

SOUTH SHORE YMCA

the **Y** | 175^{YEAR}
ANNIVERSARY

THE *Spring* Into Action



PLACE

SPRING PROGRAM GUIDE

Spring 2026 | March 29 - June 13 | [SSYMCA.ORG/PROGRAMS](https://ssymca.org/programs)



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
EMILSON YMCA | 781-829-8585
HALE FAMILY YMCA | 617-479-8500

MEMBERSHIP	RATE
Family/Household	\$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

SPRING SESSION PROGRAMS
MARCH 29 - JUNE 13, 2026

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

- MEMBER REGISTRATION: MARCH 2, 2026, 8:30 AM
- NON-MEMBER REGISTRATION: MARCH 9, 2026, 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 SPRING 2026 SCHEDULE	
STAGE A	Mon. 4:00 P • Tues 4:00 P • Wed. 9:00 A, 4 PM • Fri. 8:30 A Sat. 7:55 A, 8:30 A, 10:15 A • Sun. 9:40 A, 10:15 A
STAGE B	Mon. 4:35 P • Wed. 9:35 A, 4:35 P, 5:45 P • Fri. 9:05 A Sat. 9:05 A, 10:50 A, 12:00 P • Sun. 8:30 A, 9:05 A, 10:50 A, 12:00 P
STAGE C	Mon. 5:10 P • Wed. 10:10 A, 5:10 P, 6:20 P • Fri. 9:40 A Sat. 9:05 A, 9:40 A, 11:25 A • Sun. 9:05 A, 9:40 A, 11:25 A

HALE FAMILY YMCA SPRING 2026 SCHEDULE	
STAGE A	Mon. 4:00 P • Tues. 4 P • Wed. 4 P • Thurs. 4:00 P Fri. 4:00 P • Sat. 10:10 A, 11:30 A • Sun. 10:10 A, 11:30 A
STAGE B	Mon. 4:35 P • Tues. 4:35 P • Wed. 4:35 P • Thurs. 4:35 P Fri. 4:35 P • Sat. 9:35 A, 11:30 A • Sun. 9:35 A, 11:30 A
STAGE C	Mon. 5:10 P • Tues. 5:10 P • Wed. 5:10 P • Thurs. 5:10 P Fri. 5:10 P • Sat. 9:00 A, 10:45 A • Sun. 9:00 A, 10:45 A

COST: M FREE! | NM \$297 (Su-Mon) | NM \$330 (Tu-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 SPRING 2026 SCHEDULE	
PS1	Mon. 8:30 A, 10:20 A, 4:00 P • Tues. 10:20 A, 4 P, 6:20 P • Wed. 4 P Thurs. 10:45 A, 4 P, 6:20 P • Fri. 10:15 A • Sat. 8:30 A Sun. 8:30 A, 10:15 A, 10:50 A
PS2	Mon. 9:10A, 4:00P, 4:35P • Tues. 8:30A, 9:45A, 4:35P, 5:10P, 6:55P Wed. 4 P, 4:35 P, 5:10 P 5:45 P, 6:20 P • Thurs. 9:00 A, 10:10 A, 4:35 P, 5:45 P Sat. 9:05 A, 9:40 A, 10:15 A, 10:50 A, 12:00 P • Sun. 9:05 A, 9:40 A, 11:25 A
PS3	Mon. 9:45 A, 4:35 P, 5:10 P, 6:20 P • Tues. 9:10 A, 5:10 P, 6:20 P Wed. 4:35 P, 5:10 P, 5:45 P, 6:20 P • Thurs. 9:35 A, 4:35 P, 5:10 P, 5:45 P Sat. 9:40 A, 11:25 A, 12:00 P • Sun. 9:05 A, 9:40 A, 10:15 A, 10:50 A
PS4	Mon. 5:10 P • Tues. 5:45 P • Wed. 6:55 P Sat. 10:15 A, 10:50 A, 12:00 P • Sun. 10:15 A, 11:25 A

HALE FAMILY YMCA SPRING 2026 SCHEDULE	
PS1	Mon. 4 P • Tues. 4 P • Wed. 4 P • Thurs. 4:00 P Fri. 4 P • Sat. 9:35 A, 10:10 A • Sun. 9:35 A, 10:10 A
PS2	Mon. 4:35 P • Tues. 4:35 P • Wed. 4:35 P • Thurs. 4:35 P Fri. 4:35 P • Sat. 9:00 A, 10:45 A • Sun. 9:00 A, 10:45 A
PS3	Mon. 3:00 P, 5:10 P • Tues. 5:10 P • Wed. 3:00 P, 5:10 P • Thurs. 5:10 P Fri. 5:10 P • Sat. 9:35 A, 11:30 A • Sun. 9:35 A, 11:30 A
PS4	Mon. 3:30 P, 5:45 P • Tues. 5:45 P • Wed. 3:30 P, 5:45 P • Thurs. 5:45 P Fri. 5:45 P • Sat. 9:00 A, 10:45 A • Sun. 9:00 A, 10:45 A

COST: M \$148.50 (Su, Mon), \$165 (Tu-Sa)
NM \$297 (Su, Mon), \$330 (Tu-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 | SPRING 2026 SCHEDULE

YS1	Mon. 4:00 P • Sat. 8:30 A • Sun. 8:30 A
YS2	Mon. 4:35 P, 5:45 P, 6:55 P • Tues. 4:35 P • Wed. 4:35 P Sat. 9:05 A • Sun. 9:05 A, 10:50 A
YS3	Mon. 5:10 P, 6:20 P • Tues. 5:10 P, 5:45 P • Wed. 5:10 P Thurs. 5:10 P • Fri. 4:35 P, 5:10 P • Sat. 9:40 A • Sun. 9:40 A

HALE FAMILY YMCA | SPRING 2026 SCHEDULE

YS1	Mon. 4 P • Tues. 4 P • Wed. 4 P • Thurs. 4 P Sat. 9:35 A, 10:10 A • Sun. 9:35 A, 10:10 A
YS2	Mon. 4 P • Tues. 4 P • Wed. 4 P • Thurs. 4 P Sat. 9:35 A, 10:10 A • Sun. 9:35 A, 10:10 A
YS3	Mon. 5:10 P • Tues. 5:10 P • Wed. 5:10 P • Thurs. 5:10 P Sat. 9:35 A, 11:30 A • Sun. 9:35 A, 11:30 A

COST: M \$157.50 (Su, Mon), \$175 (Tu-Sa)
NM \$315 (Su, Mon), \$350 (Tu-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 | SPRING 2026 SCHEDULE

YS4	Mon. 5:45 P, 6:55 P • Tues. 5:45 P, 6:55 P • Wed. 5:45 P, 6:55 P Thurs. 4:35 P, 5:45 P • Fri. 4:00 P, 5:45 P, Sat. 10:15 A, 11:25 A • Sun. 10:15 A, 11:25 A
YS5	Tues. 6:20 P • Wed. 6:20 P, 7:05 P • Thurs. 6:20 P • Fri. 4:35 P Sat. 10:50 A • Sun. 10:50 A
YS6	Tues. 6:55 P • Wed. 6:55 P • Thurs. 7:00 P • Fri. 5:20 P Sat. 11:35 A

HALE FAMILY YMCA | SPRING 2026 SCHEDULE

YS4	Mon. 5:45 P • Tues. 5:45 PM • Wed. 5:45 P • Thurs. 5:45 P Sat. 9:00 A, 10:45 A • Sun. 9:00 A, 10:45 A
YS5	Mon. 6:20 P • Wed. 6:20 P • Sat. 10:50 A • Sun. 10:50 A
YS6	Mon. 6:55 P • Wed. 6:55 P • Sat. 11:25 A • Sun. 11:25 A

COST: M \$157.50 (Su, Mon), \$175 (Tu-Sa)
NM \$315 (Su, Mon), \$350 (Tu-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. 6:05 PM
- COST: M \$157.50 (Mon) | \$175 (Wed, Fri)
NM \$315 (Mon) | \$350 (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.

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 \$157.50 (Su, Mon) | \$175 (Tu-Sa)
NM \$315 (Su, Mon) | \$330 (Tu-Sa)

Hale Family YMCA

- Beginner: Mon. 9:45 AM, Tues. 7:30 PM, Sat. 7:30 AM
- Intermediate: Mon. 10:30 AM, Thurs. 7:30 PM, Sat. 8:15 AM
- COST: M \$157.50 (Su, Mon) | \$175 (Tu-Sa)
NM \$315 (Su, Mon) | \$330 (Tu-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 for more information.

Lessons follow the standard session calendar unless noted.
Visit 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.

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® (WSI™)*

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 or contact Mary Beth Hynes at mhynes@ssymca.org.

MAKE A SPLASH!

JOIN OUR AQUATICS TEAM!

Love to swim and want a rewarding job that makes a difference? **Become a lifeguard or swim instructor at the South Shore YMCA!** Enjoy competitive pay, flexible shifts, and strong leadership support while keeping our community safe.

- **Already certified?** Visit 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/JOBS



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 OUR SCHOOL YEAR PROGRAMS

Looking for care for the 2025–2026 school year? We still have limited space available in our before and after-school programs. Visit ssymca.org/afterschool to register and view required documents. And stay tuned: registration for the 2026–2027 school year is coming soon!

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 in grades Kindergarten – Grade 6
- Quincy: SSYMCA Germantown Neighborhood Center
- Hanover: Emilson YMCA
- April Vacation Program | April 20–24, 8A–5P

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

FREE the **Y**
FAMILY FUN!

Each week, the South Shore YMCA offers **FREE** Family Fun Activities for our Members. Come swim, jump, play and explore at these **FREE** drop-in activities across our Y locations.

ssymca.org/familyfun

FAMILY FUN



Programs follow the standard 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.

- Monday 3:15-4P & 4-4:45P, **M \$144** | NM \$252
- Wednesday 3:15-4P & 4-4:45P, **M \$160** | NM \$280
- Friday 4-4:45P, **M \$160** | NM \$280
- Saturday 9-9:45A, **M \$160** | NM \$280

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.

- Monday 5 - 6P, **M \$198** | NM \$347
- Wednesday 5 - 6P, **M \$220** | NM \$385
- Friday 5 - 6P, **M \$220** | NM \$385
- Saturday 10 - 11A, **M \$220** | NM \$385

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 \$198** | NM \$347
- Friday 5 - 6P, **M \$220** | NM \$385
- Saturday 11A - 12P, **M \$220** | NM \$385

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 \$198** | NM \$347
- Friday 5 - 6P, **M \$220** | NM \$385
- Saturday 12 - 1P, **M \$220** | NM \$385

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 - 5P, **M \$220** | NM \$385
- Thursday 4 - 5P, **M \$220** | NM \$385
- Saturday 11A - 12P, **M \$220** | NM \$385

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 - 5P, **M \$330** | NM \$578
- Saturday 12 - 1:30P, **M \$330** | NM \$578

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 - 6:30P, **M \$330** | NM \$578
- Tues & Thurs 5 - 6:30P, **M \$600** | NM \$1,050
- Thurs 5 - 6:30P, **M \$330** | NM \$578
- Sat 1:30 - 3P, **M \$330** | NM \$578

PDV2 Clinic 2

- Tues 3:30-5:30P, **M \$440** | NM \$770
- Tues & Thurs 3:30 - 5:30P, **M \$800** | NM \$1,400
- Thurs 3:30 - 5:30P, **M \$440** | NM \$770
- Sat 1:30 - 3:30 P, **M \$440** | NM \$770

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 \$330** | NM \$578

APRIL 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 April 20 - Thurs April 23, 10A - 1P
- **COST: M \$66/day** | NM \$116/day



CONTACT US

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

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 – 7P, **M \$198** | NM \$347
- Level 1 Tuesday 12 – 1P, **M \$220** | NM \$385
- Level 1 Saturday 8:30 – 9:30A, **M \$220** | NM \$385
- Level 2 Mon 7 – 8P, **M \$198** | NM \$347
- Level 2 Sat 11A – 12P, **M \$220** | NM \$385

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 \$297** | NM \$520
- Thursday 9:00 – 10:30A, **M \$330** | NM \$578
- Saturday 9:30 – 11:00A, **M \$330** | NM \$578

LEVEL ADVANCED NTRP 3.5 +

- Wednesday 5 – 6:30P, **M \$330** | NM \$578
- Thursday 12 – 1:30P, **M \$330** | NM \$578
- **NTRP 4.0+** Monday 8 – 9:30P, **M \$297** | NM \$520

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 \$330** | NM \$578
- Advanced Tues 10:30A-12:00P, **M \$330** | NM \$578

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 \$160** | NM \$280
- Men's Singles NTRP 3.5-4.5 Sun 4-5:30P, **M \$200** | NM \$350
- Men's Doubles NTRP 3.5-4.5 Sun 8:30-10A, **M \$160** | NM \$280

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 12-1P, **M \$220** | NM \$385



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 | \$150
- Beginner & Intermediate | Wed 4 – 5 P | \$150

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 | \$150

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 | Sundays, 3 – 4 P | April 12-June 7 | \$120

PICKLEBALL @ EMILSON



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 INTRODUCTION

Learn how to play this immensely popular game. We'll provide paddles if needed. Clinic runs for four weeks, two sessions.

- Tuesday 12 –1P, **M \$64** | NM \$112

PICKLEBALL: BEGINNER/INTERMEDIATE

For players looking to refine their skills and improve consistency. Focus includes kitchen play, transition shots, and strategic positioning. Clinic runs for four weeks, two sessions.

- Mondays 5–6:30P, Tuesdays 5–6:30P, Thursdays 5–6:30P, or Fridays 1:30–3P
- **COST: M \$96** | NM \$168

4 WEEK SESSIONS:

Session 1: March 30 – May 1 | Session 2: May 11 – June 8
Contact Maureen Ahl at mahl@ssymca.org for registration

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 4:30–6:30P, **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.

EMILSON YMCA GYMNASIUM:

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

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.

the Y YMCA

SOUTH SHORE YMCA

OUTDOOR AQUATIC CENTER 2026 PASSES

GET THEM WHILE THEY LAST!!!

SSYMCA.ORG/OUTDOORAQUATICCENTER

the Y YMCA

LAURA'S LOVE

MEMORIAL EVENT & TOURNAMENTS
MAY 16 | EMILSON YMCA

- Unified Tennis Tournament
- Mixed Doubles Tennis Tournament
- Competitive Pickleball Tournament
- Reception & Awards Ceremony

SUPPORT OUR ADAPTIVE SPORTS PROGRAMS!

Register or give today at ssymca.org/lauraslove

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! Children will develop motor skills, coordination, and a deepened connection to nature. Dress comfortably.

- Mondays 9:15-10A | April 6-June 8
- Open to children 2-5 years old, with a caregiver
- **COST: M: \$145 | NM \$185**

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 the outdoors!

- Tuesdays 9:30-10:30A | April 7-June 9
- Open to children ages 18 months-5 years with a caregiver
- **COST: M: \$145 | NM \$185**

GARDEN EXPLORERS

Dig into the soil, create nature-inspired crafts, and enjoy story time in the newly renovated José Carreiro Children's Garden. Explore different plants, discover bugs, and learn how flowers and vegetables grow through hands-on play!

- Fridays 9:30-10:30A | April 3-June 12
- Open to children ages 2-5 with a caregiver
- **COST: M \$170 | NM \$220**

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. This program encourages discovery through play, exploration, and hands-on activities.

- Wednesdays, 3:45-5P | April 1-June 10
- Grades K-5
- **COST: M: \$200 | NM \$250**

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.

MAY PLEIN AIR PAINTING SERIES

Join us for a community-oriented plein air painting series with local artist Robyn Thompson Duong. Step into the landscape and let the Nature Center become your studio! All experience levels and ages welcome, as each week begins with a short warm-up and demo, followed by independent painting time, guidance from the instructor, and reflective group sharing.

- Sundays 9:30-11:00 AM | May 3, 17, 31
- Open to all ages!
- **COST: M: \$75 | NM \$90**

TURTLE TALES STORY TIME

Bring your young explorer to meet our animal ambassadors and enjoy story time with an Environmental Educator in the Creature Corner. Weather permitting, story time will take place outdoors

- Open to children ages 0-5 with a caregiver
- *Must register each child attending
- View dates, rates, and register at ssymcanaturecenter.org/events



EYES ON OWLS LIVE SHOW

Friday, April 24 | 10-11A

Don't miss this exciting live show! Get your tickets and explore all of our upcoming events and programs at ssymcanaturecenter.org.

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 Creature Corner, and time for cake. Fun, nature-filled birthday memories await!

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

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

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.

SOUTH SHORE YMCA GYMNASTICS TRAINING CENTER, HANOVER

Located just around the corner from the Emilson YMCA on Route 53 at 1075 Washington Street, Hanover

PARENT & CHILD : AGES 1-3

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

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

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

AGES 3 & 4

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.

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

- Tuesday, Thursday 10-10:45A
- Wednesday 3:45-4:30P
- Friday 3:30- 4:15P, 4:15-5P
- Saturday 10:45-11:30A, 11:35- 12:20P

AGES 5 & 6

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.

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

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

AGES 7-10

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

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

- Wednesday 4:30-5:30P
- Thursday 4 -5P
- Friday 5 - 6P
- Saturday 1:20 -2:20P

AGES 11-13

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

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

- Wednesday 4:30-5:30P

PRE-TEAM

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

- Monday 4:30 - 6P, 1.5 hours
- COST: M \$140 | South Shore YMCA Members Only

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

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

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

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

- Saturday 4:25-5:10P

HIGH SCHOOL DROP-IN: GRADES 9-12

Come work out with high school coaches to learn new skills, choreography, routines, and more!

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

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.

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

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 for details & available dates.



NEW! GYMNASTICS IN QUINCY



SOUTH SHORE YMCA GYMNASTICS TRAINING CENTER, QUINCY

Located at the Hale Family YMCA in Quincy, the South Shore YMCA's new 9,000 sq. ft. Gymnastics Training Center is the City's first dedicated gymnastics facility, a state of the art, modern setting for gymnasts of all ages to grow and succeed.

PARENT & CHILD : AGES 1-3

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

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

- Monday, Wednesday, or Saturday 9-9:45A
- Saturday 9:50-10:35A

AGES 3 & 4

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.

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

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

AGES 5 & 6

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.

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

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

AGES 7-10

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

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

- Wednesday 4:30-5:30P
- Thursday 4-5 P
- Friday 5-6 P
- Saturday 1:20-2:20P

AGES 11-13

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

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

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

DROP-IN FRIDAY PLAY: AGES 1-4

During March and April, bring your little one for a fun, free-play adventure in our Gymnastics Training Center every Friday. Open to children ages 1-4 with a caregiver, this program invites families to explore, climb, tumble, and jump in a safe and engaging environment.

- Fridays 10-11 AM, Runs March & April only
- COST: M \$15 | NM \$20

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

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.

- Tuesday 7:30-9:00P | COST: M \$15, NM \$20



To learn more about Gymnastics at the South Shore YMCA, contact Kara Protulis, Association Gymnastics Director, at kprotulis@ssymca.org



CLASSES AT EMILSON YMCA (HANOVER)

YOUTH STRENGTH

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 | 5:30P
- **COST:** M \$160 | NM \$320

BEGINNER MEDITATION

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 | 10:15A
- **COST:** M \$198 | NM \$396

ADVANCED MEDITATION

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.

- **DAYS:** Tuesdays | 11:20A
- **COST:** M \$198 | NM \$396

NEW! TRANSFORMATIONAL MEDITATION

This class encourages participants to explore awareness, presence, and emotional well-being through guided transformational meditation techniques.

- **DAY:** Wednesday | 2:30 P
- **COST:** M \$198 | NM \$396

BALANCED FOR LIFE

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 | 1:15P (45 minutes)
- **COST:** M \$260 | NM \$520

LEAN INTO STRENGTH

Build strength, lose fat, and gain confidence through weekly group training and EGYM workouts. Ideal for beginners, those returning to fitness, or individuals using GLP-1 medication. InBody assessment recommended.

- **DAY:** Tuesday | 6:30P
- **COST:** M \$220 | NM \$440

NEW! MOVEMENT FOR EVERYDAY LIVING

This inclusive program empowers individuals with intellectual and developmental disabilities to build strength, flexibility, balance, and everyday movement skills. Participants grow confidence, independence, and wellness.

- **DAY:** Wednesday | 2:15P or 3:15P
- **COST:** M \$180 | NM \$360

CLASSES AT HALE FAMILY YMCA (QUINCY)

STRENGTH IN MOTION

This full-body circuit class builds strength, boost endurance, and burns calories through rotating stations of cardio, strength, and functional movements. Designed for all fitness levels, each exercise can be scaled to meet you where you are—while still challenging you.

- **DAY:** Mondays | 6–7PM
- **COST:** M \$160 | NM \$320

YOUTH PERFORMANCE & AGILITY

This youth performance class builds strength, speed, agility, and coordination in a fun, supportive, and safe environment. Designed for middle school athletes of all sports and experience levels, it uses age-appropriate drills, bodyweight and resistance training, and athletic movement work to improve balance, power, and overall athleticism.

- **DAY:** Saturdays | 3–4PM
- **COST:** M \$160 | NM \$320

STRONG HER

Designed to help women get stronger, move better, and feel confident in and out of the gym. This class builds strength through functional movement to improve balance, mobility, and everyday performance. Each workout blends strength training, core work, and low-impact conditioning—with options for all fitness levels.

- **DAY:** Tuesdays | 6–7P
- **COST:** M \$160 | NM \$320

RUN CLUB

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

- **DAY:** Wednesdays | 7AM | April 1 – May 27
- **COST:** M \$20 | NM \$25



Classes follow the standard session calendar unless noted.
Visit ssymca.org/register for current schedules.
See page 22 for registration details.

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 \$38 • 3 sessions \$107 • 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 \$ 69 • 3 sessions \$195 • 6 sessions \$366 • 12 sessions \$684 	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, contact Stephanie Costa (Emilson YMCA, scosta@ssymca.org), or TJ Marshall (Hale Family YMCA, tmarshall@ssymca.org).



NEW! SPRING YOGA SERIES AT THE NATURE CENTER

Unwind with a 75-minute evening of gentle yoga and guided meditation at the South Shore YMCA Nature Center. This limited-time series blends mindful movement, breathwork, and meditation in a peaceful setting. All levels welcome! Registration required.

- DAYS: April 2-30 (No class April 23) | 6:15-7:30P
- COST: M \$60 | NM \$120

PILATES AT THE EMILSON YMCA

REFORMER CLASSES

REFORMER STUDIO SESSIONS

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.

These sessions offer a flexible option for those looking to stay consistent while working around a busy schedule.

AVAILABLE SESSION TIMES

- Mondays 7:00-7:55A, 5:00-5:55P, 6:00-6:55P
- Wednesdays 7:00-7:55A, 5:00-5:55P, 6:00-6:55P
- 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

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 either three trio or drop-in classes!

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

PARKINSON'S SPIN, STRENGTH & FLEXIBILITY

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

CARDIAC & PULMONARY MAINTENANCE

- **MONDAY & WEDNESDAY** | 11 A-12P | Emilson YMCA
FREE FOR MEMBERS | NON-MEMBERS \$250
- **TUESDAY & THURSDAY** | 9-10A | 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 9-11:30A
- **EMILSON YMCA (HANOVER):** Wednesdays 11A- 12P
- **GERMANTOWN NEIGHBORHOOD CENTER (QUINCY):** Wednesdays 9-10A



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, or Stephanie Costa (Emilson YMCA) at 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.

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

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 | 1:00P | Emilson YMCA
- Thursdays | 10:00A | Hale Family YMCA

STAYSTRONG MEDITATION

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.

- April 4, 2026 | May 23, 2026 | June 13, 2026 | Emilson | 10A
- April 13, 2026 | May 11, 2026 | June 8, 2026 | Hale | 10A

For more information, contact Katie Tindall (ktindall@ssymca.org) or Stephanie Costa (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 Katelyn Szafir, kszafir@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

THE SOUTH SHORE'S PREMIER TASTING EVENT

the **taste** of the south shore

SUPPORTING Y KIDS FOR 29 YEARS

the **Y**

HELPING KIDS GROW
IN SPIRIT, MIND, BODY

ENJOY GOURMET TASTES & SIPS FROM 30+ OF THE SOUTH SHORE'S TOP CHEFS, RESTAURANTS, BAKERS AND BEVERAGE MASTERS - ALL COMING TOGETHER TO RAISE FUNDS THAT HELP KIDS SEE THEIR FULL POTENTIAL AT THE SOUTH SHORE YMCA

SAVE THE DATE!
THE TASTE OF THE SOUTH SHORE

- WEDNESDAY, MAY 6, 2026
- SOUTH SHORE YMCA
- HALE FAMILY Y BRANCH
- 21+ EVENT

SSYMCA.ORG/TASTE

SCAN ME

the **Y**

175 YEAR ANNIVERSARY

HEALTHY KIDS DAY

SATURDAY, APRIL 18
10am-2pm

EMILSON Y, HANOVER
HALE FAMILY Y, QUINCY
FREE & OPEN TO THE PUBLIC!

ssymca.org/hkd

SCAN ME



Programs follow the standard session calendar unless otherwise noted. See page 22 for session dates and registration details. Register online at 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. 30 minute class.

- Tuesdays, 3:30P, 4:30P, 5P & 5:30P | Ages 3-5
- **COST: M \$110 | NM \$220**

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 & 1:00P | Ages 4-6
- **COST: M \$115 | NM \$230**

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.

- Ages 9-12 | Tues 5-6P
- Ages 13-16 | Tues 6-7P
- **COST: M \$155 | NM \$300**

NEW! DROP-IN VOLLEYBALL (EMILSON YMCA)

Whether you're a setter, hitter, or passer, the more you play, the more you improve. Make new friends and learn valuable lessons about teamwork and communication, on and off the court in this fun and fast-paced sport.

- Wednesday, 6-9P | Half Court
- **COST: M FREE | NM Guest Fee Applies**

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!

- Wednesday, 5-6P
- **COST: M \$100 | NM \$200**

PICKLEBALL DROP IN (HANOVER & QUINCY)

Grab your paddles and join us in our gymnasiums for FREE open Pickleball drop-in!

EMILSON YMCA (HANOVER)

- Monday, Wednesday, Friday | 8A-12P
- Thursday | 6-9P

HALE FAMILY YMCA (QUINCY)

- Monday-Friday | 9A-12P
- Sunday | 12-2:30P

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 | 10:30A
 - AGES: 7-8 | 9:15A
 - AGES: 9-12 | 8:00A
- **COST: M \$165 | NM \$330**

YOUTH WRESTLING (HALE FAMILY YMCA)

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

- Wednesdays, 6:00P | Ages 5-13
- **COST: M \$130 | NM \$250**

KARATE (HALE FAMILY YMCA)

Karate benefits your child's health and well-being in so many ways, spirit, mind and body.

- 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 5-5:30P | **COST: M \$140 | NM \$285**
- Saturday 9-9:30A | **COST: M \$140 | NM \$285**

BEGINNER (45 MINUTES): AGES 8-12

- Monday 5:30-6:15P | **COST: M \$170 | NM \$340**
- Saturday 9:35-10:20A | **COST: M \$170 | NM \$340**

INTERMEDIATE (45 MINUTES): AGES 10-18

- Saturday 10:25-11:10A | **COST: M \$170 | NM \$340**

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, 7-8P | Ages 11+
- **COST: M \$320 | NM \$640**

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

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, 8A
- Ages 7–9: Saturday, 9A
- Ages 10–14: Saturday, 10A
- COST: M \$250 | NM \$500

EMILSON YMCA

- Ages 4–7: Saturday, 8A
- Ages 8–12: Saturday, 9A
- COST: M \$250 | NM \$500

FUN FUNDAMENTALS (HALE FAMILY YMCA)

Players will learn the basics in a low-pressure, high-fun environment. Players will build confidence while learning dribbling, shooting, passing, and teamwork through games, drills, and lots of encouragement. No experience needed—just sneakers, a smile and a love for play!

- Little Hoops, Ages 5–8 | Mondays 5–6P
- Big Hoops, Ages 9–12 | Mondays 6–7P
- SESSION 1: March 30–April 27 (COST M: \$90 | NM \$180)
- SESSION 2: May 4–June 8 (COST M: \$115 | NM \$225)

LADY HOOPERS (HALE FAMILY YMCA)

This girls only small group program is designed to empower athletes on and off the court. Players sharpen their skills, build strong fundamentals, and support each other in a positive, fun environment. Expect hard work, hype teammates, and plenty of swishes.

- Ages 5–8 | Tuesdays 5–6P
- Ages 9–12 | Tuesdays 6–7P
- COST: M \$225 | NM \$450

SMALL GROUP LESSONS (HALE FAMILY YMCA)

Athletes get personalized coaching, game-like drills, and plenty of chances to improve skills at their own pace—all while keeping the energy fun and competitive. All within a focused instruction, tight-knit setting.

- Ages 6–8 | Wednesdays 5–6 PM
- Ages 9–12 | Wednesdays 6–7 PM
- SESSION 1: April 1–May 6 (COST M: \$115 | NM: \$225)
- SESSION 2: May 13–June 10 (COST M: \$115 | NM: \$225)

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: Thursdays, 5P
- AGE: 9–14
- 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 Kenny Nguyen at knguyen@ssymca.org

ADULT BASKETBALL LEAGUE (HALE FAMILY YMCA)

Stay active, compete, and connect. This adult basketball league offers organized games and spirited competition in a supportive, community-driven environment. It's a great way to build friendships, enjoy friendly competition, and keep your game sharp. South Shore YMCA Membership required.

- Thursdays 6–9 P
- COST: \$700 per team

UNIFIED BASKETBALL (EMILSON YMCA)

Unified Basketball at the South Shore YMCA welcomes athletes 16+ of all abilities for fun and skill-building. Players with and without intellectual disabilities develop basketball skills, teamwork, and friendships in a supportive environment.

- Mondays 5P | 16+
- COST: \$150 per attendee

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

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.

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** | Saturdays, 10-10:50A
- **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** | 9:30-10:30A
- **AGES: 3-5**
- **COST: M \$60** | NM \$120
- **Single Artist: M \$60** | NM \$120 (per date offering)

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** | 9:00-9:50A
- **AGES: 6-10**
- **COST: M \$60** | NM \$120
- **Single Artist: M \$60** | NM \$120 (per date offering)

FEATURED ARTISTS:

Session 1: March 29 - April 18: Sonia Delaunay
Session 2: April 26 - May 23: Rene Magritte
Session 3: May 24 - June 13: Jean-Michel Basquiat

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** | 9-9:50A
- **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** | 11-11:50A
- **AGES: 7-10**
- **COST: M \$220** | NM \$440

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**, 4-4:50P
- **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**, 5-5:50P
- **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: Mondays**, 4 - 4:50P
- **AGES: 9-14**
- **COST: M \$220** | NM \$440



ENRICHMENT & EDUCATION

FROM DICE TO DIGITAL

Jump into the game! Are you into cooperative gaming, helping others to overcome odds? Or are you competitive, massing resources and crushing opposition? Or are you a mix of the two? Dive into the exciting world of tabletop board games and E-Sports. Experience hands-on gaming with popular boardgames and competitive online gaming across different styles and genres.

- **DAY:** Saturday 11A-12P
- **AGES:** 8-13
- **COST:** M \$165 | NM \$330

MATH TUTORING

Boost 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. We offer private tutoring, as well as semi-private and small group tutoring options! Bring a friend, tackle your homework together—learn side-by-side!

- **DAY:** Monday 4-5P
- **AGES:** 10+
- **COST:** M \$165 | NM \$330
- **DROP-IN RATE:** M \$20/ class | NM \$40/ class
- For all private tutoring and private lesson sessions, parents/guardians are required to remain on-site for the duration of the lesson.

FAMILY FUN NIGHTS

FAMILY GAME NIGHT

Come and experience family board game nights with new and classic games. Bring your own or sample new games!

- April 22, 2026 | 6-7:30P | M \$25, NM \$35 per family

DISNEY TRIVIA NIGHT

Join us for various themed trivia nights during the spring!

- May 23, 2026 | 5-7P | M \$25, NM \$35 per family

FAMILY PUZZLE NIGHT

Build your team, then none race against others to build your puzzle! Teams of up to six will compete with identical puzzles to see who wins!

- June 13, 2026 | 5-7P | M \$25, NM \$35 per family

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

TEEN PROGRAMMING

TEEN NIGHTS: THE STUDIO SESSIONS

It's Teen Night at the LCA! Each themed night includes fun activities, snacks, music, movies, e-sports, board games, creative projects, and guest speakers. Come hang out, try something new, and connect with friends in a fun, open space.

- **AGES:** 13-18
- **COST:** M \$20 | NM \$30

UPCOMING TEEN NIGHT EVENTS

Game On: Life Skills + Executive Function

- April 4 | 6-8:30PM

Be YOU—Be Confident! (Expression + Confidence)

- May 1 | 6-8:30PM

Adulting: Snack Edition (Life Skills + Leadership)

- June 5 | 6-8:30PM

the Y
SOUTH SHORE YMCA PRESENTS
LIVE SHOWS
@ LAURA'S CENTER FOR THE ARTS!

UPCOMING SHOWS: BUY TICKETS NOW!

PINK HOUSE - A JOHN MELLENCAMP TRIBUTE
April 11, 2026 | 7:00PM SHOW

MOONDANCE: THE ULTIMATE VAN MORRISON TRIBUTE
April 25, 2026 | 7:00PM SHOW

LARGER THAN LIFE: 2000S BOYBAND EXPERIENCE
May 9, 2026 | 7:00PM SHOW

SSYMCA.ORG/LIVESHOWS

PROGRAM REGISTRATION & POLICIES

IMPORTANT DATES: SPRING 2026 SESSION

- **Monday, March 2, 2026:** Member Registration Opens
- **Monday, March 9, 2026:** Non-Member Registration Opens
- **Saturday, March 29, 2026:** Spring Session Begins
- **Sunday, April 5, 2026:** No programs, Y Facilities closed
- **Sunday, April 19 – Saturday, April 25, 2026:** No programs (Y branches open regular hours)
- **Saturday, June 13, 2026:** Spring 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 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 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 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 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, 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.

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 TRAINING CENTER – HANOVER
781-829-3219
1075 Washington Street, Hanover, MA 02339

SSYMCA GYMNASTICS TRAINING CENTER – QUINCY
857-760-0316
179 Coddington Street, Quincy, MA 02169

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



THE Something *For Everyone* PLACE

No Place Like *This Place*™

Find *Your Place* at the Y

From swim lessons to strength training, the Y is a place where the whole family can grow, connect, and stay active together. With youth programs, sports, swim, group fitness, and enrichment opportunities, there's something here for every age, stage, and goal. *Join today!*



South Shore YMCA | The Better You Belongs Here.



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

- MEMBER REGISTRATION: MARCH 2, 2026, 8:30 AM
- NON-MEMBER REGISTRATION: MARCH 9, 2026, 8:30 AM