

# SOUTH SHORE YMCA PROGRAM GUIDE



WINTER 2026 | JANUARY 3 – MARCH 30

DISCOVER  
WINTER  
FUN!



REGISTER NOW

## REGISTER

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

MEMBER REGISTRATION: DECEMBER 1, 2025

NON-MEMBER REGISTRATION: DECEMBER 8, 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

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JANUARY 3 - MARCH 28, 2026

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

- MEMBER REGISTRATION: DECEMBER 1, 2025 8:30 AM
- NON-MEMBER REGISTRATION: DECEMBER 8, 2025 , 8:30 AM

# SWIM LESSONS & TRAINING



The Y is "America's Swim Instructor" and, at the South Shore YMCA, swim lessons are available for all ages and abilities, helping children and adults build skills, confidence, and a lifelong love of swimming safely. See page 22 for registration dates and details.

## SWIMSTARTERS: PARENT/CHILD (4MO-3YRS)

Accompanied by a parent, infants and toddlers in parent/child swim lessons learn to be comfortable in the water and develop swim readiness skills. These 30-minute lessons are held once a week.

Parent/child swim classes are free for Y family members.



**STAGE A:** Parents learn to safely guide their child in the water through basic skills like floating, gliding, submerging, and blowing bubbles.



**STAGE B:** Builds comfort and confidence in the water while reinforcing basic safety and movement skills through fun, parent-led activities.



**STAGE C:** For children preparing to transition from parent to instructor, introduces Preschool-level skills with one-on-one parent support.

### EMILSON YMCA | WINTER 2026 SCHEDULE

<b>STAGE A</b>	Mon. 4:00 PM • Wed. 4 PM • Fri. 8:30 AM Sat. 8:30 AM, 10:15 AM • Sun. 8:30 AM, 10:15 AM
<b>STAGE B</b>	Mon. 4:35 PM • Wed. 4:35 PM, 5:45 PM • Fri. 9:05, 9:10 AM Sat. 9:05 AM, 10:50 AM • Sun. 8:30 AM, 9:05 AM, 10:50 AM
<b>STAGE C</b>	Mon. 5:10 PM • Wed. 5:10 PM, 6:20 PM Fri. 9:40 AM Sat. 9:05 AM, 9:40 AM, 11:25 AM • Sun. 9:05 AM, 9:40 AM, 11:25 AM

### HALE FAMILY YMCA | WINTER 2026 SCHEDULE

<b>STAGE A</b>	Mon. 4:00 PM • Tues. 4 PM • Wed. 4 PM • Thurs. 4:00 PM Fri. 4:00 PM • Sat. 10:10 AM, 11:30 AM • Sun. 10:10 AM, 11:30 AM
<b>STAGE B</b>	Mon. 4:35 PM • Tues. 4:35 PM • Wed. 4:35 PM • Thurs. 4:35 PM Fri. 4:35 PM • Sat. 9:35 AM, 11:30 AM • Sun. 9:35 AM, 11:30 AM
<b>STAGE C</b>	Mon. 5:10 PM • Tues. 5:10 PM • Wed. 5:10 PM • Thurs. 5:10 PM Fri. 5:10 PM • Sat. 9:00 AM, 10:45 AM • Sun. 9:00 AM, 10:45 AM

COST: M FREE! | NM \$330 (Mon) | NM \$363 (Tu-Fr, Su) | NM \$396 (Sa)



## SWIM & SAVE!

South Shore Y  
members enjoy  
**50% off** swim lessons  
& **FREE** Parent-Child  
Swim Lessons.

## SWIM BASICS: PRESCHOOL (3-5 YRS)

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. These 30-minute lessons are held once a week.



**STAGE 1:** Introduces water safety, floating, gliding, submerging, and blowing bubbles.



**STAGE 2:** Builds independence with floating, gliding, kicking, and rolling from front to back.



**STAGE 3:** Improves coordination and breathing with front and back glides, kicks, and treading water.



**STAGE 4:** Develops endurance and introduces front crawl, back crawl, and elementary backstroke.

### EMILSON YMCA | WINTER 2026 SCHEDULE

<b>PS1</b>	Mon. 8:30 AM, 10:20 AM • Tues. 10:20 AM, 4 PM, 6:20 PM Wed. 4 PM • Thurs. 4 PM, 6:20 PM • Fri. 10:15 AM Sat. 8:30 AM • Sun. 8:30 AM, 10:50 AM
<b>PS2</b>	Mon. 9:10 AM • Tues. 8:30 AM, 9:45 AM, 4:35 PM, 5:10 PM, 6:55 PM Wed. 4 PM, 4:35 PM, 5:10 PM 5:45 PM, 6:20 PM • Thurs. 4:35 PM, 5:45 PM Sat. 9:05 AM, 10:15 AM, 10:50 AM • Sun. 9:05 AM, 11:25 AM
<b>PS3</b>	Mon. 9:45 AM, 4:35 PM, 6:20 PM • Tues. 9:10 AM, 5:10 PM, 6:20 PM • Wed. 4:35 PM, 5:10 PM, 5:45 PM, 6:20 PM Thurs. 4:35 PM, 5:10 PM, 5:45 PM • Sat. 9:40 AM, 11:25 AM Sun. 8:30 AM, 9:05 AM, 9:40 AM, 10:50 AM
<b>PS4</b>	Mon. 5:10 PM • Tues. 5:45 PM • Wed. 6:55 PM • Sat. 10:15 AM, 10:50 AM Sun. 10:15 AM, 11:25 AM

### HALE FAMILY YMCA | WINTER 2026 SCHEDULE

<b>PS1</b>	Mon. 4 PM • Tues. 4 PM • Wed. 4 PM • Thurs. 4:00 PM Fri. 4 PM • Sat. 9:35 AM, 10:10 AM • Sun. 9:35 AM, 10:10 AM
<b>PS2</b>	Mon. 4:35 PM • Tues. 4:35 PM • Wed. 4:35 PM • Thurs. 4:35 PM Fri. 4:35 PM • Sat. 9:00 AM, 10:45 AM • Sun. 9:00 AM, 10:45 AM
<b>PS3</b>	Mon. 5:10 PM • Tues. 5:10 PM • Wed. 5:10 PM • Thurs. 5:10 PM Fri. 5:10 PM • Sat. 9:35 AM, 11:30 AM • Sun. 9:35 AM, 11:30 AM
<b>PS4</b>	Mon. 5:45 PM • Tues. 5:45 PM • Wed. 5:45 PM • Thurs. 5:45 PM Fri. 5:45 PM • Sat. 9:00 AM, 10:45 AM • Sun. 9:00 AM, 10:45 AM

COST: M \$165 (Mon), \$181.50 (Tu-Fr, Su), \$198 (Sa)  
NM \$330 (Mon), \$363 (Tu-Fr, Su), \$396 (Sa)

## SWIM EVALUATIONS

Not sure which level is the best fit for your swimmer? Free swim evaluations are available! Drop in at the Emilson YMCA on Saturdays between 12:15-12:45 PM, or speak with a supervisor at the Hale Family YMCA for information on drop-in evaluations.

Contact the Welcome Center for more details.

## SWIM BASICS: YOUTH (6-12 YRS)

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. These 30-minute lessons are held once a week.



**STAGE 1:** Focuses on water safety and comfort, introducing floating, gliding, and submerging.



**STAGE 2:** Builds confidence and independent swimming with a focus on basic aquatic safety.



**STAGE 3:** Expands distance and endurance with front/back swims, swim-float-swim & treading water.

### EMILSON YMCA | WINTER 2026 SCHEDULE

<b>YS1</b>	Mon. 4 PM • Sat. 8:30 AM • Sun. 8:30 AM
<b>YS2</b>	Mon. 4:35 PM, 5:45 PM, 6:55 PM • Tues. 4:35 PM • Wed. 4:35 PM Thurs. 4:35 PM • Fri. 4:35 PM • Sat. 9:05 AM Sun. 9:05 AM, 9:40 AM, 10:50 AM
<b>YS3</b>	Mon. 5:10 PM, Mon. 6:20 PM • Tues. 5:10 PM, 5:45 PM • Wed. 5:10 PM Thurs. 5:10 PM • Fri. 5:10 PM • Sat. 9:40 AM • Sun. 9:40 AM

### HALE FAMILY YMCA | WINTER 2026 SCHEDULE

<b>YS1</b>	Mon. 4 PM • Tues. 4 PM • Wed. 4 PM • Thurs. 4 PM Sat. 9:35 AM, 10:10 AM • Sun. 9:35 AM, 10:10 AM
<b>YS2</b>	Mon. 4 PM • Tues. 4 PM • Wed. 4 PM • Thurs. 4 PM Sat. 9:35 AM, 10:10 AM • Sun. 9:35 AM, 10:10 AM
<b>YS3</b>	Mon. 5:10 PM • Tues. 5:10 PM • Wed. 5:10 PM • Thurs. 5:10 PM Sat. 9:35 AM, 11:30 AM • Sun. 9:35 AM, 11:30 AM

COST: M \$175 (Mon), \$192.50 (Tu-Fr, Su), \$210 (Sa)  
NM \$350 (Mon), \$385 (Tu-Fr, Su), \$396 (Sa)

## SWIM STROKES: YOUTH (6-14 YRS)

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. Lessons are held once a week. Stage 4 lessons are 30 minutes; Stages 5 and 6 are 45 minutes.



**STAGE 4:** Introduces front and back crawl, breaststroke and butterfly kicks with a focus on endurance.



**STAGE 5:** Refines technique for all major strokes. Emphasizes safety through treading and sidestroke.



**STAGE 6:** Enhances stroke efficiency, introduces competitive swim skills and lifelong fitness.

### EMILSON YMCA | WINTER 2026 SCHEDULE

<b>YS4</b>	Mon. 5:45 PM, 6:55 PM • Tues. 5:45 PM • Wed. 5:45 PM • Thurs. 6:55 PM Fri. 4 PM, 5:45 PM • Sat. 10:15 AM, 11:25 AM • Sun. 10:15 AM, 11:25 AM
<b>YS5</b>	Tues. 6:20 PM • Wed. 6:20 PM, 7:05 PM • Thurs. 6:20 PM • Fri. 4:35 PM Sat. 10:50 AM • Sun. 10:50 AM
<b>YS6</b>	Tues. 6:55 PM • Wed. 6:55 PM • Thurs. 6:55 PM • Fri. 5:20 PM Sat. 11:35 AM • Sun. 11:35 AM

### HALE FAMILY YMCA | WINTER 2026 SCHEDULE

<b>YS4</b>	Mon. 5:45 PM • Tues. 5:45 PM • Wed. 5:45 PM • Thurs. 5:45 PM Sat. 9:00 AM, 10:45 AM • Sun. 9:00 AM, 10:45 AM
<b>YS5</b>	Mon. 6:20 PM • Wed. 6:20 PM • Sat. 10:50 AM • Sun. 10:50 AM
<b>YS6</b>	Mon. 6:55 PM • Wed. 6:55 PM • Sat. 11:25 AM • Sun. 11:25 AM

COST: M \$175 (Mon), \$192.50 (Tu-Fr, Su), \$210 (Sa)  
NM \$350 (Mon), \$385 (Tu-Fr, Su), \$396 (Sa)

## SWIM SQUAD: COMPETITIVE INTRO (10-14 YRS)

Swim Squad helps swimmers build strength, endurance, and technique through drills, lap swimming, and on-deck coaching, while introducing them to a competitive swim team environment.

### Emilson YMCA

- Mon. 6:20 PM, Wed. 6:55 PM, Fri. 5:45 PM
- COST: M \$175 (Mon) | \$192.50 (Wed, Fri)  
NM \$350 (Mon) | \$385 (Wed, Fri)

### Hale Family YMCA

- Sat & Sun, 9:05 AM
- COST: M \$294 | NM \$ 588

## MASTERS TEAM COMPETITIVE SWIM (EMILSON)

The Masters Competitive Swim program helps adult swimmers of all levels improve technique, endurance, and overall fitness through structured, coach-led workouts.

Open to ages 18 and older. For more information or to register, contact Tripp Kelly, Emilson YMCA Aquatics Director, at [pkelly@ssymca.org](mailto:pkelly@ssymca.org).

## PRIVATE LESSONS: AGE 3-ADULT

Learn to swim in a small group or on your own with private or semi-private lessons.

- Private: \$42 per lesson
- Semi-Private: \$32 per lesson/per member (\$64 total)

## TEEN & ADULT SWIM LESSONS

It's never too late to learn to swim or improve technique. The Y offers teen and adult lessons for all ages and levels.

### Emilson YMCA

- Beginner: Tues. 7:30 PM • Sun. 7:40 AM
- Intermediate: Thurs. 7:30 PM
- COST: M \$175 (Mon) | \$192.50 (Tu-Fr, Su) | \$210 (Sa)  
NM \$350 (Mon) | \$385 (Tu-Fr, Su) | \$396 (Sa)

### Hale Family YMCA

- Beginner: Mon.-Fri. 7:30 PM
- Intermediate: Mon.-Fri. 7:45 PM
- COST: M \$175 (Mon) | \$192.50 (Tu-Fr, Su) | \$210 (Sa)  
NM \$350 (Mon) | \$385 (Tu-Fr, Su) | \$396 (Sa)

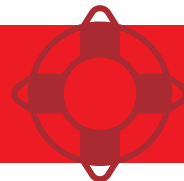
## COMPETITIVE SWIMMING: STRYPERS SWIM TEAM

The South Shore YMCA Strypers are a year-round competitive swim team offering professional coaching and technique instruction for youth of all ages and abilities. Swimmers build skills, confidence, and character in a supportive team environment.

Open to ages 7-18. Contact Head Coach Andy Noble at [strypers@ssymca.org](mailto:strypers@ssymca.org) for more information.

Lessons follow the standard session calendar unless noted.  
Visit [ssymca.org/register](http://ssymca.org/register) for current schedules.  
See page 22 for registration details.

# AMERICAN RED CROSS TRAINING



The South Shore YMCA is an award-winning provider of American Red Cross courses, and is one of the largest American Red Cross training providers in New England. For current course offerings and registration, visit [ssymca.org/redcross](https://ssymca.org/redcross).

## LIFEGUARDING CERTIFICATION\*

Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid | 2-year certification

The purpose of the American Red Cross Lifeguarding course is to provide participants with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in both shallow water (less than 7 feet) and deeper water (7 feet or more), and provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) professionals take over.

## BASIC LIFE SUPPORT (BLS)\*

2-year certification

The American Red Cross Basic Life Support (BLS) course is designed to train healthcare professionals including nurses, physicians, EMS professionals, and other healthcare and public safety personnel to respond to breathing and cardiac emergencies in adults, children and infants.

Note: This course is designed for healthcare professionals or students entering the field.

## LIFEGUARDING INSTRUCTOR (LGI)\*

2-year certification

The purpose of the American Red Cross Lifeguarding Instructor course is to train instructor candidates to teach the base-level courses and modules in the American Red Cross Lifeguarding program.

## CPR & FIRST AID TRAINING

Adult and Pediatric First Aid/CPR/AED | 2-year certification

The American Red Cross First Aid/CPR/AED program is designed to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person when minutes matter and to decide whether advanced medical care is needed.



## WATER SAFETY INSTRUCTOR® (WSITM)\*

2-year certification

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations.

\*Courses with an asterisk are taught in a blended learning format and consist of an online session followed by an in-person session. Successful completion of the online session is required to participate in the in-person session.

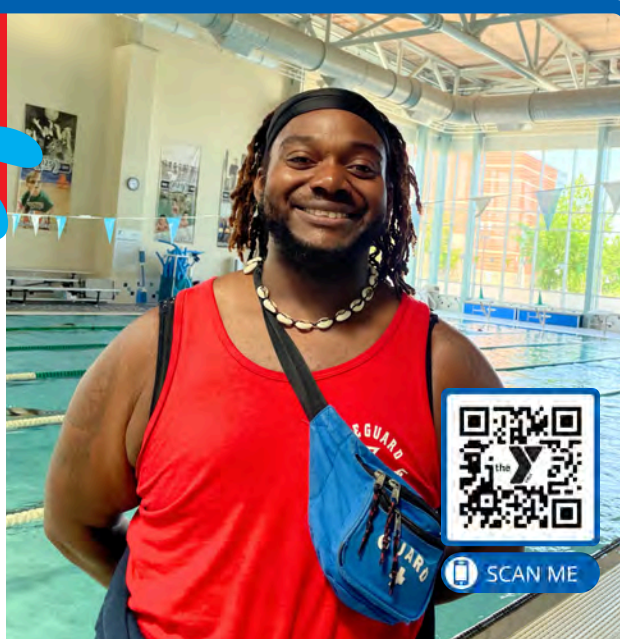
To learn more about our American Red Cross program offerings and course prerequisites, visit [ssymca.org/redcross](https://ssymca.org/redcross) or contact Mary Beth Hynes at [mhynes@ssymca.org](mailto:mhynes@ssymca.org).

## MAKE A SPLASH! BECOME A LIFEGUARD AT THE Y

Love to swim and want a rewarding job that makes a difference? **Become a lifeguard at the South Shore YMCA!** Enjoy competitive pay (starting at \$20 an hour), flexible shifts, and strong leadership support while keeping our community safe.

- **Already certified?** Visit [ssymca.org/jobs](https://ssymca.org/jobs) to apply today.
- **Not certified yet? We'll help you get started!** Register for an American Red Cross Lifeguard Course at the Emilson YMCA or Hale Family YMCA, then contact with our Aquatics Team to review course reimbursement and open positions.

**[SSYMCA.ORG/LIFEGUARDS](https://ssymca.org/lifeguards)**





Programs follow the standard session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at [ssymca.org/programs](https://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.

- Monday 3:15-4P & 4-4:45P, **M \$160** | NM \$280
- Wednesday 3:15-4P & 4-4:45P, **M \$176** | NM \$308
- Friday 4-4:45P, **M \$176** | NM \$308
- Saturday 9-9:45A, **M \$192** | NM \$336

### 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 \$242** | NM \$424
- Friday 5 - 6 P, **M \$242** | NM \$424
- Saturday 10 - 11 A, **M \$264** | NM \$462

### 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 \$220** | NM \$385
- Friday 5 - 6 P, **M \$242** | NM \$424
- Saturday 11 A - 12 P, **M \$264** | NM \$462

**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 \$220** | NM \$385
- Friday 5 - 6 P, **M \$242** | NM \$424
- Saturday 12 - 1 P, **M \$264** | NM \$462

### 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 \$242** | NM \$424
- Thursday 4 - 5 P, **M \$242** | NM \$424
- Saturday 11 A - 12 P, **M \$264** | NM \$462

**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 \$363** | NM \$636
- Saturday 12 - 1:30 P, **M \$396** | NM \$693

### 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 \$363** | NM \$636
- Tues & Thurs 5 - 6:30 P, **M \$660** | NM \$1,155
- Thurs 5 - 6:30 P, **M \$363** | NM \$636
- Sat 1:30 - 3 P, **M \$396** | NM \$693

#### PDV2 Clinic 2

- Tues 3:30-5:30P, **M \$484** | NM \$847
- Tues & Thurs 3:30 - 5:30P, **M \$880** | NM \$1,540
- Thurs 3:30 - 5:30P, **M \$484** | NM \$847
- Sat 1:30 - 3:30 P, **M \$528** | NM \$924

### 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.

- Wednesday 3:30-5P, **M \$363** | NM \$636

### FEBRUARY VACATION TENNIS PROGRAM (AGES 5-14)

Join us during school vacation week for action-packed tennis fun! Build your skills, make new friends, and enjoy time on the court. Register for the full session or drop in for a single day of play!

- Mon Feb. 16 - Thurs Feb. 19, 10AM - 1PM
- COST: M \$66/day** | NM \$116/day



## CONTACT US

Tennis Programs: Sebastian Quintero, [squintero@ssymca.org](mailto:squintero@ssymca.org)  
Contract Tennis: Maureen Ahl, [mahl@ssymca.org](mailto:mahl@ssymca.org)  
League Play: Elaine Nolan, [enolan@ssymca.org](mailto:enolan@ssymca.org)

[SSYMCA.ORG/TENNIS](https://ssymca.org/tennis)

## 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 \$220** | NM \$385
- Level 1 Tuesday 12 – 1 P, **M \$242** | NM \$424
- Level 1 Saturday 8:30 – 9:30 A, **M \$264** | NM \$462
- Level 2 Mon 7 – 8 P, **M \$220** | NM \$385
- Level 2 Sat 11 A – 12 P, **M \$264** | NM \$462

### 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 \$330** | NM \$576
- Thursday 9:00 – 10:30A, **M \$363** | NM \$636
- Saturday 9:30 – 11:00A, **M \$396** | NM \$693

#### LEVEL ADVANCED NTRP 3.5 +

- Wednesday 5 – 6:30P, **M \$363** | NM \$636
- Thursday 12 – 1:30P, **M \$363** | NM \$636
- **NTRP 4.0+** Monday 8 – 9:30P, **M \$330** | NM \$576

### 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 \$363** | NM \$636
- Advanced Tues 10:30A-12:00P, **M \$363** | NM \$636

### 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 \$176** | NM \$308
- Men's Singles NTRP 3.5-4.5 Sun 4-5:30P, **M \$192** | NM \$336
- Men's Doubles NTRP 3.5-4.5 Sun 8:30-10A, **M \$192** | NM \$336

## 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 \$242** | NM \$424

### FREE WEEKEND DROP IN!

Grab your racket and join us on the clay courts for FREE drop in play every Saturday and Sunday from 6-7:45 PM! No reservation required. Free for South Shore Y Members.



## 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

### NEW! ADAPTIVE PICKLEBALL

Inspired by the Lob-Stars Tennis Team, this class introduces players of all abilities to pickleball in a supportive, inclusive environment. Stay active, build skills, and be part of the growing Lob-Stars community!

- All Levels | Mon 3 -4 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 & ADVANCE CLASS

Learn how to play this immensely popular game. We'll provide paddles if needed. Clinic runs monthly (5 weeks).

- Tuesday 12 –1P, **M \$80** | NM \$140
- Tuesdays 5:30–6:30P, **M \$80** | NM \$140
- Contact Maureen Ahl at [mahl@ssymca.org](mailto: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 (5 weeks).

- Mondays 4–5:30P, **M \$120** | NM \$120
- Contact Maureen Ahl at [mahl@ssymca.org](mailto: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](http://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 \$160** | NM \$280
  - Thursdays 1:30 – 3:30P, **M \$176** | NM \$308

## OPEN PICKLEBALL DROP IN

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

## GYMNASIUM:

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

## WEEKEND DROP IN – TENNIS COURTS

- Saturdays and Sundays, 6–7:45P

# FREE PICKLEBALL DROP-IN IN THE GYM!



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

# NATURE-BASED PROGRAMS



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)

## 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.

- Fridays, 10:15-11A | Jan 9-Mar 27
- Open to children 2 – 6 years old, with a caregiver
- **COST: M: \$195 | \$250**

## FOREST FRIENDS NATURE 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 nature! Winter sessions are indoors.

- Tuesdays 9:30 –10:30 AM | Jan 6-Mar 31
- Open to children ages 18 months-5 years with a caregiver
- **COST: M: \$185 | NM \$245**

## NEW! LITTLE SPROUT ART

Each week, we'll dive into a fun and creative art project inspired by the natural world. From painting and collage to sculpture and printmaking, little artists will explore new materials and techniques in a playful, welcoming environment. Perfect for curious kids and their caregivers who love to make and play. This program will take place indoors.

- Fridays 9:15-10A | Jan 9-Mar 27
- Open to children ages 2-6 with a caregiver
- **COST: M \$195 | NM \$250**

## AFTERSCHOOL NATURE CREW

Join us for nature-based fun in an informal afterschool setting! We'll play games, design eco-art projects, and explore how nature works through fun STEAM experiments and engineering challenges. Led by experienced Environmental Educators, this program encourages discovery through play, exploration, and hands-on activities. This session will meet primarily indoors.

- Wednesdays, 3:45 – 5:15 PM | Jan 7-Mar 25
- Grades K-5
- **COST: M: \$205 | \$260**

## 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](mailto: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](mailto:apagnozzi@ssymca.org) to book.

## NATURE CENTER STORYTIME

Bring your young explorer to meet our animal ambassadors and enjoy storytime with an Environmental Educator.

- Open to children ages 0-6 with a caregiver  
\*Must register each child attending
- View dates, rates, and register at [ssymcanaturecenter.org/events](https://ssymcanaturecenter.org/events)



## DROP-IN VOLUNTEER TIME AT THE FAMILY FARM

SATURDAYS, 10AM-NOON  
ALL AGES WELCOME

1075 Washington St, Hanover  
Behind SSYMCA Early Learning Center



**SSYMCA.ORG/FAMILYFARM**

## 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](mailto:skugel@ssymca.org)

# SCHOOL-AGE CHILDCARE



## 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 2026-2026 SCHOOL YEAR

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

**QUESTIONS?** Contact Samantha Blumberg-McSweeney, [smcsweeney@ssymca.org](mailto:smcsweeney@ssymca.org) (Hanover) or Ervica Fanfan, [efanfan@ssymca.org](mailto: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
- **Holiday Break Program** | Dec 23, 2025 - Jan 2, 2026\*\*, 8A-5P  
\*12/24 close at 12P and 12/31 close at 3P  
\*No Program 12/25/2025 or 1/1/2026
- **February Vacation Program** | February 16-20, 8AM-5PM  
Registration opens early January

**QUESTIONS?** Contact Samantha Blumberg-McSweeney, [smcsweeney@ssymca.org](mailto:smcsweeney@ssymca.org) (Hanover) or Ervica Fanfan, [efanfan@ssymca.org](mailto: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 CERTIFIED TEACHERS, ASSISTANT  
TEACHERS, BEFORE & AFTER SCHOOL STAFF**

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

# GYMNASTICS & TUMBLING



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.

**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 and 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 3:30-4:15 P, 4:15-5PM
- 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
- 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 1:20 -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](mailto: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

## 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

## ADULT DROP IN WORKOUT: 18+

Open workout space for adult gymnasts to work on skills while getting in shape. Some gymnastics experience required. Participants are required to have a waiver on file with the gym.

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

## DROP-IN FRIDAY PLAY: AGES 1-4

**1 Hour | M \$15 | NM \$20**

Bring your little ones for a fun, free-play adventure in our Gymnastics Training Center every Friday! Open to children ages 1-4 with a caregiver, explore the gym, climb, tumble, jump, and explore!

## BIRTHDAY PARTIES

Make your child's special day unforgettable with a high-energy gymnastics birthday party at the South Shore YMCA! Email Kara Protulis at [kprotulis@ssymca.org](mailto:kprotulis@ssymca.org) for details & available dates.



# NEW!

Gymnastics Center at the  
Hale Family YMCA  
opening in 2026

SEE BACK COVER FOR MORE INFO

# HEALTH & WELLNESS



Programs follow the standard session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at [ssymca.org/programs](https://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 \$176 | NM \$352

## 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:** Jan 6– Feb 24 (8 weeks)
  - **COST:** M \$158 | NM \$300
- **MINI-SESSION 2:** Mar 3–24 (4 weeks)
  - **COST:** M \$79 | NM \$158

## 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:** Jan 6–Feb 24 (8 weeks)
  - **COST:** M \$158 | NM \$316
  - Class will run during vacation week
- **MINI-SESSION 2:** Mar 3–24 (4 weeks)
  - **COST:** M \$79 | NM \$158

## BALANCED FOR LIFE (EMILSON YMCA)

This small-group training helps 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)
- **SESSION:** Jan 6–24 (8 weeks)
- **COST:** M \$256 | NM \$512

## NEW! COACH & CONDITION (HALE FAMILY YMCA)

Get ready to unlock a stronger, healthier you! This 3-month program gives you the tools and support to transform your body, mind, and lifestyle. Each week includes strength training, healthy eating guidance, and opportunities to track your progress. Open to all fitness levels, with exercises that can be modified to meet your needs. Weekly weigh-ins and coach check-ins are included.

- **DAY:** Mon, Tues & Fri | 6:30–7:30 AM
- **COST:** M \$360 | NM \$430

## LEAN INTO STRENGTH (EMILSON YMCA)

This program helps participants build strength, lose fat, and gain confidence through weekly group training and EGYM workouts. Perfect for beginners, those returning to fitness, or individuals using GLP-1 medication. An InBody assessment is recommended to track progress.

- **DAYS:** Tuesday | 6:30 PM
- **COST:** M \$237 | NM \$474

## NEW! TRANSFORMATIONAL MEDITATION (EMILSON)

Discover inner stillness and expand your consciousness through guided transformational meditation. This class invites participants to cultivate awareness, release limiting thoughts, and experience the power of becoming fully present and connected.

- **DAY:** Tuesday 12:30
- **SESSION 1:** Jan 6–Feb 24 (8 weeks)
  - **COST:** M \$158 | NM \$316
- **SESSION 2:** Mar 3–24 (4 weeks)
  - **COST:** M \$79 | NM \$158

## 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
<b>30-MINUTES</b> <ul style="list-style-type: none"><li>• 1 session \$38</li><li>• 3 sessions \$107</li><li>• 6 sessions \$201</li><li>• 12 sessions \$366</li></ul>	<b>30-MINUTES</b> <ul style="list-style-type: none"><li>• 1 session \$20.50 / member</li><li>• 3 sessions \$58 / member</li><li>• 6 sessions \$110 / member</li><li>• 12 sessions \$194 / member</li></ul>
<b>60-MINUTES</b> <ul style="list-style-type: none"><li>• 1 Session \$ 69</li><li>• 3 sessions \$195</li><li>• 6 sessions \$366</li><li>• 12 sessions \$684</li></ul>	<b>60-MINUTES</b> <ul style="list-style-type: none"><li>• 1 Session \$40 / member</li><li>• 3 sessions \$111 / member</li><li>• 6 sessions \$207 / member</li><li>• 12 sessions \$387 / member</li></ul>

### CONTACT

For more information on Personal Training, contact Stephanie Costa (Emilson YMCA, [scosta@ssymca.org](mailto:scosta@ssymca.org)), or Katie Veazie (Hale Family YMCA, [kveazie@ssymca.org](mailto:kveazie@ssymca.org)).

# PILATES @ EMILSON YMCA

## REFORMER CLASSES

### 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 – \$196 (Members only)

Pre-registration is required. View more session times online and save your spot at [ssymca.org/schedules](https://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: \$214
- 6 Sessions: \$402
- 12 Sessions: \$752

#### DUET SESSIONS | 60 MINUTES

- 6 Sessions: \$233
- 12 Sessions: \$428

#### TRIO SESSIONS | 60 MINUTES

- 6 Sessions: \$183
- 12 Sessions: \$351

**INTRO PACKAGE | \$101:** Stretch your interests and attend with three trio or drop-in classes!



**GIVE THE GIFT OF THE YEAR THIS SEASON**

**SOUTH SHORE Y GIFT CARDS CAN BE USED ON PROGRAMS & TRAINING PACKAGES!**

Visit the Welcome Center for details

# MEDICAL WELLNESS



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

To help individuals transition from medical treatment to lasting wellness, the South Shore YMCA's Prescribe the Y program offers workshops, education, support networks, and exercise programs that bridge the gap between clinical care and community support. Backed by evidence-based practices and the encouragement of our community, participants gain the tools and confidence to take charge of their health and maintain long-term wellbeing.

### **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.

SSYMCA membership is required. Sessions are available by appointment only.

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

## **STAYSTRONG CANCER SUPPORT PROGRAM**

Staystrong is the South Shore YMCA's free, year-round community wellness program designed to help individuals and families impacted by cancer heal and thrive through holistic support.



staystrong

### **WHO IS ELIGIBLE**

- Individuals diagnosed with cancer and treated within the past 12 months
- Household family members and caregivers

### **PROGRAM FEATURES**

- Free 12-month South Shore YMCA membership
- Drop-in babysitting for parents during treatment and appointments
- Family-focused physical activities and education
- Free week of traditional Summer Day Camp for children whose parent or caregiver is undergoing treatment
- FREE "FitCommit" training session
- Access to Germantown Neighborhood Center Food Pantry

For information on how to participate, contact the Medical Wellness team at [staystrong@ssymca.org](mailto:staystrong@ssymca.org).

## **NEW STAYSTRONG WELLNESS PROGRAMS**

Open to participants in the Staystrong Cancer Support Program, these classes and workshops provide a personalized experience that nurtures spirit, mind, and body in a supportive environment.

### **STRENGTH AFTER DIAGNOSIS (EMILSON YMCA)**

Designed for cancer recovery and healing, this 10-week program helps participants rebuild strength, boost energy, and connect with others in a supportive and empowering small-group environment.

- Mondays, 1:00 PM

### **STAYSTRONG MEDITATION (EMILSON YMCA)**

This monthly meditation class offers a peaceful space for Staystrong participants to relax, recharge, and connect. Each session includes gentle breathwork and grounding to support healing and emotional well-being.

- Dec. 13, 2025 | Jan. 10, Feb. 14, Mar. 21, 2026

For more information, contact Katie Tindall ([ktindall@ssymca.org](mailto:ktindall@ssymca.org)) or Stephanie Costa ([scosta@ssymca.org](mailto:scosta@ssymca.org))

# GERMANTOWN NEIGHBORHOOD CENTER

The South Shore YMCA Germantown Neighborhood Center provides essential education, services, and support to families in the Quincy community, empowering neighbors to build confidence, achieve goals, and give back.

## COMMUNITY PROGRAMS & WORKSHOPS

Join us for free community programs designed to bring people together, foster connection, and support lifelong learning. These programs promote health, wellness, and personal growth through engaging opportunities that strengthen individuals and our community as a whole.

- Neighborhood Women's Group
- Parent-child playgroups: for children 14-24 months old
- Community workshops: Topics include personal finance, cooking, wellness & nutrition,



For full details and upcoming workshop dates, contact Patrick Foley, Germantown Neighborhood Center Program Director, at [pfoley@ssymca.org](mailto:pfoley@ssymca.org).

## SOUTH SHORE YMCA FOOD PANTRY

The South Shore YMCA Germantown Neighborhood Center Food Pantry has been providing Quincy households with fresh and non-perishable foods since 2006. As the need for healthy food grows, the pantry continues to offer critical support to hundreds of families each month by providing fresh groceries and essential household items. Application required.

- Pantry Hours: Wednesdays & Fridays, 8:30am-Noon
- Please bring your own bags

## HOW YOU CAN HELP YEAR-ROUND:

- Make a cash donation online (select "Food Pantry").
- Donate gift cards from local supermarkets.
- Donate personal care, household, or non-perishable food items.
- Volunteer to help sort, bag, and distribute food.

For more information or to get involved, contact Sandy Bouchard, Food Pantry Director, [sbouchard@ssymca.org](mailto:sbouchard@ssymca.org)



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



SOUTH SHORE YMCA ADOPT-A-CHILD'S WISHLIST PROGRAM

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.



DONATE OR  
BE A SPONSOR



ADOPT-A-CHILD'S  
WISHLIST



PURCHASE A  
WISHLIST GIFT ITEM



GIVE THE GIFT OF  
Y CAMP OR SWIM

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

# SPORTS & RECREATION



Programs follow the standard session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at [ssymca.org/programs](https://ssymca.org/programs).

## 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!

- Tuesdays, 4:30PM & 5 PM | Ages 3–5
- **COST: M \$120 | NM \$240**

## 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 \$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!

- Wednesdays, 6:00P | Ages 5–13
- **COST: M \$140 | NM \$275**

## 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 11:45 AM | Ages 4–6
- **COST: M \$115 | NM \$230**

## 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 | 10:30 A
  - AGES: 7–8 | 9:15 A
  - AGES: 9–12 | 8:00 A
- **COST: M \$180 | NM \$360**

## YOUTH RUGBY (HALE FAMILY YMCA)

Get in the game! Our co-ed youth rugby program promotes excellent skill development, teamwork, health, and fitness. Players learn the basics of the game, rules, skills, teamwork, and most importantly, have FUN! No experience or equipment is needed!

- **Wednesday, 5–6PM**
- **COST: M \$105 | NM \$215**

**GET YOUR 2026 OUTDOOR  
AQUATIC CENTER PASS  
WHILE THEY LAST!**



LEARN MORE

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

# SPORTS & RECREATION (CONT.)

## 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 \$352 | NM \$704**

## 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. Offered at the Hale Family YMCA.

### 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**



## 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

- Mondays 5-5:30PM | **COST: M \$155 | NM \$310**
- Saturday 9-9:30AM | **COST: M \$155 | NM \$310**

### BEGINNER (45 MINUTES): AGES 8-12

- Monday 5:30-6:15PM | **COST: M \$185 | NM \$370**
- Saturday 9:35-10:20 AM | **COST: M \$185 | NM \$370**

### INTERMEDIATE (45 MINUTES): AGES 10-18

- Saturday 10:25-11:10 AM | **COST: M \$185 | NM \$370**

## 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
- Sunday | 1-4:30 PM

### EMILSON YMCA (HANOVER)

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

**ADVENTURES START AT**

**CAMP!**

**DAY CAMP SUMMER 2026**

REGISTRATION BEGINS IN JANUARY | [SSYMCA.ORG/CAMP](https://ssymca.org/camp)

Camp Gordon Clark • Camp Quirk • Nature Adventures Camp • ArtsCamp • Match Point Tennis Camp

# SPORTS & RECREATION: BASKETBALL

Programs follow the standard session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at [ssymca.org/programs](https://ssymca.org/programs)

## YOUTH BASKETBALL (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: YOUTH BASKETBALL LEAGUE

- Ages 4-6: Saturday, 8 AM
- Ages 7-9: Saturday, 9 AM
- Ages 10-14: Saturday, 10 AM
- **COST: M \$200 | NM \$400**

### EMILSON YMCA: SKILLS & DRILLS

- Ages 4-7: Saturday, 8 A
- Ages 8-12: Saturday, 9 A
- **COST: M \$215 | NM \$430**

To learn more about Basketball programs at the South Shore YMCA, or to view new classes & clinics, visit [ssymca.org/programs](https://ssymca.org/programs)

## 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 Ryan Donohue, Hale Family YMCA, at [rdonohue@ssymca.org](mailto:rdonohue@ssymca.org) or Stephanie Costa, Emilson YMCA, at [scosta@ssymca.org](mailto:scosta@ssymca.org)





## BIRTHDAY PARTIES AT THE Y!

Looking for a stress-free party for your child's special day? Host your party with us! Sit back and enjoy watching your child celebrate with friends and loved ones. **No hassles and tons of fun!**



SCAN ME

# 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 standard session calendar unless otherwise noted. See page 22 for session dates and registration details. Register at [ssymca.org/programs](https://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** | Sundays, 10-10:50am, Jan 3-Mar 28
- **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!

- **DAY:** Monday | 9:30-10:30 AM
- **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.

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

#### FEATURED ARTISTS:

Session 1: January 3 - January 24: Leonardo Da Vinci  
Session 2: January 25 - February 14: Gustave Klimt  
Session 3: February 15 - March 7: Mark Rothko  
Session 4: March 8 - March 28: Yayoi Kusama



## YOUTH MUSIC & DANCE CLASSES

### 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 \$165 | NM \$330**

### 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 \$165 | NM \$330**

### 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:** Wednesdays, 4-4:50 PM, Jan 3- Mar 28
- **AGES:** 10-13
- **COST: M \$165 | NM \$330**

### RISEING 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, Jan 3-Mar 28
- **AGES:** 14-17
- **COST: M \$165 | NM \$330**

### 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:** Mondays, 4 - 4:50 PM, Jan 3- Mar 28
- **AGES:** 9-14
- **COST: M \$165 | NM \$330**

## 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 11A – 12 P
- **AGES:** 8–13
- **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

### 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](mailto:mmaggio@ssymca.org)

SOUTH SHORE YMCA PRESENTS

# LIVE SHOWS

LAURA'S CENTER FOR THE ARTS!

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

## WINTER 2026 SHOWS

### THE FORTUNATE SONS BAND

FEB. 7, 2026 | 7:00PM SHOW

### CHICAGO TOTAL ACCESS

FEB. 21, 2026 | 7:00PM SHOW

### EXPERIENCE QUEEN WITH JESSE AGAN

MAR. 14, 2026 | 7:00PM SHOW



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

# PROGRAM REGISTRATION & POLICIES

## IMPORTANT DATES: WINTER 2026 SESSION

- **Monday, December 1, 2025:** Member Registration Opens
- **Monday, December 8, 2025:** Non-Member Registration Opens
- **Saturday, January 3, 2026:** Winter Session Begins
- **Monday, January 19, 2026:** No programs (Y branches open regular hours)
- **Sunday, February 15 – Saturday, February 21, 2026:** No programs (Y branches open regular hours)
- **Saturday, March 28, 2026:** Winter Session Ends

## 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.

## 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.

## IN-PERSON REGISTRATION

To register in person, visit the Emilson YMCA or Hale Family YMCA Welcome Center. Registration for South Shore YMCA members and the public begins at 8:30 AM on the listed registration start dates. Please create an SSYMCA online account before registering by visiting [ssymca.org](https://ssymca.org) and clicking the LOGIN link at the top of the page.

## MEMBER RATES

South Shore YMCA members enjoy a 50% discount on swim programs and substantial savings on all other Y programs. Parent/Child Swim Lessons are free for South Shore YMCA Household Members. Membership must remain current throughout the entire program session or season to receive member rates. If a membership is canceled during a program session, the balance of the regular non-member rate for the full session will be charged.

To receive member pricing for children's programs, each child must be included on an active Family/Household membership. If a non-member registers for a program and later becomes a member, they must contact the Membership team to have their program rate adjusted. Rate adjustments are not automatic and are the responsibility of the participant.

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.

## 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 withdrawal is requested at least five days before the first class, a full credit will be issued to the participant's account. Credits or refunds can only be authorized by the Program Director. Make-up classes are not available for absences due to personal scheduling conflicts.

## CHILD SUPERVISION

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

## 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.

## INCLEMENT WEATHER

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

## PERSONAL TRAINING POLICIES

Personal training sessions expire 12 months from the date of purchase and are non-refundable. Trainers may be reassigned based on availability. Cancellations made with less than 24 hours' notice may result in a session fee at the discretion of the Director. By purchasing a package of personal training sessions, participants acknowledge and agree to these terms.

## GYMNASTICS PROGRAM POLICIES

The school-year gymnastics program runs from Monday, September 8, to Saturday, June 20, 2026. Tuition is divided into 10 equal monthly payments. Cancellations require 30 days' written notice via email. No age exceptions will be made, and gymnasts will transition to the next age group on or around their birthday as space allows. All gymnasts work at their own individual ability level within each class. For questions regarding classes, registration, or cancellations, contact Kara Protulis at [kprotulis@ssymca.org](mailto:kprotulis@ssymca.org).

## CONTACT US | SOUTH SHORE YMCA LOCATIONS

### 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



# Our Y is about to shine **brighter... and BIGGER!**



## SSYMCA GYMNASTICS TRAINING CENTER

Youth gymnastics is coming to Quincy for the first time! This bright, new, state-of-the-art center will offer fun and competitive-level training space for children and teens to shine.



## NEW HEALTH & WELLNESS STUDIO "D"

A new, spacious, large-scale "Studio D" designed for group exercise classes, giving you more room to grow stronger together.

This winter, we will open the doors to a brand-new 20,000 square-foot expansion to the Hale Family YMCA in Quincy, bringing more opportunities for health, wellness, and community connection to our South Shore YMCA members.



## THE PHYLLIS GODWIN EMPOWERMENT CENTER

A beautiful new space dedicated to girls and women, a place to find connection, mentorship, collaboration, and inspiration.

## LEARN MORE

Get updates on this incredible new space and learn how you can Leave Your Mark  
[SSYMCA.ORG/HALEEXPANSION2026](https://ssymca.org/haleexpansion2026)



# JOIN FOR THE JOY OF IT!

SOUTH SHORE YMCA  
[ssymca.org/join](https://ssymca.org/join)



AND...

## GIVE

KIDS JOY THIS  
HOLIDAY  
SEASON!

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

