this fun-focused class, dancers learn simple ballet terminologies, such as pli  , tendu, pirouettes, first-position, and second-position compositions.

- **LOCATION:** Hale Family YMCA | Studio A
- **AGES:** 4-7
- **PRACTICE:** Saturdays 11:30 am - 12:30 pm
- **COST:** M \$100 | NM \$200
- **EQUIPMENT:** Ballet shoes, tights and leotard.

## LEAPS & TECHNIQUE BALLET CLASS

This class encourages older students to discover the joy of dance. Students will develop their ballet skills, focusing on strong leaps and turns.

- **LOCATION:** Hale Family YMCA | Studio A
- **AGES:** 8-12
- **PRACTICE:** Saturdays 12:35 pm - 1:35 pm
- **COST:** M \$100 | NM \$200
- **EQUIPMENT:** Ballet shoes, tights and leotard.



## CONTEMPORARY & MODERN DANCE

Students will focus on body movements, such as body rolls, bridges, flat backs, isolations, jazz hands, laterals, lunges, spirals, and shimmies.

- Hale Family YMCA | Studio A
- Ages 4-12
- Tuesdays 6:45 pm - 8:15 pm
- **M \$120** | NM \$240

For details on Dance Classes at the Hale Family YMCA, contact Nick Avery at [navery@ssymca.org](mailto:navery@ssymca.org)



# PROGRAM REGISTRATION & POLICIES

## SPRING 2023 SESSION DATES

APRIL 2, 2023 – JUNE 17, 2023

## REGISTRATION DATES

MEMBER registration begins MONDAY, MARCH 6, 2022

NON-MEMBER registration begins MONDAY, MARCH 13, 2022

## HOLIDAYS & NON-PROGRAM DAYS

- XX** Spring Session: April 2–June 17
- XX** Holiday Hours: No calendar-based programs
- XX** Regular Hours: No Calendar-based programs running
- XX** YMCA Facility Closed – No programs

## BEFORE YOU REGISTER

If this is your first time registering for a South Shore YMCA program, you will need to create an online account. Please visit [ssymca.org](https://ssymca.org) and click "LOGIN" from the top navigation bar and follow instructions to create a new SSYMCA online account prior to registration.

If you are calling or registering in-person, please confirm your birth date and email address with the Welcome Center team to help facilitate your registration.

## ONLINE REGISTRATION

To register online, visit [ssymca.org/programs](https://ssymca.org/programs) and select the Register button. Before you register, you'll be prompted to create or log in to a SSYMCA online account.

## PHONE AND IN-PERSON REGISTRATION

To register in person or by phone, please visit or call the Emilson YMCA or Hale Family YMCA Welcome Center. Registration for both South Shore YMCA Members and the public begins at 8:30am on the registration start date. Please be sure to set up a SSYMCA online account prior to registration. Visit [ssymca.org](https://ssymca.org) and click the LOGIN link at the top of the site.

## TO REGISTER BY PHONE:

- Emilson YMCA (Hanover) Welcome Center: 781-829-8585
- Hale Family YMCA (Quincy) Welcome Center: 617-479-8500

## FINANCIAL ASSISTANCE

Financial Assistance is available for members and non-members for YMCA programs and membership (excluding personal training and private lessons). To apply for financial assistance, please complete the Financial Aid form (found at [ssymca.org/FA](https://ssymca.org/FA)). To allow for processing, please return this form IN PERSON to our Membership Team at the Welcome Desk two weeks prior to registration. Your Financial Assistance will be in effect for one year following the date granted.

If you have not received your final Financial Assistance approval prior to the registration date, you will be required to pay for the program in full. Adjustments may be applied when approval has been completed. Please reach out to the Membership Director for guidance prior to registration dates.

APRIL						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## MEMBER RATES

For the Spring 2023 Program Session, Parent Child Swim Lessons are FREE for Household members.

South Shore YMCA members enjoy a 50% discount on swim programs and substantial savings on all other Y programs. Membership must be current throughout the entire program session/season to receive member rates. If you cancel your membership during your program session, you will be charged the balance of the regular non-member rate for the full program session. To enjoy membership rates for your children, each child must be part of your active Family/Household or Adult + 1 South Shore YMCA membership. Prices in this guide are subject to change. Visit [ssymca.org/register](https://ssymca.org/register) for current offerings and prices.

## WAITLIST

If a program is full, you may request to be placed on the waitlist. You will make no payments until accepted into the program. The program director will inform you of your acceptance into the program, so be sure we have your correct contact info.

## CANCELLED PROGRAMS/CLASSES

The YMCA may cancel a class due to unforeseen events, i.e. safety concerns, weather, building closures, etc. The YMCA will make every effort to make up the cancelled class, in the event a class cannot be made up there will be no refund. After the first week of programming, classes without sufficient enrollment numbers may be cancelled.

## LATE REGISTRATION & PRORATING

If a participant wants to register for a session that has already begun, and more than two classes have run, the program director must approve the registration. A \$10 flat prorated allowance will be applied to the registration fee after the 2nd week of classes.

## CREDITS & REFUNDS

If notification of withdrawal is received within 48 hours or more prior to the first session date, a YMCA credit or a full refund will be issued for the full amount of the program minus a \$15 processing fee. If notification of withdrawal is received less than 48 hours before the first session date, a YMCA credit minus \$15 will be received. If notification of withdrawal is received up to the third session date, a YMCA credit will be issued minus the \$15 fee and the cost of sessions already held. After the third session date, there will be no refunds or credits given. Only the Program Director of the department can issue credits/refunds.

Make up classes are not available for classes missed by the participant due to personal conflict. System credit cannot be applied towards membership dues, only future program registration.

## CHILD SUPERVISION

Children under the age of 10 must be accompanied by an adult while in the facility.

## INCLEMENT WEATHER

In the event of inclement weather, facility closings and/or program cancellations will be communicated on [ssymca.org](https://ssymca.org), by email, social media, and notifications on our mobile app. You may also call your program location for updates.

## COVID-19 SAFETY GUIDELINES

The South Shore YMCA follows all state and local board of health guidelines when it comes to COVID-19. Please visit [ssymca.org/covid](https://ssymca.org/covid) for the latest guidelines and protocols.





## CONTACT US

Emilson YMCA Branch (Hanover) |  
781-829-8585  
75 Mill Street, Hanover, MA 02339

Hale Family YMCA Branch (Quincy)  
617-479-8500  
79 Coddington Street, Quincy, MA 02169

SSYMCA Camp Burgess & Hayward  
508-428-2571  
75 Stowe Road, Sandwich, MA 02563

SSYMCA Retreats & Outdoor Education Center on Cape Cod  
508-428-2571  
75 Stowe Road, Sandwich, MA 02563

SSYMCA Early Learning Center – Hanover  
781-826-7900  
1075 Washington Street, Hanover, MA 02339

SSYMCA State Street Early Learning Center  
617-479-8500 x4749  
79 Coddington Street, Quincy, MA 02169

SSYMCA Germantown Neighborhood Center | (617) 376-1384  
366 Palmer Street, Quincy, MA 02169

SSYMCA Gymnastics Center  
781-829-3219  
1075 Washington Street, Hanover, MA 02339

SSYMCA Laura's Center for the Arts  
781-829-8585  
Emilson YMCA Campus  
97 Mill St, Hanover, MA 02339

South Shore YMCA Natural Science Center  
781-659-2559  
48 Jacobs Lane, Norwell, MA 02061

**SSYMCA.ORG**



# SOUTH SHORE YMCA