



SOUTH SHORE YMCA PROGRAM GUIDE

FALL 2025

15-WEEK SESSION
SEPTEMBER 7 -
DECEMBER 20

**FALL
FUN
FOR FAMILIES!**



REGISTER NOW

REGISTER

[SSYMCA.ORG/PROGRAMS](https://ssymca.org/programs)

MEMBER REGISTRATION: AUGUST 4, 2025

NON-MEMBER REGISTRATION: AUGUST 11, 2025



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 Y Programs & Camps
- FREE Y Parent/Child Swim Lessons
- Early Program & Camp Registration
- Preferred Rates for Programs & Camp
- Family & Open Swim in Heated Indoor Pools
- Outdoor Aquatics Center Season Passes
- FREE Family Fun Weekend Activities
- FREE access to our safe, vibrant Playrooms for children 6 weeks-6 years while on site
- FREE Activity Center for kids 6-10 years
- Indoor Basketball Courts
- Indoor & Outdoor Walking/Running Tracks
- Fitness Programs for Adults, Youth & Seniors
- Indoor Tennis Courts & Pickleball
- SSYMCA Nature Center Trails
- SSYMCA Family Farm in Hanover
- South Shore YMCA Gymnastics Center

FLEXIBLE RATES

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

JOIN US!



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

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

EMILSON YMCA | 781-829-8585

HALE FAMILY YMCA | 617-479-8500

MEMBERSHIP	RATE
Family/Houshold	\$123/mo
Adult (28-64)	\$68/mo
Young Adult (23-27)	\$46/mo
Junior (12-22)	\$29/mo
Senior (65+)	\$49/mo



WHAT'S INSIDE

FALL SESSION PROGRAMS
SEPTEMBER 7 - DECEMBER 20

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SSYMCA.ORG/REGISTER
REGISTRATION BEGINS...

- MEMBER REGISTRATION: AUGUST 4, 2025, 8:30 AM
- NON-MEMBER REGISTRATION: AUGUST 11, 2025, 8:30 AM

SWIM LESSONS



STRONG SWIMMERS CONFIDENT KIDS

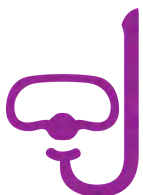
THE Y IS AMERICA'S SWIM INSTRUCTOR

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 instructor training.

SOUTH SHORE YMCA MEMBERS ENJOY FREE PARENT/CHILD LESSONS

AND SAVE 50% OFF ALL OTHER SWIM LESSONS.

VISIT [SSYMCA.ORG/SWIM LESSONS](http://SSYMCA.ORG/SWIMLESSONS) TO GET STARTED



RECREATION



COMPETITIVE



LEADERSHIP

SWIM LESSONS & TRAINING

FALL SESSION: SEPTEMBER 7 – DECEMBER 20
MEMBER REGISTRATION: MONDAY, AUGUST 4, 2025
NON-MEMBER REGISTRATION: MONDAY, AUGUST 11, 2025

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

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

VISIT [SSYMCA.ORG/PROGRAMS](https://ssymca.org/programs) TO REGISTER

			MEMBER RATE	NON MEMBER RATE
SWIMSTARTERS PARENT/ CHILD 30 MIN	Accompanied by a parent, infants and toddlers in parent/child 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!	Tu/W: \$480 Su, M, Th, S: \$448 F: \$416
		STAGE B Water Exploration (1-3yrs)		
		STAGE C Water Acclimation (2.5-3yrs)		
SWIM BASICS: PRESCHOOL 3 years – 5 years 30 MIN	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)	Tu/W: \$240 Su, M, Th, S: \$224 F: \$208	Tu/W: \$480 Su, M, Th, S: \$448 F: \$416
		STAGE 2 Water Movement (Preschool)		
		STAGE 3 Water Stamina (Preschool)		
		STAGE 4 Stroke Introduction (Preschool)		
SWIM BASICS: YOUTH 6 years – 12 years 30 MIN	For children ages 6-12, students start at their own level and advance at their own pace, building skills that lead to a lifetime of swimming.	STAGE 1 Water Acclimation (Youth)	Tu/W: \$256 Su, M, Th, S: \$238 F: \$221	Tu/W: \$510 Su, M, Th, S: \$476 F: \$442
		STAGE 2 Water Movement (Youth)		
		STAGE 3 Water Stamina (Youth)		
SWIM STROKES & SWIM SQUAD 6 years – 14 years 40 MIN	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.	STAGE 4 Stroke Introduction	Tu/W: \$256 Su, M, Th, S: \$238 F: \$221	Tu/W: \$510 Su, M, Th, S: \$476 F: \$442
		STAGE 5 Stroke Development		
		STAGE 6 Stroke Mechanics		
				SWIM SQUAD Competitive Intro (10-14)
TEEN-ADULT 13 years – Adult 40 MIN	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	Tu/W: \$256 Su, M, Th, S: \$238 F: \$221	Tu/W: \$510 Su, M, Th, S: \$476 F: \$442
		ADULT INTERMEDIATE 13 years – Adult		
COMPETITIVE SWIMMING	SSYMCA Strypers is a USA competitive swim team provides members the opportunity to improve swimming skills, from novice to international competitor.	STRYPERS Ages 7-8	Contact Head Coach Andy Noble at strypers@ssymca.org for information.	
		MASTERS TEAM Ages 18+		
PRIVATE LESSONS 3 years – Adult	Learn to swim in a small group or on your own with private or semi-private lessons.	PRIVATE Ages 3 – Adult	\$42 per lesson	SSYMCA Membership Required
		SEMI-PRIVATE Ages 3 – Adult	\$62 \$32 per member/per lesson	
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	\$400	\$400
		LIFEGUARD REVIEW & RECERTIFICATION	\$250	\$250
		WATERFRONT LIFEGUARD COURSE	\$175	\$175
		WATER SAFETY/SWIM INSTRUCTOR	\$450	\$450
		LIFEGUARD INSTRUCTOR	\$500	\$500

SWIM LESSON SCHEDULES

EMILSON YMCA (HANOVER)– FALL 2025 SWIM LESSONS SCHEDULE*

MONDAY	8:30 AM	9:05 AM	9:40 AM	10:15 AM	4:00 PM	4:35 PM	5:10 PM	5:45 PM	6:20 PM
	Preschool S2	Preschool S3	Preschool S2	Preschool S1	Parent/Child A Preschool S1, 2, 3	Preschool S2, 3 Youth S2, 3	Preschool S1, 2 Youth S1, 3	Preschool S1, 3, 4 Youth S4	Youth S2, 5, 6 Swim Squad
TUESDAY	8:00 AM	9:00 AM	4:00 PM	4:35 PM	5:10 PM	5:45 PM	6:20 PM	6:55 PM	7:30 PM
	Preschool S3	Preschool S3	Preschool S2, 3, 4	Parent/Child C Preschool S2 Youth S4	Preschool S3, 3 Youth S3	Preschool S4 Youth S2, 3	Parent/Child B Youth S4, 5	Youth S4, 3	Teen/Adult Beginner
	8:35 AM	9:45 AM							
	Preschool S2	Preschool S2							
WEDNESDAY	4:00 PM	4:35 PM	5:10 PM	5:45 PM	6:20 PM	6:55 PM			
	Parent/Child A, C Preschool S2 Youth S1	Preschool S1, 2 Youth S3, 2	Preschool S1, 2, 4 Youth S3	Preschool S3 Youth S4, 4, 2	Preschool S4 Youth S4, 5 Swim Squad	Preschool S2, 3			
THURSDAY	4:00 PM	4:35 PM	5:10 PM	5:45 PM	6:20 PM	6:55 PM	7:10 PM	7:45 PM	
	Preschool S1, 1, 2	Preschool S2, 3 Youth S2	Parent/Child B Preschool S3 Youth S2	Parent/Child C Youth S4 Preschool S3	Youth S3, 5, 4	Youth S6	Youth S5	Teen/Adult Intermediate	
FRIDAY	8:30 AM	9:05 AM	9:40 AM	10:15 AM	4:00 PM	4:35 PM	5:10 PM	5:45 PM	6:20 PM
	Parent/Child A	Parent/Child B	Parent/Child C	Preschool S1	Preschool S1, 2 Youth S3	Preschool S3 Youth S2, 4	Preschool S3, 1 Youth S1	Preschool S2, 4 Youth S4	Youth S3, 1 Preschool S4
									6:55 PM
									Youth S5, 6 Preschool S5
SATURDAY	8:30 AM	9:05 AM	9:40 AM	10:15 AM	10:50 AM	11:25 AM	11:35 AM	12:00 PM	
	Parent/Child A, C Preschool S1, 3, 4	Parent/Child B Preschool S1, 2, 3 Youth S2	Parent/Child C Preschool S1, 2, 3 Youth S3	Parent/Child A Preschool S2, 4 Youth S4	Parent/Child B Preschool S1, 2, 3 Youth S5	Parent/Child C Preschool S2 Youth S4	Youth S6	Youth S2, 3, 4	
SUNDAY	7:40 AM	8:30 AM	9:05 AM	9:40 AM	10:15 AM	10:50 AM	11:25 AM	11:35 AM	
	Adult Beginner	Parent/Child A Preschool S1, 2 Youth S1	Parent/Child B Preschool S2, 2 Youth S2	Parent/Child C Preschool S3, 3 Youth S3	Parent/Child A Preschool S4, 4 Youth S4	Parent/Child B Preschool S1, 1 Youth S5	Parent/Child C Preschool S2 Youth S1	Youth S6	

HALE FAMILY YMCA (QUINCY)– FALL 2025 SWIM LESSON SCHEDULE*

MONDAY	3:30 PM	3:45 PM	4:05 PM	4:30 PM	4:40 PM	5:15 PM	5:50 PM	6:00 PM	6:25 PM	7:10 PM
	Parent/Child A, Preschool S1, 2, 3	Youth S4	Parent/Child B, Preschool S1, 2, 3	Youth S4	Parent/Child C Preschool S4 Youth S2, 3	Youth S1, 2, 3, 5, 6	Youth S1, 2, 3	Youth S4, 5	Adult Intermediate	Adult Beginner
TUESDAY	3:30 PM	3:45 PM	4:05 PM	4:30 PM	4:40 PM	5:15 PM	5:50 PM	6:00 PM	6:25 PM	7:10 PM
	Parent/Child A, Preschool S1, 2, 3	Youth S4	Parent/Child B, Preschool S1, 2, 3	Swim Squad	Parent/Child C Preschool S4 Youth S2, 3	Youth S1, 2, 3, 5, 6	Youth S1, 2, 3	Youth S4, 5	Adult Intermediate	Adult Beginner
WEDNESDAY	3:30 PM	3:45 PM	4:05 PM	4:30 PM	4:40 PM	5:15 PM	5:50 PM	6:00 PM	6:25 PM	
	Parent/Child A, Preschool S1, 2, 3	Youth S4	Parent/Child B, Preschool S1, 2, 3	Youth S4	Parent/Child C Preschool S4 Youth S2, 3	Youth S1, 2, 3, 5, 6	Youth S1, 2, 3	Youth S4, 5	Adult Beginner	
THURSDAY	3:30 PM	3:45 PM	4:05 PM	4:30 PM	4:40 PM	5:15 PM	5:50 PM	6:00 PM		
	Parent/Child A, Preschool S1, 2, 3	Youth S4	Parent/Child B, Preschool S1, 2, 3	Swim Squad	Parent/Child C Preschool S4 Youth S2, 3	Youth S1, 2, 3, 5, 6	Youth S1, 2, 3	Youth S4, 5		
FRIDAY	3:30 PM	3:45 PM	4:05 PM	4:30 PM	4:40 PM	5:15 PM	5:50 PM	6:00 PM	6:25 PM	
	Parent/Child A, Preschool S1, 2, 3	Youth S4	Parent/Child B, Preschool S1, 2, 3	Youth S4	Parent/Child C Preschool S4 Youth S2, 3	Youth S1, 2, 3, 5, 6	Youth S1, 2, 3	Youth S4, 5	Adult Beginner	
SATURDAY	9:00 AM	9:05 AM	9:35 AM	9:50 AM	10:10 AM	10:35 AM	10:45 AM	11:20 AM	11:55 AM	12:05 PM
	Parent/Child C, Preschool S1, 2, 3	Swim Squad	Parent/Child B, Preschool S1, 2, 3	Youth S4	Parent/Child A, Preschool S1, 2, 3	Youth S6	Parent/Child C, Preschool S4, Youth S2, 3	Parent/Child A & B, Youth S3, 4, 5	Youth S1, 2, 3	Youth S5, 6
										12:30 PM
										Youth S1, 2, 3
SUNDAY	9:00 AM	9:05 AM	9:35 AM	9:50 AM	10:10 AM	10:35 AM	10:45 AM	11:20 AM	11:55 AM	12:05 PM
	Parent/Child C, Preschool S1, 2, 3	Swim Squad	Parent/Child B, Preschool S1, 2, 3	Youth S4	Parent/Child A, Preschool S1, 2, 3	Youth S6	Parent/Child C, Preschool S4, Youth S2, 3	Parent/Child A & B, Youth S3, 4, 5	Youth S1, 2, 3	Youth S5, 6
										12:30 PM
										Youth S1, 2, 3

*SCHEDULE SUBJECT TO CHANGE.



**2026
SEASON PASS
REGISTRATION
BEGINS
SEPTEMBER 2!**

**SOUTH SHORE YMCA
OUTDOOR
AQUATIC
CENTER
2026
PASSES**

**ENJOY 2025 RATES
WHEN YOU PURCHASE
IN SEPTEMBER**



LEARN MORE

[SSYMCA.ORG/OUTDOORAQUATICCENTER](https://ssymca.org/outdooraquaticcenter)

TENNIS @ EMILSON YMCA



Programs follow the 15-week session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at ssymca.org/programs.

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.

Fall Session 1: September 8 – October 29

Fall Session 2: November 3 – December 20

- Monday 4–4:45P, **M \$112** | NM \$196
- Wednesday 4–4:45P, **M \$128** | NM \$224

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.

- Wednesday 5 – 6 P, **M \$330** | NM \$578
- Friday 5 – 6 P, **M \$286** | NM \$501
- Saturday 10 – 11 A, **M \$308** | NM \$539

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.

- Monday 4 – 5P, **M \$308** | NM \$539
- Friday 5 – 6 P, **M \$286** | NM \$501
- Saturday 11 A – 12 P, **M \$308** | NM \$539

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.

- Monday 5 – 6P, **M \$308** | NM \$539
- Friday 5 – 6 P, **M \$286** | NM \$501
- Saturday 12 – 1 P, **M \$308** | NM \$539

GREEN BALL (AGES 11-14)

GB1 (60 MIN): 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.

- Tuesday 4 – 5 P, **M \$330** | NM \$578
- Thursday 4 – 5 P, **M \$330** | NM \$578
- Saturday 11 A – 12 P, **M \$330** | NM \$578

GB2 (90 MIN): 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.

- Friday 3:30 – 5 P, **M \$429** | NM \$751
- Saturday 12 – 1:30 P, **M \$462** | NM \$809

PLAYER DEVELOPMENT CLINICS (AGES 12-18)

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.

PDV1 CLINIC 1

- Tues 5 – 6:30 P, **M \$495** | NM \$867
- Tues & Thurs 5 – 6:30 P, **M \$870** | NM \$1,523
- Thurs 5 – 6:30 P, **M \$462** | NM \$809
- Sat 1:30 – 3 P, **M \$462** | NM \$809

PDV1 CLINIC 2

- Tues 3:30 – 5:30P, **M \$660** | NM \$1,155

PDV2 Clinic 2

- Tues & Thurs 3:30 – 5:30P, **M \$1,160** | NM \$2,080
- Thurs 3:30 – 5:30P, **M \$297** | NM \$520
- Sat 1:30 – 3:30 P, **M \$616** | NM \$1,078

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.

- Saturday 1 – 2:30 P, **M \$420** | NM \$735



CONTACT US

Tennis Programs: Michelle Daley, michelle.daley@ssymca.org
Contract Tennis: Maureen Ahl, mahl@ssymca.org
League Play: Elaine Nolan, enolan@ssymca.org

SSYMCA.ORG/TENNIS

TENNIS @ EMILSON YMCA (CONT.)

ADULT TENNIS

ADULT BEGINNER CLINICS AGES 18+

Stay in shape or discover the joy of tennis. These beginner-level clinics cover the basics with an emphasis on FUNdamentals. Level 1 is for first-time players. Level 2 is for players with limited experience.

- Level 1 Monday 6 – 7 P, **M \$308** | NM \$539
- Level 1 Tuesday 12 – 1 P, **M \$330** | NM \$578
- Level 1 Saturday 8:30 – 9:30 A, **M \$308** | NM \$539
- Level 2 Mon 7 – 8 P, **M \$308** | NM \$539
- Level 2 Sat 11 A – 12 P, **M \$308** | NM \$539

ADULT INTERMEDIATE & ADVANCED CLINICS

For players 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 \$462** | NM \$809
- Thursday 9:00 – 10:30A, **M \$462** | NM \$809
- Saturday 9:30 – 11:00A, **M \$462** | NM \$809

LEVEL ADVANCED NTRP 3.5 +

- Wednesday 5 – 6:30P, **M \$495** | NM \$867
- Thursday 12 – 1:30P, **M \$462** | NM \$809
- **NTRP 4.0+** Monday 8 – 9:30P, **M \$462** | NM \$809

DRILL & PLAY CLINICS AGES 18+: DOUBLES

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

- Intermediate Thurs 10:30A–12P, **M \$462** | NM \$809
- Advanced Tues 10:30A–12:00P, **M \$495** | NM \$867

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 \$182** | NM \$319
- Men's Singles NTRP 3.5–4.5 Sun 4–5:30P, **M \$240** | NM \$420

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 \$286** | NM \$501



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 – 4 P | Sun 4 – 5P | \$240
- Beginner & Intermediate | Wed 4 – 5 P | \$240

JUNIOR LOB STARS:

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: Wed 4 –5 P | \$240

PICKLEBALL @ EMILSON YMCA



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 & balls are available for those who need it.

PICKLEBALL: BEGINNER ADULT CLASS

Learn how to play this immensely popular game. We'll provide paddles if needed. Clinic runs monthly (4 weeks).

- Tuesday 12 –1P, **M \$64** | NM \$112
- Tuesdays 5:30–6:30P, **M \$64** | NM \$112
- Contact Maureen Ahl at mahl@ssymca.org for registration and monthly session dates.

PICKLEBALL: ADVANCED BEGINNER/INTERMEDIATE

For players with experience looking to take their game to the next level. Clinic runs monthly (4 weeks).

- Tuesday 1 –2P, **M \$64** | NM \$112
- Contact Maureen Ahl at mahl@ssymca.org for registration and monthly session dates.

STAY CONNECTED TO PICKLEBALL AT THE Y!

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

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**
 - Monday 6 – 8P | **M \$196** | NM \$343
 - Thursdays 1:30 – 3:30P | **M \$210** | \$357

OPEN PICKLEBALL IN THE GYM

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

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



CORN FESTIVAL

SEPTEMBER 20, 2025 | SOUTH SHORE YMCA EMILSON BRANCH



NATURE-BASED EDUCATION



Nestled on 30 acres, the South Shore YMCA Nature Center is a hub for nature-based learning and exploration, with engaging programs for all ages. **LOCATION:** South Shore YMCA Nature Center (48 Jacobs Lane, Norwell, MA)

NEW! NATURE RHYTHMS: DANCE AND MUSIC

Join us for dance, movement, and music inspired by nature! Together we'll discover how the wind, animals, trees, and flowing water can inspire movement and rhythm. Children will develop motor skills, coordination, and a deepened connection to nature. Dress comfortably.

- Mondays, 9:15 – 10 AM | Sept 1 – Oct 27
- Open to children 2 – 6 years old, with a caregiver
- **COST: M: \$160 | \$200**

FOREST FRIENDS STEAM PLAYGROUP

Little explorers and their caregivers are invited to engage in nature-based play, seasonal activities and crafts, and to meet other families who share a passion for the outdoors!

- Tuesdays 9:30 – 10:30 AM | Sept 2 – Oct 28
- Open to children ages 18 months–5 years with a caregiver
- **COST: M: \$140 | NM \$180**

GARDEN EXPLORERS

Dig into the earth, create nature-inspired crafts, and enjoy storytime amidst the beauty of the José Carreiro Children's Garden. We'll explore different plants, discover bugs, and learn about soil, all through play. Perfect for curious kids and their grown-ups to share a morning of outdoor exploration

- Fridays 9:30–10:30 AM | Sept 5 – Oct 31
- Open to children ages 2–6 with a caregiver
- **COST: M \$140 | NM \$180**

NEW! AFTERSCHOOL NATURE MAKERS

Students will visit our forests, fields, and gardens for inspiration to create art using natural and recycled materials. They'll experiment with various techniques, including watercolor, collage, printmaking, and sculpture.

- Thursdays, 3:45 – 5:15 PM | Sept 4 – Oct 30
- Ages 5 – 12
- **COST: M: \$170 | \$210**

VOLUNTEER AT THE NATURE CENTER

Calling all volunteers! We have many ways you can get involved and give back to nature at the South Shore YMCA Nature Center.

For more information, contact Sarah Kugel at skugel@ssymca.org

SCOUT PROGRAMS

The Nature Center offers a variety of Scout Merit Badges and service opportunities, as well as private programs and tours for Girl Scouts of the USA and Scouting of America.

Please reach out to bgreene@ssymca.org to learn more.

HIKE OUR TRAILS

Open daily from dawn to dusk, the South Shore YMCA Nature Center features five nature trails and access to 200 acres of conservation land. Enjoy our rotating storybook walks!

BIRTHDAY PARTIES

Birthday parties at the Nature Center are full of creative and down-to-earth fun! Parties include meeting animal ambassadors, exploring our grounds and EcoZone, and time for cake. Fun, nature-filled birthday memories await!

- Ages 3+
- **COST: M \$350 | NM \$450**
- Email apagnozzi@ssymca.org to book.

ECOZONE EXPLORATION & STORYTIME

Bring your young explorer and discover the EcoZone Museum, where rotating exhibits and seasonal activities await! Enjoy turtles, fish, carnivorous plants, scavenger hunts, and storytime with an Environmental Educator.

- Thursdays 9:30 – 10:30 AM | **M \$7 | NM \$10**
- Open to children ages 0–6 with a caregiver
- *Must register each child attending
- View dates and register at ssymca.org/register



SCHOOL-AGE CARE & PROGRAMS



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 K-5 | Mon-Fri
- **HANOVER:** SSYMCA Laura's Center for the Arts, South Shore Charter School (AFTERSCHOOL ONLY)
 - Grades K-8 | Mon-Fri
- **SCITUATE:** Cushing, Hatherly, Jenkins & Wampatuck Elementary Schools
 - Grades K-5 | Mon-Fri

QUINCY AFTER SCHOOL PROGRAMS

- **CLIFFORD MARSHALL ELEMENTARY**
 - Grades K-4 | Mon-Fri
- **GERMANTOWN NEIGHBORHOOD CENTER**
 - Grades K-5 | Mon-Fri
- **ALL MIDDLE SCHOOLS** | Hale Family YMCA
 - Grades 5-7 | Mon-Fri



REGISTRATION FOR THE 2025-2026 SCHOOL YEAR

There's still time to register for our Before & After School Care programs! Visit ssymca.org/afterschool to register and view required documents.

QUESTIONS? Contact Samantha Blumberg-McSweeney, smcsweeney@ssymca.org (Hanover) or Ervica Fanfan, efanfan@ssymca.org (Quincy).

SCHOOL VACATION & HOLIDAY PROGRAMS (HANOVER & QUINCY)

Our School Vacation Programs provide safe, fun, and enriching care for your child during December, February, and April school breaks, as well as many major holidays. Held at our Germantown Neighborhood Center in Quincy and Emilson YMCA in Hanover, each day is packed with engaging activities, quality supervision, and lasting memories.

- Open to students grades Kindergarten - Grade 6
- Quincy: SSYMCA Germantown Neighborhood Center
- Hanover: Emilson YMCA
- **Indigenous Peoples' Day Program** | October 13, 8AM-5PM
Registration opens early September
- **Veterans Day Program** | November 11, 8AM-5PM
Registration opens early October

QUESTIONS? Contact Samantha Blumberg-McSweeney, smcsweeney@ssymca.org (Hanover) or Ervica Fanfan, efanfan@ssymca.org (Quincy).

JOIN OUR TEAM!

The South Shore YMCA is looking for individuals to join our team of dedicated, energetic, and caring Early Childhood professionals.



**PART-TIME AND FULL-TIME OPPORTUNITIES
AVAILABLE FOR TEACHERS, ASSISTANT TEACHERS,
BEFORE & AFTER SCHOOL STAFF**

APPLY TODAY! [SSYMCA.ORG/JOBS](https://ssymca.org/jobs)

GYMNASTICS – HANOVER



Gymnastics at the South Shore YMCA provides a fun, safe, caring environment for young gymnasts to develop skills with confidence. All gymnasts are worked to their ability through the progression of skills on each event. The school-year program runs from Monday, September 8, to Saturday, June 20, 2026. All school-year tuition payments are broken down into 10 equal monthly payments. Cancellations require 30 days written notice via email. For questions on classes, registration, or cancellation, contact Kara Protulis at kprotulis@ssymca.org.

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

PARENT & CHILD : AGES 1-3

45 Minutes | M \$70 | NM \$115

This fun, interactive Parent & Tot program will help develop balance, strength, and confidence. Caregiver & child class.

- Tuesday 9-9:45 A
- Thursday 9-9:45 A
- Saturday 9-9:45 A, 9:50-10:35 A

AGES 3 & 4

45 Minutes | M \$70 | NM \$115

A fun-filled class that introduces the fundamentals through age-appropriate circuits on each event. Gymnasts will develop hand-eye coordination and enhance motor skill development.

- Tuesday, Thursday 10-10:45 A
- Wednesday 3:45-4:30 P
- Friday 3:30- 4:14 P
- Saturday 10:45-11:30 A, 11:35- 12:20 P

AGES 5 & 6

45 Minutes | M \$70 | NM \$115

A fun-filled class that introduces the fundamentals through age-appropriate circuits on each event. Gymnasts will develop hand-eye coordination and enhance motor skill development.

- Monday, Thursday 4-4:45p
- Tuesday 4:45-5:30p
- Friday 4:15-5p
- Saturday 12:30-1:15p

AGES 7-10

1 hour | M \$85 | NM \$145

Gymnasts will learn basics and improve motor skills, balance, strength, and flexibility. Each gymnast will work to master new skills through the class level.

- Wednesday 4:30-5:30 P
- Thursday 4:00 -5:00 P
- Friday 5:00 - 6:00 P
- Saturday 01:20 -2:20 P

AGES 11-13

1 hour | M \$85 | NM \$145

Gymnasts build strength, balance, flexibility, and coordination while learning foundational skills and progressing through class-level challenges.

- Wednesday 4:30-5:30 P
- Friday 5:00 - 6:00 P

PRE-TEAM

1.5 hours | M \$140 | South Shore YMCA Members Only

Pre-Team is an invitational class. To request an evaluation, please email kprotulis@ssymca.org

- Monday 4:30 - 6 P

NINJA CLASSES

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

MINI NINJA | 45 Minutes | Ages 3-4 | M \$70 | NM \$115

- Tuesday 11:15 A-12 P
- Saturday 2:35 P- 3:30 P

LIL NINJA | 45 Minutes | Ages 5-6 | M \$70 | NM \$115

- Tuesday 3:45- 4:30 P
- Saturday 3:30- 4:15 P

NINJA PLUS | 45 Minutes | Ages 7-11 | M \$70 | NM \$115

- Saturday 4:25 - 5:10 P

HIGH SCHOOL DROP-IN: GRADES 9-12

Come work out with high school coaches to learn new skills, choreography, routines, and more! Runs until November 20.

- Thursdays 5-7P | **COST: M \$20 | NM \$25**

NEW! TUMBLING: AGES 6-12

45 Minutes | M \$70 | NM \$115

Work on key tumbling skills for dance and cheer.

- Friday 6:00 -6:45 P

NEW! ADULT DROP IN WORKOUT: 18+

Open workout space for adult gymnasts to work on skills while getting in shape. Some gymnastics experience required. Runs until November 20, participants are required to have a waiver on file with the gym.

- Thursdays 7:15-8:30P | **COST: M \$15 | NM \$20**

*No age exceptions will be made. Gymnasts will be transitioned to the next age group on or around their next birthday if space is available. All gymnasts are working to their own individual ability within each class.

CONTACT: For more information on gymnastics, contact Kara Protulis at kprotulis@ssymca.org

HEALTH & WELLNESS



Programs follow the 15-week session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at ssymca.org/programs.

YOUTH STRENGTH (EMILSON YMCA)

This class helps kids build strength, coordination, and confidence using bodyweight exercises, light equipment, and proper technique. Participants will be supported by a certified trainer in a fun, inclusive setting.

- **DAY:** Tuesday | 5:30 PM
- **COST:** M \$225 | NM \$450

NEW! BEGINNER MEDITATION (EMILSON YMCA)

This series introduces new meditators to simple, accessible techniques for building a personal practice. Participants will progress week by week with guided sessions, reflection, and group support. Prerequisite for Advanced Meditation.

- **DAYS:** Tuesdays | 10:15 AM
- **SESSION 1:** Sept 9 – Oct 28 (8 weeks)
 - **COST:** M \$150 | NM \$300
- **SESSION 2:** Nov 4 – Dec 16 (7 weeks)
 - **COST:** M \$132 | NM \$264

NEW! ADVANCED MEDITATION (EMILSON YMCA)

This program is for those who've completed the beginner series and want to deepen their practice. Participants will explore advanced techniques, extended silence, and heart-centered meditation to strengthen daily mindfulness.

- **DAYS:** Tuesdays | 11:20 AM
- **SESSION 1:** Sept 9 – Oct 28 (8 weeks)
 - **COST:** M \$150 | NM \$300
- **SESSION 2:** Nov 4 – Dec 16 (7 weeks)
 - **COST:** M \$132 | NM \$264

NEW! BALANCED FOR LIFE (EMILSON YMCA)

This small-group training helps older adults build strength, balance, and confidence in daily movement. Participants will work through functional exercises and fall-prevention strategies in a safe, supportive environment.

- **DAYS:** Tuesday & Thursday | 1:15 PM (45 minutes)
- **COST:** M \$225 | NM \$450

NEW! RUN CLUB (HALE FAMILY YMCA)

This program is designed for new runners looking to build endurance, improve form, and stay motivated. Participants will enjoy warm-ups, guided runs, and cool-downs in a supportive, all-paces-welcome environment.

- **DAY:** Wednesdays | Sept 10 – Nov 19 | 7 AM
- **COST:** M \$15 | NM \$20

NEW! LEAN INTO STRENGTH (EMILSON YMCA)

This 12-week program helps participants build muscle, lose fat, and gain confidence through weekly group training and EGYM workouts. Perfect for beginners, those getting back into fitness or those using a GLP-1 medication. An InBody assessment is recommended to help track progress throughout the session.

- **DAYS:** Tuesday | 6:30 PM
- **COST:** M \$225 | NM \$450



PERSONAL TRAINING

EMILSON YMCA & HALE FAMILY YMCA | MEMBERS ONLY

Train with the best! Our certified personal trainers at the South Shore Y provide the guidance, support, and custom plans you need to reach your fitness goals. Whatever your goal or interest, our trainers are here to help you become the better you.

PRIVATE SESSIONS	SEMI-PRIVATE (2+) SESSIONS
30-MINUTES <ul style="list-style-type: none">• 1 session \$37.50• 3 sessions \$106.50• 6 sessions \$201• 12 sessions \$366	30-MINUTES <ul style="list-style-type: none">• 1 session \$20.50 / member• 3 sessions \$58 / member• 6 sessions \$110 / member• 12 sessions \$194 / member
60-MINUTES <ul style="list-style-type: none">• 1 Session \$ 66• 3 sessions \$186• 6 sessions \$348• 12 sessions \$648	60-MINUTES <ul style="list-style-type: none">• 1 Session \$40 / member• 3 sessions \$111 / member• 6 sessions \$207 / member• 12 sessions \$387 / member

CONTACT

For more information on Personal Training at the South Shore YMCA, contact Stephanie Costa (Emilson YMCA) at scosta@ssymca.org, or Katie Veazie (Hale Family YMCA) at kveazie@ssymca.org.

PILATES @ EMILSON YMCA

REFORMER CLASSES

REFORMER MASTERCLASS

Experience expert-led Pilates Reformer training with one of our Y Pilates Trainers. This small-group masterclass focuses on core strength, alignment, and full-body control through precise, results-driven movement. With only 3 spots per session, each participant receives personalized coaching in a focused setting.

Space is limited. Pre-registration required.

SESSION 1: SEPTEMBER 8 – OCTOBER 27

- Mondays 5:15 – 6:15P | **M \$252** | NM \$504
- Mondays 6:15– 7:15P | **M \$252** | NM \$504
- Mondays 7:15– 8:15P | **M \$252** | NM \$504

SESSION 2: NOVEMBER 3 – DECEMBER 15

- Mondays 5:15 – 6:15P | **M \$252** | NM \$504
- Mondays 6:15– 7:15P | **M \$252** | NM \$504
- Mondays 7:15– 8:15P | **M \$252** | NM \$504

REFORMER PILATES FOUNDATIONS DROP-IN

Explore foundational apparatus exercises that enhance strength, flexibility, and balance. This class is perfect for those with some Pilates experience or newcomers eager to deepen their understanding of the Reformer and other Pilates equipment. Modifications can be provided based on skill level.

This drop-in class offers a flexible option for those looking to stay consistent while working around a busy schedule.

WEEKLY DROP IN

- Mondays 7:00–7:55A
- Wednesdays 7:00–7:55A
- Fridays 10:30–11:25A
- Saturdays 9:30–10:25A, 10:30–11:25A
- Sundays 10:00–10:55A, 11:00–11:55A
- **COST:** 6-Class Package – \$186 (Members only)
- Pre-registration is required for each session at ssymca.org/schedules

PILATES TRAINING PACKAGES

Strengthen and lengthen your entire body with Pilates Reformer sessions at the Y, where our expert instructors guide you through fluid, full-body movements using the classic Reformer apparatus.

PRIVATE SESSIONS | 60 MINUTES

- 3 Sessions: \$204
- 6 Sessions: \$383
- 12 Sessions: \$716

DUET SESSIONS | 60 MINUTES

- 6 Sessions: \$222
- 12 Sessions: \$408

TRIO SESSIONS | 60 MINUTES

- 6 Sessions: \$174
- 12 Sessions: \$334



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 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.

PARKINSON'S STRENGTH

- **TUESDAY & THURSDAY** | 12-1 P | Emilson YMCA
FREE FOR MEMBERS | NON-MEMBERS \$250

PARKINSON'S SPIN, STRENGTH & FLEXIBILITY

- **MONDAYS** | 10:30-11:30 A | Hale Family YMCA
FREE FOR MEMBERS | NON-MEMBERS \$125

CARDIAC & PULMONARY MAINTENANCE

- **MONDAY & WEDNESDAY** | 11 A-12 P | Emilson YMCA
FREE FOR MEMBERS | NON-MEMBERS \$250
- **TUESDAY & THURSDAY** | 9-10 A | Hale Family YMCA
FREE FOR MEMBERS | NON-MEMBERS \$250

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 9-11:30 A
- **EMILSON YMCA (HANOVER):** Wednesdays 11 A- 12 P
- **GERMANTOWN NEIGHBORHOOD CENTER (QUINCY):** Wednesdays 9-10 A



ADAPTIVE FITNESS PARTNERSHIP PROGRAM

The Adaptive Fitness Partnership Program is a non-clinical, recreational fitness program for individuals with physical disabilities. Participants receive one-on-one support from trained partners to improve or maintain physical conditioning and stay active in sports, recreation, and everyday life.

South Shore YMCA membership is required. Sessions are available by appointment only.

CONTACT: Katie Tindall (Hale Family YMCA) at ktindall@ssymca.org, or Stephanie Costa (Emilson YMCA) at scosta@ssymca.org

OCTOBER IS STAYSTRONG MONTH

- ▶ **FEATURED FITNESS CLASSES TO RAISE FUNDS & AWARENESS**
- ▶ **DONATE TO HONOR AND SUPPORT CANCER SURVIVORS**
- ▶ **INTRODUCE A CANCER PATIENT OR CAREGIVER TO PARTICIPATE**
- ▶ **REMEMBER A LOVED ONE WITH A DONATION**



staystrong

Visit ssymca.org/staystrong for details





HOW WILL **YOU** GIVE HOPE THIS HOLIDAY?

Each year, the South Shore YMCA **HOPE FOR THE HOLIDAYS** adopt-a-child's wishlist program provides toys, gifts, meals and warm clothing to hundreds of local families to ensure every child can experience the magic of the holiday season.

SPREAD JOY THIS SEASON



DONATE OR BE A SPONSOR

Make a monetary **donation** or become a program **sponsor** to help us provide holiday meals, gifts, winter coats, and warm clothing.



ADOPT-A-CHILD'S WISHLIST

Purchase a child's **Wishlist** of gifts, clothing, and winter coat to help families in need provide the magic of the holidays. Approx. \$250 per child.



PURCHASE A WISHLIST GIFT ITEM

Visit our website to select a **Wishlist Gift** or grab an ornament from our lobby Giving Trees. Gifts must be returned to the Y by 12/10.



GIVE THE GIFT OF Y CAMP OR SWIM

Camp changes lives, helping kids grow and develop. Swim Lessons give a lifetime of safety in water.



SPREAD MORE JOY! Spread the warmth of giving with family, friends or colleagues by adopting an entire family or several children and divide their wishlist(s) amongst your group.

CONTACT

Mary Orne, morne@ssymca.org
 Peter Helms, phelms@ssymca.org
 Jennifer Christensen, jchristensen@ssymca.org

SOUTH SHORE YMCA | HOPE FOR THE HOLIDAYS
ssymca.org/holidayhope



GIVE TODAY

SPORTS & RECREATION



Programs follow the 15-week session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at ssymca.org/programs

NEW! PRESCHOOL SPORT SAMPLER (EMILSON YMCA)

Introduce your little one to the joy of movement and teamwork! Each week, preschoolers will try a new sport—like soccer, basketball, or t-ball—through fun games and skill-building activities. This playful class builds coordination, confidence, and friendships. No experience needed!

- Saturday, 11:45 A | Ages 4–6
- **COST: M \$155 | NM \$310**

SPORTS MANIA (HALE FAMILY YMCA)

Sports Mania is the perfect opportunity for young athletes to explore a variety of sports and athletic training! During this class, participants will play a variety of sports, games, and activities where they will further develop as young athletes.

- Saturdays 11:45a | Ages 3–5
- **COST: M \$155 | NM \$310**

VOLLEYBALL (HALE FAMILY YMCA)

Join our Youth and Middle School Volleyball session! 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.

BEGINNER

- Ages 9–12 | Tues 5–6 PM
- Ages 13–16 | Tues 6–7 PM
- **COST: M \$255 | NM \$510**

INTERMEDIATE

- Ages 9–12 | Thurs 5–6 PM
- Ages 13–16 | Thurs 6–7 PM
- **COST: M \$255 | NM \$510**

YOUTH SOCCER (HALE FAMILY YMCA)

Our youth soccer program provides a place for young players to learn the basics of soccer through games, activities, and drills! Our dedicated coaches aspire to help these players find a love for the game of soccer. .

- **PRACTICE:** Saturdays
 - AGES: 5–6 | 10:00 A
 - AGES: 7–8 | 9:00 A
 - AGES: 9–12 | 8:00 A
- **COST: M \$165 | NM \$330**

YOUTH WRESTLING (HALE FAMILY YMCA)

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

- Tuesdays, 6:00P | Ages 5–12
- **COST: M \$185 | NM \$370**

TAEKWON-DO | ALL LEVELS (EMILSON YMCA)

Taekwon-Do is a Korean martial art that builds strength, confidence, and discipline. Students learn self-defense techniques while improving focus, coordination, and respect. Taught by certified Black Belt instructors in a supportive environment.

- Tuesdays and Thursdays, 7–8 PM | Ages 11+
- **COST: M \$250 | NM \$500**

KARATE (HALE FAMILY YMCA)

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.

PEE WEE (30 MINUTES): AGES 5–7

- Saturday 9–9:30AM | **COST: M \$210 | NM \$420**

BEGINNER (45 MINUTES): AGES 8–12

- Saturday 9:35–10:20 AM | **COST: M \$250 | NM \$550**

INTERMEDIATE (45 MINUTES): AGES 10–18

- Saturday 10:25–11:10 AM | **COST: M \$250 | NM \$500**

INDIVIDUAL & SEMI-PRIVATE GOLF LESSONS

Improve your golf game or help a loved one perfect theirs with a pro golfer experience. Lessons provide the most efficient way to improve as a golfer.

PRIVATE SESSIONS

- Single Private 60 Minute Session | **M \$83 | NM \$166**
- 3 Private 60 Minute Sessions | **M \$235 | NM \$470**
- 6 Private of 60 Minute Sessions | **M \$432 | NM \$865**

DUET SESSIONS (2 PARTICIPANTS)

- Duet 60 Minute Session | **M \$46 | NM \$92**
- Duet 60 Minute Session | **M \$127 | NM \$ 254**

TRIO SESSIONS (3 PARTICIPANTS)

- 3 Trio 60 Minute Session | **M \$99 | NM \$198**

ADULT PICKLEBALL LESSON (HALE FAMILY YMCA)

Learn one of the fastest-growing sports in the country! In this beginner course, participants will learn the basics of pickleball, the proper technique and skills to play the games, as well as the rules. Ages 18+.

- **Saturday, 7:15–8:45AM**
- **COST: M \$300 | NM \$600**

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!

HALE FAMILY YMCA (QUINCY)

- Monday–Friday | 9 AM–12 PM
- Saturday | 1–4:30 PM

EMILSON YMCA (HANOVER)

- Monday, Wednesday, Friday | 8 AM–12 PM
- Thursday | 6–9 PM

SPORTS & RECREATION: BASKETBALL

Programs follow the 15-week session calendar unless otherwise noted. See page 22 for session dates and registration details.
Register online at ssymca.org/programs

YOUTH SKILLS & DRILLS (HANOVER & QUINCY)

Young players develop footwork, dribbling, passing, and shooting through engaging drills and games. Experienced instructors, with backgrounds in high school, college, and club basketball, break down skills and game scenarios to enhance learning and confidence on the court.

HALE FAMILY YMCA

- Ages 4-6: Saturday, 8 AM
- Ages 7-9: Saturday, 9 AM
- Ages 10-14: Saturday, 10 AM
- **COST: M \$255 | NM \$510**

EMILSON YMCA

- Ages 4-7: Saturday, 8 A
- Ages 8-12: Saturday, 9 A
- **COST: M \$255 | NM \$510**

SMALL GROUP BASKETBALL LESSONS (HALE FAMILY YMCA)

Young players will level up their game in fun, small-group sessions led by expert South Shore YMCA basketball coaches. Each 4-week series focuses on core skills, game fundamentals, and confidence on the court.

- **PRACTICE:** Wednesdays
 - 5 PM (Ages 6-8)
 - 6 PM (Ages 9-12)

For details and registration, visit ssymca.org/register.

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.

- **PRACTICE:** Thursday | 5 PM
- **AGE:** 8-12
- **COST: M \$255 | NM \$510**

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 \$31** | NM \$62
- Single 60 Minute Session: **M \$52** | NM \$104
- 3 Pack 30 Minute Sessions: **M \$83** | NM \$166
- 3 Pack of 60 Minute Sessions: **M \$140** | NM \$280

***CONTACT:** For scheduling and availability, contact Nick Bendixen, Hale Family YMCA, at nbendixen@ssymca.org or Stephanie Costa, Emilson YMCA, at scosta@ssymca.org



ARTS & EDUCATION AT LCA



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, providing a welcoming environment for all ages to discover the wonder of the arts. Programs follow the 15-week session calendar unless otherwise noted. See page 22 for session dates and registration details. Register at ssymca.org/programs.

YOUTH VISUAL ARTS AND CRAFTING

CRAFTING CUTIES: ADVENTURES IN ARTS & CRAFTS

Join us for variety of age-appropriate arts and crafts activities for children to improve fine motor skills, encourage creativity, and teach them to focus on completing tasks.

- **AGES 3-8** | Sunday, 10-10:50am
- **COST: M \$220 | NM \$440**

MINI MONETS

Get creative! Each week, kids will dive into hands-on art projects inspired by a different artist. They'll explore new techniques, express themselves, and have a blast—maybe even get a little messy! Sign up for one mini-session or join them all!

- **DAY:** Monday | 9:30-10:30 AM | 4-Week Mini Session
- **AGES:** 3-5
- **COST: M \$60 | NM \$120**

PETITE ARTISTS

Create, explore, and get inspired! Each week, young artists will discover a new artist and complete a fun, hands-on project. They'll experiment with different tools and techniques while building a unique portfolio. Sign up for one mini-session or join them all!

- **DAY:** Saturday | 9:00-9:50 AM | 4-Week Mini Session
- **AGES:** 6-10
- **COST: M \$60 | NM \$120**

FEATURED ARTISTS:

Session 1: September 7-October 4: Edmonia Lewis
Session 2: October 5-November 1: Vincent VanGough
Session 3: November 2 - November 29: Mary Blair
Session 4: November 30 - December 20: Roy Lichtenstein

SOUTH SHORE YMCA LAURA CENTER FOR THE ARTS PRESENTS: DISNEY'S DARE TO DREAM JR.

Join us for our Fall Musical! Learn vocal techniques and theatrical acting while bringing an exciting MTI (Music Theatre International) production to life. Over several weeks, participants will build confidence, perfect their performance, and take the stage in a final show for family and friends.

- **AUDITIONS:** September 2025. All participants will be assigned to the ensemble upon registration. Audition information will be emailed once registration is complete.
- **REHEARSALS:** Wednesdays | 4:30-6:00 PM, starting September 10 (Subject to change)
- **AGES:** 6-12
- **COST: M \$300 | NM \$400**
- Parent volunteers are welcome. Contact mmaggio@ssymca.org to get involved

YOUTH MUSIC & DANCE CLASSES

TODDLER & TIP TOE

This parent-child class introduces dance and rhythm fundamentals through guided interactive activities and creative movements.

- **DAY:** Tuesday or Thursday | 9-9:45 AM
- **AGES:** 1-3
- **COST: M \$220 | NM \$400**

MOVEMENT EXPLORERS

This fun and energetic class introduces basic ballet, stretching, and musicality through different activities, across-the-floor routines, and structured dance practice.

- **DAY:** Saturday | 9-9:50 AM
- **AGES:** 3-6
- **COST: M \$220 | NM \$440**

MINI MOVERS

A fun and energetic class that will introduce basic ballet and jazz, stretching, and musicality through different movement activities, across-the-floor routines, choreography, and structured dance practice.

- **DAY:** Saturday | 11-11:50 AM
- **AGES:** 7-10
- **COST: M \$200 | NM \$400**

SHOWSTOPPERS

A fun and energetic class that will introduce the basics of theater through different vocal exercises, movement activities, music, technical experience, and playwriting.

- **DAY:** Wednesday | 4-4:50 PM
- **AGES:** 10-13
- **COST: M \$220 | NM \$440**

RISING STARS

An intermediate-level acting class for those rising stars who wish to explore monologues, scene work, dialects, and more!

- **DAY:** Wednesday | 5-5:50 PM
- **AGES:** 14-17
- **COST: M \$220 | NM \$440**

MUSICAL THEATER DANCE

Love to perform? Dream of Broadway? This beginner class introduces essential dance techniques for theater performers, focusing on movement, exercises, and choreography set to some of Broadway's most iconic songs.

- **DAY:** Monday | 4 - 4:50 PM
- **AGES:** 9-14
- **COST: M \$220 | NM \$440**

ENRICHMENT & EDUCATION

TABLETOP LAB

Come and join us weekly as we enter the world of tabletop roll play games! Whether you love teamwork or competition, you'll explore a variety of board games across styles and genres in a fun, hands-on gaming experience.

- **DAY:** Saturday 10–11 A
- **AGES:** 10+
- **COST:** M \$165 | NM \$330
- **DROP-IN RATE:** M \$20/ class | NM \$40/ class

ESPORTS

Join the action in our South Shore YMCA E-Sports League! Team up, level up, and build your skills in the fast-paced world of online gaming. All skill levels welcome—bring your game! Participants are welcome to bring their own gaming consoles if they have them.

- **DAY:** Saturday 11 A – 12 P
- **AGES:** 10+
- **COST:** M \$165 | NM \$330

MATH TUTORING

Build confidence and skills in math with personalized support for all levels. Tutoring is available for middle and high school math, as well as SAT, ACT, and MCAS prep.

- **DAY:** Monday 4 – 5 P
- **AGES:** 10 – 15
- **COST:** M \$165 | NM \$330
- **DROP-IN RATE:** M \$20/ class | NM \$40/ class

ADULT DANCE CLASSES

ADULT BEGINNER JAZZ

This beginner class introduces basic jazz, stretching, and musicality through different movement activities, across-the-floor routines, choreography, and structured dance practice.

- **DAY:** Mondays 6–6:50 P
- **AGES:** 18+
- **COST:** M \$165 | NM \$330

ADULT INTERMEDIATE JAZZ

Suitable for intermediate levels, this class will focus on various stretching exercises and floor routines to promote increased skill and readiness for dance routines.

- **DAY:** Mondays 7–7:50 P
- **AGES:** 18+
- **COST:** M \$165 | NM \$330

CONTACT US

For details on Arts & Education programs or facility rentals at the Laura's Center for the Arts, contact Matt Maggio, Arts & Education Coordinator, at mmaggio@ssymca.org

SOUTH SHORE YMCA PRESENTS

LIVE SHOWS

@ LAURA'S CENTER FOR THE ARTS!

97 Mill St, Hanover, MA 02339 | Emilson Y Campus

FALL 2025 SHOWS

**WHISKEY HORSE:
COUNTRY HIGHLIGHTS**
SEPT 20, 2025 | 6:00PM SHOWTIME

**E STREET SHUFFLE: A TRIBUTE
TO BRUCE SPRINGSTEEN**
OCT. 17, 2025 | 7:00PM SHOW

DIVAS WITH A TWIST
NOV. 8, 2025 | 7:00PM SHOW



ssymca.org/liveshows

PROGRAM REGISTRATION & POLICIES

FALL 2025 SESSION DATES: September 7 – December 20

- **MEMBER** Registration begins on Monday, August 4, 2025, at 8:30 AM
- **NON-MEMBER** Registration begins on Monday, August 11, 2025, at 8:30 AM

HOLIDAYS AND NON PROGRAM DAYS

X	Fall Session: September 7 – December 20
X	Holiday Hours: No calendar based programs
X	Regular Hours: No calendar based programs
X	Branches 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 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 and select the Register button. Before you register, you'll be prompted to create or log in to a SSYMCA online account.

IN-PERSON REGISTRATION

To register in person, please visit the Emilson YMCA or Hale Family YMCA Welcome Center. Registration for South Shore YMCA Members and the public begins at 8:30AM on the registration start date. Please be sure to set up an SSYMCA online account before registration. Visit ssymca.org and click the LOGIN link at the top of the page.

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). 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.

SEPTEMBER						
S	M	T	W	R	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				

OCTOBER						
S	M	T	W	R	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	

NOVEMBER						
S	M	T	W	R	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						

DECEMBER						
S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	23	24	25	26	27	28
29	30	31				

PROGRAM REGISTRATION & POLICIES CONT.

MEMBER RATES

PARENT/CHILD SWIM LESSONS ARE FREE FOR SOUTH SHORE YMCA 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 South Shore YMCA membership.

Prices in this guide are subject to change. Visit 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.

CANCELED 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 canceled 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.

PERSONAL TRAINING POLICIES

- Personal training sessions expire 12 months from the date of purchase.
- No refunds are available for unused personal training sessions.
- Trainers may be reassigned based on availability.
- Cancellations made with less than 24 hours' notice may incur a session fee at the discretion of the Director.

By purchasing a package of personal training sessions, you acknowledge and agree to these terms.

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.

CREDITS & REFUNDS

If notification of withdrawal is received within 5 days' notice prior to the first class there will be a full credit placed on the account. 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.

CHILD SUPERVISION

Children under the age of 12 must be accompanied by an adult while in the facility.

INCLEMENT WEATHER

Only in the event of inclement weather will facility closings and/or program cancellations be communicated on ssymca.org, by email, social media, and with notifications on our mobile app. You may also call your program location for updates.



SOUTH SHORE YMCA
ssymca.org/join



JOIN FOR THE JOY OF IT!



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
and Outdoor Retreats 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 NATURE CENTER
781-659-2559
48 Jacobs Lane, Norwell, MA 02061



SOUTH SHORE YMCA | [SSYMCA.ORG/PROGRAMS](https://ssymca.org/programs)