## SSYMCA Family Membership Activities
### Hale Family YMCA | August 2023

### Sunday
- Open Turf 7am - 6pm
- Open Basketball 7am - 6pm
- Open ping-pong 8am – 10am
- Open Badminton 10am – 12pm
- Open Family Track
- Playroom 8:45am-1pm
- Open Family Swim
- Youth Strength Drop In - All Day
- Bounce House Fun 10:30am – 2:30pm
- Open Volleyball 4pm -5:45pm
- Open Pickleball 12pm-1:30pm
- Self-Guided Arts and Crafts 9am -12pm

### Monday
- Playroom 8am-1pm & 4pm-8pm
- Activity Center 8am-1pm & 4pm-8pm
- Open Pickle Ball 9:30am - 12pm
- Self-Guided Arts & Crafts 12pm - 4pm
- Open Family Swim
- Open Family Track
- Youth Strength Drop In - All Day
- Volunteer at Germantown

### Tuesday
- Playroom 8am-1pm & 4pm-8pm
- Activity Center 8am-1pm & 4pm-8pm
- Open Pickle Ball 9:30am - 12pm
- Self-Guided Arts & Crafts 12pm - 4pm
- Open Family Swim
- Open Family Track
- Open Volleyball 7pm-8pm
- Youth Strength Drop In - All Day
- Volunteer at Germantown

### Wednesday
- Playroom 8am-1pm & 4pm-8pm
- Activity Center 8am-1pm & 4pm-8pm
- Open Pickle Ball 9:30am - 12pm
- Self-Guided Arts & Crafts 12pm - 4pm
- Open Badminton 7pm-9pm
- Open Family Swim
- Open Family Track
- Open Family Track
- Youth Strength Drop In - All Day
- Volunteer at Germantown

### Thursday
- Playroom 8am-1pm & 4pm-8pm
- Activity Center 8am-1pm & 4pm-8pm
- Open Pickle Ball 9:30am - 12pm
- Self-Guided Arts & Crafts 12pm - 4pm
- Open Family Swim
- Open Family Track
- Open Spikeball 5pm-7pm
- Youth Strength Drop In - All Day
- Volunteer at Germantown

### Friday
- Playroom 8am-1pm & 4pm-8pm
- Activity Center 8am-1pm & 4pm-8pm
- Open Pickle Ball 9:30am - 12pm
- Self-Guided Arts & Crafts 12pm - 4pm
- Open Family Swim
- Open Family Track
- Open Spikeball 3pm-5pm
- Youth Strength Drop In - All Day
- Volunteer at Germantown

### Saturday
- Open Basketball 7am - 6pm
- Self-Guided Arts & Crafts 9am - 12pm
- Playroom 8am-1pm
- Open Family Track 9-11am
- Open Turf 12:30 pm - 6pm
- Bounce & Play 10:30am – 2:30pm
- Open Family Swim
- Youth Strength Drop In - All Day
- ELC Playground

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**SUMMER FUN AT THE SOUTH SHORE YMCA!**

Please note: The Brigg’s Family Field House will be closed August 14 to August 25 from 8 am – 5 pm due to Camp Quirk

VISIT SSYMCA.ORG/FAMILYFUN FOR UPDATES! All offerings subject to change without notice. Contact the Welcome Center desk for details.

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SOUTH SHORE YMCA – FAMILY ACTIVITY CALENDAR | As of July 26, 2023

*Schedule is Subject to Change **Denotes Offsite Location from Hale Family YMCA, 79 Coddington Street, Quincy, MA
**FAMILY MEMBERSHIP ACTIVITIES HALE FAMILY YMCA – MONTH YEAR**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPEN TURF &amp; BASKETBALL</td>
<td>The courts and turf will be segmented by age group/family offerings. Come join us for Family fun!</td>
</tr>
<tr>
<td>OPEN FAMILY TRACK</td>
<td>7-13 year olds, supervised by an adult/guardian, can utilize the track</td>
</tr>
<tr>
<td>PLAYROOM</td>
<td>Exclusive to our Household and Adult +1 Members - ages 6 weeks to 6 years</td>
</tr>
<tr>
<td>ARTS &amp; CRAFTS – SELF GUIDED</td>
<td>Located outside of the Playroom, stop by and show your artistic side.</td>
</tr>
<tr>
<td>OPEN PICKLEBALL</td>
<td>Ages 7-13 years old, supervised by an adult/guardian, can play Pickleball. Equipment provided.</td>
</tr>
<tr>
<td>BOUNCE &amp; PLAY</td>
<td>Come join us out our Bounce house located on the Turf! - ages 3-8.</td>
</tr>
<tr>
<td>YOUTH STRENGTH DROP-IN</td>
<td>Ages 7-12 year olds can learn to utilize specified Cardiovascular &amp; Strength equipment within our Health &amp; Wellness Center.</td>
</tr>
<tr>
<td>GERMANTOWN VOLUNTEERING</td>
<td>Volunteer at our Germantown Neighborhood Center Garden and Food Pantry! Contact Sandy Bouchard for more information at <a href="mailto:sbouchard@ssymca.org">sbouchard@ssymca.org</a>.</td>
</tr>
<tr>
<td>OPEN FAMILY SWIM</td>
<td>Located in our Family Pool or Lap Pool. Please check our website for open family swim times!</td>
</tr>
<tr>
<td>ELC PLAYGROUND</td>
<td>Exclusive to our Household Members, an extension of our Playroom - ages 3 years to 8 years. *Children must be fully potty trained</td>
</tr>
</tbody>
</table>