



# SOUTH SHORE YMCA PROGRAM GUIDE

Winter 2024 | January 2 – March 30, 2024



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

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

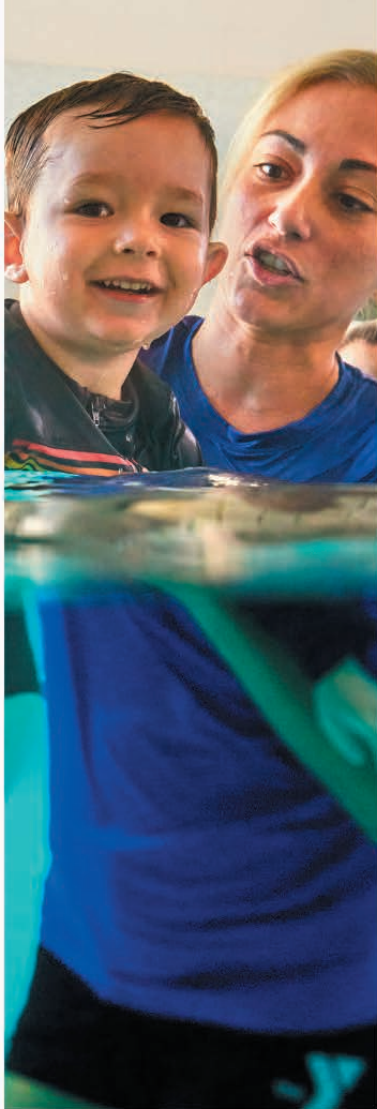
**[SSYMCA.ORG/REGISTER](https://ssymca.org/register)**

**MEMBERS: December 4, 2023**

**NON-MEMBERS: December 11, 2023**

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





# BETTER TOGETHER

Join the South Shore YMCA and enjoy family membership benefits such as early Program and Camp registration, free Parent/Child Swim Lessons and up to 50% off other Y programs, including Gymnastics, Tennis, Health & Wellness...and more.

**And, when you join with another family, you'll BOTH save 20% off your monthly membership fees. Learn more at [ssymca.org/join](https://ssymca.org/join)**





# FAMILIES GROW STRONGER AT THE SOUTH SHORE YMCA

## FAMILY MEMBERSHIP BENEFITS & RATES

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
Senior (65+)	\$49/mo
Young Adult (23-27)	\$46/mo
Junior (10-22)	\$29/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

WINTER SESSION PROGRAMS:  
JANUARY 2 – MARCH 30, 2024

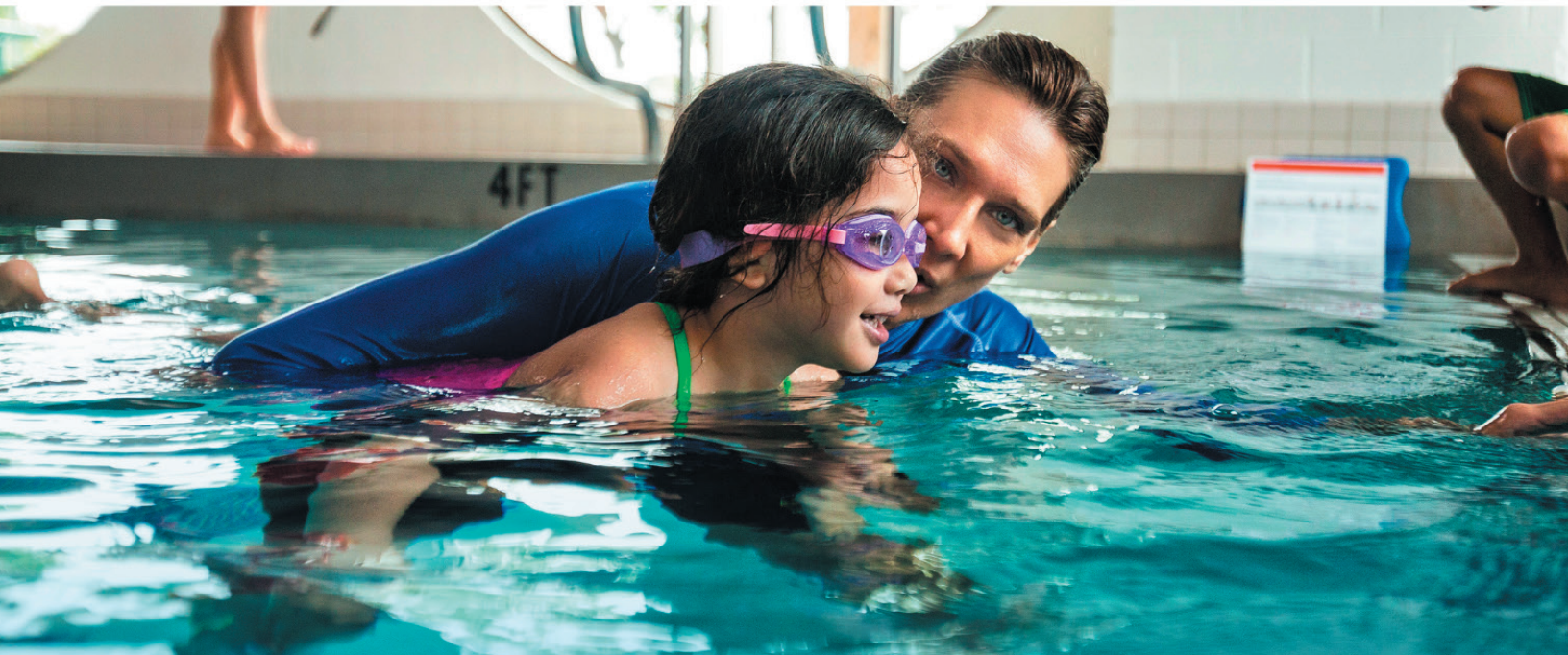
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**SSYMCA.ORG/REGISTER**  
**REGISTRATION BEGINS...**

- MEMBERS: MONDAY, DECEMBER 4, 2023, 8:30 AM
- NON-MEMBERS: MONDAY, DECEMBER 11, 2023, 8:30 AM



# 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**





# STAGE DESCRIPTIONS

## 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.



**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.

## 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



**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 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.



**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.

**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

WINTER SESSION: January 2 – March 30, 2024  
 MEMBER REGISTRATION: Begins Monday, December 4, 2023  
 NON-MEMBER REGISTRATION: Begins Monday, December 11, 2023

**MEMBERS  
SAVE 50% OFF  
SWIM  
LESSONS!**

**FREE PARENT  
CHILD LESSONS  
FOR FAMILY  
MEMBERS!**

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

SWIMSTARTERS PARENT/CHILD	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 FREE FOR Y FAMILY MEMBERS!	Sun. \$176 Mon. \$160 Tue.-Sat. \$192
		STAGE B   Water Exploration (1 yr-3yrs)		
		STAGE C   Water Acclimation (2.5-3yrs)		
SWIM BASICS: PRESCHOOL 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)	Sun. \$176 Mon. \$160 Tue.-Sat. \$192	Sun. \$352 Mon. \$320 Tue.-Sat. \$384
		STAGE 2   Water Movement (Preschool)		
		STAGE 3   Water Stamina (Preschool)		
		STAGE 4   Stroke Introduction		
SWIM BASICS: YOUTH 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)	Sun. \$176 Mon. \$160 Tue.-Sat. \$192	Sun. \$352 Mon. \$320 Tue.-Sat. \$384
		STAGE 2   Water Movement (Youth)		
		STAGE 3   Water Stamina (Youth)		
SWIM STROKES & SWIM SQUAD 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)	Sun. \$176 Mon. \$160 Tue.-Sat. \$192	Sun. \$352 Mon. \$320 Tue.-Sat. \$384
		STAGE 5   Stroke Development (6-14 yrs)		
		STAGE 6   Stroke Mechanics (6-14 yrs)		
		SWIM SQUAD   Competitive Intro (10-14 yrs)		
TEEN-ADULT 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	Sun. \$176 Mon. \$160 Tue.-Sat. \$192	Sun. \$352 Mon. \$320 Tue.-Sat. \$384
		ADULT INTERMEDIATE   13 years – Adult		
COMPETITIVE SWIMMING	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.	STRYPERS   Ages 7-18 years	Contact Head Coach Andy Noble at strypers@ssymca.org for 2023-2024 season	
		MASTERS TEAM   Ages 18- Adults		
PRIVATE LESSONS 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	
		SEMI-PRIVATE   Ages 3-Adult	\$60 \$30/per member	
LIFEGUARD & INSTRUCTOR TRAINING 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

## EMILSON YMCA (HANOVER) – WINTER 2024 SWIM LESSON SCHEDULE\*

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

## HALE FAMILY YMCA (QUINCY) – WINTER 2024 SWIM LESSON SCHEDULE\*

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

\*SCHEDULE SUBJECT TO CHANGE.



# TENNIS @ EMILSON YMCA (HANOVER)



Programs follow the 12-week session calendar unless otherwise noted. See page 30 for program session dates and registration details.

## 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 \$150** | NM \$263
- Wednesday 4:00-4:45P, **M \$180** | NM \$315
- Friday 4:00-4:45P, **M \$180** | NM \$315
- Saturday 9:00-9:45A, **M \$180** | NM \$315

**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 \$240** | NM \$420
- Red Friday 5:00 - 6:00P **M \$240** | NM \$420
- Red Saturday 10:00 - 11:00A **M \$240** | NM \$420

### 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 \$200** | NM \$350
- Orange 1 Friday 5:00 - 6:00P, **M \$240** | NM \$420
- Orange 1 Saturday 11:00A - 12:00P, **M \$240** | NM \$420
- Orange 2 Monday 5:00 - 6:00P, **M \$200** | NM \$350
- Orange 2 Friday 5:00 - 6:00P, **M \$240** | NM \$420
- Orange 2 Saturday 12:00 - 1:00P, **M \$240** | NM \$420

**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 \$240** | NM \$420
- Green 1 Thursday 4:00 - 5:00P, **M \$240** | NM \$420
- Green 1 Saturday 11:00A - 12:00P, **M \$240** | NM \$420
- Green 2 Friday 3:30 - 5:00P, **M \$360** | NM \$630
- Green 2 Saturday 12:00 - 1:30P, **M \$360** | NM \$630

**FEBRUARY VACATION TENNIS CAMP:** Keep your game sharp during February school vacation with our professional staff & coaches Red & Orange Ball campers will swim daily..

- Monday, February 19 – Friday, February 23
- Red Ball & Orange Ball 10:00A - 1:00P
- Green Ball 1 1:00A - 2:00P
- **M \$230** | NM \$402

**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 \$360** | NM \$630
- PDV1 Clinic 1 Tues & Thurs 5:00 - 6:30P, **M \$648** | NM \$1,134
- PDV1 Clinic 1 Thurs 5:00 - 6:30P, **M \$360** | NM \$630
- PDV1 Clinic Sat 1:30 - 3:00P, **M \$360** | NM \$630
- PDV1 Clinic 1 Sat & Tues Time Varies, **M \$648** | NM \$1,134
- PDV1 Clinic 1 Sat & Thurs Time Varies, **M \$648** | NM \$1,134
- 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 \$400** NM \$700

**JUNIOR SATURDAY 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 Ball 2: Saturday 1:00 P – 2:00 P, **M \$156** NM \$273
- Green Ball 2: Saturday 1:30 P – 2:30 P, **M \$156** NM \$273
- PDV 1&2: Saturday 12:00P-1:30 P, **M \$156** NM \$273

## 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 \$200** NM \$350
- Level 1 Tuesday 12:00 – 1:00P, **M \$240** NM \$420
- Level 1 Saturday 8:30 – 9:30A, **M \$240** NM \$420
- Level 2 Mon 7:00 – 8:00P, **M \$200** NM \$350
- Level 2 Sat 11:00A – 12:00P, **M \$240** NM \$420

## 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 \$300** NM \$525
- Thursday 9:00 – 10:30A, **M \$360** NM \$630
- Saturday 9:30 – 11:00A, **M \$360** NM \$630

### LEVEL ADVANCED NTRP 3.5+

- Wednesday 5:00 – 6:30P, **M \$360** NM \$630
- Thursday 12:00 – 1:30P, **M \$360** NM \$630
- NTRP 4.0+ Monday 8:00 – 9:30P, **M \$300** NM \$525

**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 \$360** NM \$630
- Doubles Advanced Tues 9:00-10:30A, **M \$360** NM \$630

**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 \$156** NM \$273
- Men's Singles NTRP 3.5-4.5 Sun 4-5:30P, **M \$176** NM \$308

## 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 \$240** NM \$420
- Friday 12:00P-1:00P, **M \$240** NM \$420

## 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 \$130**, NM \$228
  - Thurs 1:30P-3:30P **M \$156**, NM \$273

### PICKLEBALL & TENNIS DROP IN

- **Free for SSYMCA Members**, NM \$5 plus guest fee
- Saturday 6:00P – 8:00P
- Sunday 6:00P – 8:00P

Subject to change, contact the Emilson YMCA Welcome Center for details

### OPEN PICKLEBALL HOURS IN THE GYMNASIUM

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

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

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

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 (\$180) & Sunday 4:00-5:00P (\$165)
- Beginner & Intermediate Wed 4:00P-5:00P, (\$180)

## **NEW!** LOB-STARS JUNIOR ADAPTIVE TENNIS PROGRAM

Designed for players with developmental and intellectual disabilities, this hour-long clinic with our professional coaches will encourage growth and skills for players ages 7-16. Equipment provided if needed.

- Beginner & Intermediate: Fri 4:00P-5:00P (\$180)

## CONTACT US

- For questions on Tennis Programs, contact Sr. Tennis Director Bob Carroll, [bcarroll@ssymca.org](mailto:bcarroll@ssymca.org)
- For questions on contract tennis, 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)



# YOUTH & FAMILY: BEFORE & AFTER SCHOOL PROGRAMS



The South Shore YMCA provides families with safe, engaging, and enriching before and after-school care programs for children at local Norwell, Scituate, and Quincy Public Schools.

## NORWELL & SCITUATE BEFORE & AFTER SCHOOL PROGRAMS

### NORWELL: VINAL ELEMENTARY, COLE ELEMENTARY

- GRADES: Kindergarten – 5
- DAYS: Monday – Friday
- TIME: Before School Start – 7:00 AM
- TIME: After School Dismissal – 6:00 PM

### NORWELL: SOUTH SHORE CHARTER SCHOOL – LOCATED AT THE SSYMCA LAURA'S CENTER FOR THE ARTS (afterschool program only)

- GRADES: Kindergarten – 8
- DAYS: Monday – Friday
- TIME: Dismissal – 6:00 PM

### SCITUATE: CUSHING ELEMENTARY, HATHERLY ELEMENTARY, JENKINS ELEMENTARY, WAMPATUCK ELEMENTARY

- GRADES: Kindergarten – 5
- DAYS: Monday – Friday
- TIME: Before School – 7:00 AM
- TIME: After School Dismissal – 6:00 PM

### CONTACT & REGISTRATION:

For details, contact Liam McSweeney, [lmcsweeney@ssymca.org](mailto:lmcsweeney@ssymca.org) or 781-826-7900, Ext 5240

## QUINCY AFTERSCHOOL PROGRAMS

### QUINCY: CLIFFORD H. MARSHALL ELEMENTARY SCHOOL

- GRADES: K-4
- DAYS: Monday-Friday
- TIME: School Dismissal – 6:00PM

### QUINCY: GERMANTOWN NEIGHBORHOOD CENTER

- GRADES: K-5
- DAYS: Monday-Friday
- TIME: School Dismissal – 6:00PM

### QUINCY: BROAD MEADOWS MIDDLE SCHOOL

- GRADES: 5-7
- DAYS: Monday-Friday
- TIME: School Dismissal – 6:00PM

### QUINCY: STATE STREET EARLY LEARNING CENTER (MERRYMOUNT AND LINCOLN HANCOCK)

- GRADES: Kindergarten
- DAYS: Monday – Friday
- TIME: School Dismissal – 6:00PM

### CONTACT & REGISTRATION:

For details contact Ervica Fanfan, [efanfan@ssymca.org](mailto:efanfan@ssymca.org) or 617-481-4477





# HEALTH & WELLNESS REIMAGINED



A WHOLE NEW Y FITNESS EXPERIENCE AWAITS | [SSYMCA.ORG/HWR](https://ssymca.org/hwr)



# HEALTH & WELLNESS



Programs follow the 12 – week session calendar unless otherwise noted. See page 30 for program session dates and registration details.

## **NEW!** YOUTH STRENGTH (EMILSON YMCA)

This engaging class focuses on body weight exercises, dumbbell workouts, and other equipment to develop strength and coordination. Our experienced staff provides a safe environment, teaching proper technique and fostering self-confidence. No experience is necessary, exercises are tailored to the individual's skills and ability.

- **PRACTICE:** Tuesdays at 5:30PM
- **AGES:** 7-10
- **COST:** M \$160 | NM \$320

## **NEW!** COUCH TO 5K (HALE FAMILY YMCA)

Transform from couch dweller to 5K champ in just 12 weeks with our beginner-friendly Couch to 5K program at the South Shore YMCA. Push towards your goals and prepare for our optional walk/run race in April. Beginners welcome!

- **PRACTICE:** Tuesdays & Thursdays 6:00PM
- **AGES:** 18+
- **COST:** M \$75 | NM \$150

## **NEW!** YOGA THERAPY (EMILSON YMCA)

Unlock the transformative power of Yoga Therapy. Whether you're new to yoga or a seasoned practitioner, the program offers personalized practices to address common ailments, foster emotional resilience, and promote holistic well-being.

- 60 min session
- South Shore YMCA membership required.
- **COST:** \$84 per session

Sessions available by appointment only. Contact Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org) for more information.

## **FITCOMMIT! TRAINING SESSIONS**

### **FOR NEW & RETURNING SOUTH SHORE YMCA MEMBERS**

All South Shore YMCA members receive two FREE "Fit-Commit!" sessions: 1:1 training session with a Y trainer to get acquainted with our Y's wide variety of new Health & Wellness cardiovascular and strength equipment, learn about classes, and see what is right for you. Available at both the Emilson YMCA in Hanover and Hale Family YMCA in Quincy.

### **FITCOMMIT EQUIPMENT ORIENTATION 30-MINUTES :**

During this 30-minute appointment, you'll receive guidance and recommendations on how to use a variety of equipment located in our state-of-the-art Fitness Center.

- Cardio Equipment
- Strength Training Machines
- Keiser® Dynamic Variable
- Resistance Performance System
- EGYM® setup

### **FITCOMMIT TRAINING SESSION 45-MINUTES :**

Includes an evaluation of your well-being, a conversation about your fitness objectives, and recommendations for your fitness journey.

- Health History Assessment
- InBody®—Body Composition Analysis
- Review of Fitness Center Offerings
- Discussion of Goal Setting
- Customized Workout & Fitness Plan
- Support on Your Journey

**CONTACT:** For more information on Fit Commit, contact Stephanie Costa, [scosta@ssymca.org](mailto:scosta@ssymca.org) (Emilson YMCA) or Jenny Bustin, [jbustin@ssymca.org](mailto:jbustin@ssymca.org) (Hale Family YMCA)



## 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.

Our trainers are here to provide one on one support and coaching with a variety of specialties, including:

- Sports Performance Training to enhance speed, strength, agility, and endurance.
- Powerlifting to build strength and technique for big lift.
- Mobility training to move with ease and prevent injury.
- Recovery support from injuries, surgeries living with chronic conditions.

**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)

### PRIVATE

#### 30-MINUTES:

- 1 Session \$35
- 3 Sessions \$99
- 6 Sessions \$186
- 12 sessions \$336

#### 60-MINUTES:

- 1 Session \$60
- 3 Sessions \$168
- 6 Sessions \$312
- 12 Sessions \$576

### SEMI-PRIVATE (2+)

#### 30-MINUTES:

- 1 Session \$19 / **member**
- 3 Sessions \$54 / **member**
- 6 Sessions \$102 / **member**
- 12 sessions \$180 / **member**

#### 60-MINUTES:

- 1 Session \$36 / **member**
- 3 Sessions \$100 / **member**
- 6 Sessions \$186 / **member**
- 12 Sessions \$348 / **member**

## FIRST TIME CLIENT INTRO PACKAGE:

Six 30-minute private sessions

**\$149**

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



ASK HOW YOU  
COULD BECOME A  
Y TRAINER!

# PERSONAL TRAINING

[SSYMCA.ORG/PERSONALTRAINING](https://ssymca.org/personaltraining)

# 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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### **ENHANCE FITNESS**

Enhance Fitness is a comprehensive exercise program designed to improve the overall health and wellbeing of individuals, particularly those who are older or have chronic health conditions. This evidence based program combines aerobic activity, strength training, flexibility exercises and balance exercises in a supportive group setting. Registration is required for SSYMCA Members & Non-Members

- **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 (EMILSON)**

- **Tuesday and Thursday** | 12PM-1PM | Emilson YMCA, Hanover | FREE FOR MEMBERS | NON-MEMBERS \$250

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### **PARKINSON'S SPIN (HALE)**

- **Mondays** | 11am-12pm | Hale Family YMCA, Quincy | FREE FOR MEMBERS | NON-MEMBERS \$125

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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:** Jennifer Bustin (Hale Family YMCA) at [jbustin@ssymca.org](mailto:jbustin@ssymca.org), or Stephanie Costa (Emilson YMCA) at [scosta@ssymca.org](mailto:scosta@ssymca.org)

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### **CARDIAC & PULMONARY MAINTENANCE**

- **Monday and Wednesday** | 11AM-12PM | Emilson YMCA, Hanover | FREE FOR MEMBERS | NON-MEMBERS \$250
- **Tuesday and Thursday** | 9am-10pm | Hale Family YMCA, Quincy | FREE FOR MEMBERS | NON-MEMBERS \$250

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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)** – Wednesdays 11AM - 12PM
- **Germantown Neighborhood Center (Quincy)** – Wednesdays 9AM-10AM

**CONTACT:** For more information on contact Katelyn Szafir (Hale Family Y) at [kszafir@ssymca.org](mailto:kszafir@ssymca.org), or Stephanie Costa (Emilson Y) at [scosta@ssymca.org](mailto:scosta@ssymca.org). To learn more about Medical Wellness Programs at the South Shore YMCA, visit [ssymca.org/medicalwellness](http://ssymca.org/medicalwellness).



# THE TASTE OF THE SOUTH SHORE



**SAVE THE  
DATE!**  
MAY 8, 2024



**SAVE THE  
DATE!**  
JULY 10, 2024



## GOLF CLASSIC 2024

Pinehill Golf Club | [ssymca.org/golfclassic](https://ssymca.org/golfclassic)



# GYMNASTICS – HANOVER



Gymnastics at the South Shore YMCA provides a fun, safe, caring environment for young gymnasts to develop skills with confidence. Gymnasts are worked to their own ability through the progression of skills on each event. Classes are held throughout the school year (SEPTEMBER 11, 2023 – JUNE 22, 2024) and families are billed monthly on the first of the month. Registration is ongoing with classes prorated depending on the date of registration. Any change, including cancellations, must be submitted in writing 30 days before the date of change by email to [amillis@ssymca.org](mailto:amillis@ssymca.org) or [kprotulis@ssymca.org](mailto:kprotulis@ssymca.org).

**LOCATION:** Classes are located at the South Shore YMCA Gymnastics Training Center, 1075 Washington St, Hanover, MA

## GROUP CLASSES, SEMI/PRIVATE LESSONS:

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

## PARENT AND CHILD

**45 minutes | Ages 1-3 | M \$65 NM \$110**

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

- Tuesday, Thursday, Saturday 9:00 AM – 9:45 AM

## AGES 3-4

**45 minutes | M \$65 NM \$110**

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

- Tuesday, Thursday, Saturday 10:00 AM – 10:45 AM
- Wednesday 3:45 PM – 4:30 PM

## AGES 5-6

**45 minutes | M \$65 NM \$110**

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

- Saturday 11:00 AM – 11:45 AM
- Wednesday 3:45 PM – 4:30 PM
- Thursday and Friday 4:00 PM – 4:45 PM

## AGES 7-12

**1 hour | M \$80 NM \$136**

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

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

## PRE-TEAM

**90 minutes | \$130 South Shore YMCA Members Only**

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 5:00 PM – 6:30 PM

## 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. Practices Monday, Tuesday, Wednesday 5:30-7:30 PM, and Thursday 5:00-7:00 PM.

Contact Andrea Millis at [amillis@ssymca.org](mailto:amillis@ssymca.org) or Kara Protulis at [kprotulis@ssymca.org](mailto:kprotulis@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 \$65 NM \$110**

- Tuesday 3:45 PM – 4:30 PM
- Saturday 1:30 PM – 2:15 PM

**NINJA PLUS | 45 minutes | Ages 6-11 | M \$65 NM \$110**

- Tuesday 4:10 PM – 4:55 PM
- Saturday 2:30 PM – 3:15 PM



# SPORTS & RECREATION



Programs follow the 12 -week session calendar unless otherwise noted. See page 30 for program session dates and registration details.

## SPORTS MANIA (HALE FAMILY YMCA)

Sports Mania introduces preschoolers the basic skills of sports such as basketball, soccer, and more. This class focuses on self-esteem, hand-eye coordination, teamwork and sportsmanship while having the comfort of their Family there with them.

- **PRACTICE:** Saturdays, 11:45 AM – 12:30 PM
- **AGES:** 4-6
- **COST:** M \$155 | NM \$310

## YOUTH SOCCER (HALE FAMILY YMCA)

Our youth soccer program emphasizes teamwork while improving your young athlete's skills. Players 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.

- **PRACTICE:** Saturdays
  - **AGES:** 5-6 | 10:00AM
  - **AGES:** 7-8 | 9:00AM
  - **AGES:** 9-12 | 8:00AM
- **COST:** M \$155 | NM \$310

## NEW! YOUTH WRESTLING (HALE FAMILY YMCA)

Led by experienced wrestling staff, participants will earn the fundamentals of wrestling, basic techniques, and sport rule with an emphasis on teamwork and FUN!

- **PRACTICE:** Tuesdays
  - **AGES:** 5-8 | 6:00PM
  - **AGES:** 9-12 | 7:00PM
- **COST:** M \$180 | NM \$360

## NEW! TAE-KWONDO (EMILSON YMCA)

Taekwon-Do enhances self-esteem by improving physical and mental powers, building confidence and developing discipline as you strengthen your mind and body. Throughout the program students learn self-defense kicks, blocks, punches and strikes with emphasis on focus, discipline, and respect. Classes are taught by Black Belt Instructors from New England Taekwon-Do certified by the International Taekwon-Do Federation (ITF) and the Chan Hun International Taekwon-Do Federation. Beginners are welcome!

- **PRACTICE:** Tuesdays & Thursdays, 7:00-8:00 PM
- **AGES:** 12+
- **COST:** M \$120 | NM \$240



## KARATE (HALE FAMILY YMCA)

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 \$170</b>   NM \$340	30 Mins
Pee Wee	5-7	Saturday	9:00AM-9:30AM	<b>M \$170</b>   NM \$340	30 Mins
Pee Wee	5-7	Tuesday	5:30PM-6:00PM	<b>M \$170</b>   NM \$340	30 Mins
Beginner	8-12	Monday	5:30PM-6:15PM	<b>M \$210</b>   NM \$420	45 Mins
Beginner	8-12	Tuesday	6:00PM-7:00PM	<b>M \$210</b>   NM \$420	45 Mins
Beginner	8-12	Saturday	9:35AM-10:20AM	<b>M \$210</b>   NM \$420	45 Mins
Intermediate	10-18	Saturday	10:25AM-11:10AM	<b>M \$210</b>   NM \$420	45 Mins

## NEW! YOUTH & MIDDLE SCHOOL VOLLEYBALL (HALE FAMILY YMCA)

Join our Youth and Middle School Volleyball session this Fall! These sessions will work on all aspects of the game; basic skills, drills, mini-games, scrimmages, and more, with a focus on fun and team building.

- **PRACTICE:** Tuesdays 5:00PM-6:00PM (Ages 9-12) & 6:00PM-7:00PM (Ages 13-16)
- **AGES:** 9-12 & 13-16
- **COST:** **M \$180** | NM \$360

## INTRO TO BOXING AND STRIKING (HALE FAMILY YMCA)

Participants will learn the basics to striking and boxing, with a focus on on boxing fundamentals, technique, form and striking combinations. Join us for a great workout while learning a new sport!

- **PRACTICE:** Thursdays 5:15PM – 6:00PM
- **AGES:** 18+
- **COST:** **M \$180** | NM \$360

## YOUTH RUGBY (HANOVER & QUINCY)

Powered by the Free Jacks, we're excited to bring Rugby to the South Shore YMCA! This co-ed program will teach the basics of playing the game and the rules of play. This specialized youth rugby curriculum is presented by the New England Free Jacks and led by Free Jacks Players and Community Coaching staff.

### HALE FAMILY YMCA (QUINCY)

- **PRACTICE:** Wednesdays 5:00 – 6:00 PM,  
–Brigg's Family Field House
- **AGES:** 5-12
- **COST** **M \$125** | NM \$250

### EMILSON YMCA (HANOVER)

- **PRACTICE:** Thursdays 5:00 – 6:00 PM
- **AGES:** 5-12
- **COST** **M \$125** | NM \$250

## 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)

- Monday – Friday 9:30am – 12:00pm
- Sunday 12:00 pm – 1:30 PM

#### • EMILSON YMCA (HANOVER)

- Mondays, Wednesdays, Fridays | 8:00AM-12:00PM
- Thursdays | 6:00PM-9:00PM



# SPORTS & RECREATION – GOLF (HALE FAMILY YMCA)

## GOLF SIMULATOR

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

South Shore YMCA membership required. Visit [ssymca.org/golf](https://ssymca.org/golf) for details and to reserve, or call the Welcome Center at (617) 479-8500

## WOMEN'S INTRO TO GOLF AND NETWORKING

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.

- Classes held in 5 week sessions
- Lessons will be scheduled Thursdays between 7:00 PM – 9:00 PM, Fridays between 5:00 PM – 7:00 PM, or Sundays between 9:00 AM – 11:00 AM
- After registration, participants will be contacted by the instructor regarding your scheduled one-hour lesson time to create the most compatible groups based on age, skill, and experience.
- **COST M \$225 | NM \$365**

## MEN'S INTRO TO GOLF AND NETWORKING

Our men'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.

- Classes held in 5 week sessions
- Lessons will be scheduled Thursdays between 7:00 PM – 9:00 PM, Fridays between 5:00 PM – 7:00 PM, or Sundays between 9:00 AM – 11:00 AM
- After registration, participants will be contacted by the instructor regarding your scheduled one-hour lesson time to create the most compatible groups based on age, skill, and experience.
- **COST M \$225 | NM \$365**

## GOLF LESSONS – PRIVATE

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. New 60-minute sessions available for purchase.

**CONTACT:** For scheduling, pricing, and availability, contact Nick Bendixen at [nbendixen@ssymca.org](mailto:nbendixen@ssymca.org)



**FIND YOUR SUMMER CAMP ADVENTURE**

**DAY CAMP REGISTRATION BEGINS JANUARY 2024!**

[SSYMCA.ORG/CAMP](https://ssymca.org/camp)

SCAN ME

# SPORTS & RECREATION – BASKETBALL

Programs follow the 12-week session calendar unless otherwise noted. See page 30 for program session dates and registration details.

## HOOPSTARS UNIFIED BASKETBALL (EMILSON YMCA)

This Unified Team joins players 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.

- **PRACTICE:** Monday 5pm
- **COST:** M \$150
- **Contact:** Stephanie Costa at [scosta@ssymca.org](mailto:scosta@ssymca.org)

## YOUTH BASKETBALL (HANOVER & QUINCY)

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.

### YOUTH BASKETBALL LEAGUE (HALE FAMILY YMCA)

- **AGES:** 4-11
- **PRACTICE:**
  - 4-5 Years: Saturday 8:00 AM
  - 6-8 Years: Saturday 9:00 AM
  - 9-11 Years: Saturday 10:00 AM
- **COST:** M \$180 | NM \$360

### SKILLS & DRILLS (EMILSON YMCA)

- **AGES:** 4-11
- **PRACTICE:**
  - 4-5 Years: Saturday 8:00 AM
  - 6-8 Years: Saturday 9:00 AM
  - 9-11 Years: Saturday 10:00 AM
- **COST:** M \$160 | NM \$320



## PERFECT YOUR CRAFT: HIGH LEVEL SKILL INSTRUCTION (HALE FAMILY YMCA)

Looking to improve your craft? Come be a part of a high school/college-level high-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.

- **AGES:** 8-12 | Thursdays, 5:00PM | M \$210 | NM \$420

## PRIVATE INDIVIDUAL BASKETBALL LESSONS (HANOVER & 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.

- 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

**CONTACT:** For scheduling and availability, contact Kenny Nguyen, Hale Family YMCA, at [knguyen@ssymca.org](mailto:knguyen@ssymca.org) or Stephanie Costa, Emilson YMCA, at [scosta@ssymca.org](mailto:scosta@ssymca.org)

## SMALL GROUP BASKETBALL LESSONS (HALE FAMILY YMCA)

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: JANUARY 3 – JANUARY 24 WEDNESDAYS

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

### SESSION 2: MARCH 6 – MARCH 27, WEDNESDAYS

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



# ARTS & EDUCATION AT LCA (HANOVER)



**Laura's Center for the Arts (LCA) at the Emilson YMCA 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. Programs follow the 12-week session calendar unless otherwise noted. See page 30 for program session dates and registration details.

## CHILDREN'S ART CLASSES

Join us over at the LCA for weekly art projects, as well as creative opportunities that your child will get to explore and engage with.

- Mini Monets, Ages 3-5 | Tuesdays 9:00 AM-10:00 AM
- Young Picassos, Ages 6-10 | Saturdays 10:00 AM-11:00 AM
- Poetry, Ages 10-12 | Saturdays 12:30 PM-1:30PM
- Collage, Ages 10-12 | Saturdays 2:30 PM-3:30PM
- **SESSION COST:** M \$80 | NM \$160
- **DROP-IN RATE:** M \$20/ Class | NM \$40/class

## SCIENCE EXPLORATION & MESSY PLAY

Your child will have the opportunity to explore through creative science exploration with fun projects, puzzling questions, and engaging games and messy play. Come ready to get messy and have a blast!

- AGES: 6-10
- Sundays 11:00 AM -12:00 PM
- **SESSION COST:** M \$80 | NM \$160
- **DROP-IN RATE:** M \$20/ Class | NM \$40/Class

## PRE-SCHOOL EXPLORERS

Come and play! Join us for 12 weeks packed full of music, sports, art, science, farming, nature, and more! Each week this class will explore a new theme and fun activity that pairs with our theme.

- AGES: 3-6
- Thursdays 10:00 AM -11:00 AM
- **SESSION COST:** M \$80 | NM \$160
- **DROP-IN RATE:** M \$20/ Class | NM \$40/Class

## ENRICHMENT STORY TIME

Join us for a weekly story time experience where your child will have an activity-based story to read as a class followed by a coordinating project. We're so excited to share our favorite books with you and all of the fun that goes with!

- AGES: 3-6
- Wednesdays 10:00 AM -11:00 AM
- **SESSION COST:** M \$80 | NM \$160
- **DROP-IN RATE:** M \$20/ Class | NM \$40/Class

## MUSIC CLASSES

Our music classes will explore musical concepts, songs, instruments, and movement activities in a fun environment.

- Parent & Child | Ages 1.5-3 | Tuesdays 10:00 AM -10:45 AM
- Preschool | Ages 4-5 | Tuesdays 11:00 AM -11:45 AM
- **SESSION COST:** M \$80 | NM \$160
- **DROP-IN RATE:** M \$20/Class | NM \$40/Class

## DANCE CLASSES

These beginner classes introduce your child to free movement and simple ballet steps.

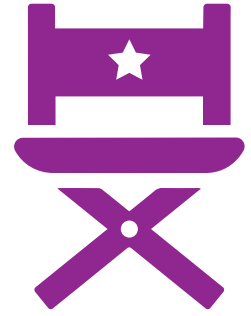
We incorporate simple dance exercises, stretches, and movement while emphasizing body awareness in a nurturing, creative, and fun environment.

- Parent & Child | Ages 1.5-3 | Mondays 9:00 AM -10:00 AM
- Preschool | Ages 3-5 | Wednesdays 9:00 AM -10:00 AM
- **SESSION COST:** M \$80 | NM \$160
- **DROP-IN RATE:** M \$20/ Class | NM \$40/Class

## INTRODUCTION TO ACTING

Come escape your comfort zone! This beginner class will introduce your child to a variety of fun improvisational acting and theater games. Foster creativity while learning performance techniques and concepts in a safe and exciting environment.

- Ages 8-10
- Saturdays: 11:15 AM -12:15 PM
- **SESSION COST:** M \$80 NM \$160
- **DROP-IN RATE:** M \$20/ Class | NM \$40/Class



## COMMUNITY WORKSHOPS

### TUESDAY NIGHT FAMILY KARAOKE & OPEN MIC NIGHT

Bring the whole family together for an unforgettable night of music, laughter, and memories! Our Family Karaoke Night promises to be a blast for all ages. Whether you're a seasoned performer or just love to sing in the shower, this event is for you! We offer a vast selection of songs for all tastes and preferences, delicious snacks and beverages available for purchase, and loads of fun and bonding for you and your loved ones.

**For dates & details, visit [ssymca.org/register](https://ssymca.org/register)**

### VALENTINES COOKIE BAKE

Your child will learn the basics of baking in this one-off workshop by making delicious Valentine's cookies. All ingredients and tools included!

- February 10 1 PM – 2 PM
- For details and to register visit [ssymca.org/register](https://ssymca.org/register)

**Stay tuned for new community workshops & drop-in classes coming throughout Winter 2024!**



## MEET OUR SSYMCA ARTS DIRECTOR: JASMINE NETHERWOOD

Growing up on the stage, Jasmine has always had the utmost passion for the performing arts. And after having been a camper and staff member with our South Shore YMCA Camps since being a young girl, working as the Director of Arts & Education at the Laura Center for the Arts feels very much like coming home. Jasmine is looking forward to settling into her new position and making long-lasting relationships with all our wonderful Y families.



# PROGRAM REGISTRATION & POLICIES

## WINTER 2024 SESSION DATES

JANUARY 2 – MARCH 30, 2024

## REGISTRATION DATES

**MEMBER** registration begins Monday DECEMBER 4, 2023, 8:30 AM

**NON-MEMBER** registration begins Monday, DECEMBER 11, 2023 8:30 AM

## HOLIDAYS & NON-PROGRAM DAYS

- XX** Winter Session: January 2 – March 30, 2024
- 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 ONLY):

- Emilson YMCA (Hanover) Welcome Center: 781-829-8585

## 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.

January						
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	31			

February						
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		

March						
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
31						

## MEMBER RATES

**FOR THE WINTER 2024 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 prorate 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.





# SOUTH SHORE YMCA 2023 YEAR IN REVIEW

33,000+

people  
improved their  
lives through Y

**MEMBERSHIP**



\$1,808,379

in scholarships,  
camperships and  
membership through

**FINANCIAL  
ASSISTANCE**



## SEND A KID TO CAMP!



**4,650 CAMP KIDS**

Over 4,600  
children  
experienced the  
magic of Y  
Summer Camp at  
our day and  
overnight camps



## HOLIDAY GIVING 2023



**275+**

Thanksgiving  
meals were  
donated to  
local families



**1000+**

Children  
received  
holiday gifts  
in 2022



## DONATIONS RECEIVED IN 2023

**\$3,433,690**

100% of dollars raised by our Y each  
year through donations from  
individuals and companies goes  
directly to supporting the community  
through Financial Assistance and  
Y community programs such as:

- **FINANCIAL ASSISTANCE FOR MEMBERSHIP, PROGRAMS & EARLY LEARNING**
- **PARTNERSHIP PROGRAM & ADAPTIVE PROGRAMS**
- **MEDICAL WELLNESS PROGRAMS: STAYSTRONG CANCER SUPPORT**
- **WATER SAFETY INSTRUCTION**
- **FOOD PANTRY SUPPORT**
- **CAMPERSHIPS**



## FEEDING OUR COMMUNITY



Over 3,500 EGGS and **4,654 POUNDS** of  
fresh organic produce was harvested and  
donated to the Food Pantry through our  
FAMILY FARM, CAMP BURGESS FARM and  
GERMANTOWN VICTORY GARDENS



**534,858 POUNDS** of food was distributed  
through our FOOD PANTRY in 2023,  
feeding a weekly average of **1259 PEOPLE**  
(including 733 SENIORS) and **536**  
FAMILIES throughout the year

YOUR GIFT CHANGES LIVES | [DONATE AT SSYMCA.ORG/GIVE](https://ssymca.org/give)





## 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 Family Farm**

781-829-8585

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**