



175
YEAR
ANNIVERSARY

NO PLACE

**SWIM
LESSONS**

NOW POWERED BY
THE AMERICAN
RED CROSS

Like This Place

SOUTH SHORE YMCA

PROGRAM GUIDE

EXTENDED FALL 2026 SESSION | SEPT 8 - DEC 23 | [SSYMCA.ORG/PROGRAMS](https://ssymca.org/programs)

REGISTRATION DATES: MEMBERS: AUGUST 3 | NON-MEMBERS: AUGUST 10



PROGRAMS & COMMUNITY FOR ALL



At the South Shore YMCA, our mission is rooted in strengthening community. We are committed to remaining accessible and affordable for all. Financial assistance is available for membership and programs to ensure everyone has the opportunity to belong and thrive at our Y.

WE ARE PROUD TO OFFER:

- **Financial assistance & flexible pricing** to help more families belong
- **Adaptive programs, accessible facilities and inclusive support** for individuals of all abilities
- **\$0 joiner's fee and a 30-day money-back guarantee** to make getting started easier
- **Friends & Family Referral** program to help members share the Y with friends and save

NEW!

**Flexible monthly
payment plans for
most Y programs**

See page 26 for details

THE SOUTH SHORE YMCA IS YOUR Y – OPEN TO ALL, HERE FOR ALL



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



JOIN US!

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

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

SSYMCA.ORG/JOIN

EMILSON YMCA | 781-829-8585

HALE FAMILY YMCA | 617-479-8500



WHAT'S INSIDE

FALL SESSION PROGRAMS

**SEPTEMBER 8 –
DECEMBER 23, 2026**

REGISTRATION BEGINS...

- MEMBERS: AUGUST 3, 8:30 AM
- NON-MEMBERS: AUGUST 10, 8:30 AM

3 SWIM LESSONS

7 RED CROSS TRAINING & PROGRAMS

8 SCHOOL-AGE CHILDCARE

9 TENNIS & PICKLEBALL

13 GYMNASTICS

13 HEALTH & WELLNESS

15 MEDICAL WELLNESS

17 NATURE CENTER PROGRAMS

18 GERMANTOWN NEIGHBORHOOD CENTER

19 TEEN PROGRAMMING

21 SPORTS & BASKETBALL

23 ARTS & EDUCATION

24 REGISTRATION DATES & POLICIES



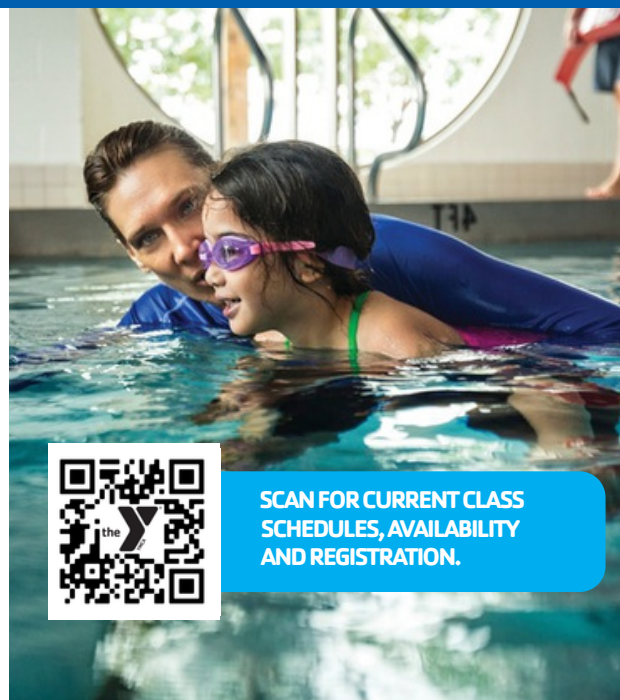
SWIM LESSONS & TRAINING

CONFIDENT SWIMMERS START AT THE Y

The South Shore YMCA offers the area's very best in water safety education and swim instruction, with Swim Lessons for everyone, from infants to adults, **powered by the American Red Cross**. The Y is "America's Swim Instructor," and at the South Shore YMCA, each swimmer develops the swimming and water safety skills needed at every stage of life, helping children and adults enjoy a lifelong love of swimming.

From a child's first swim lesson to advanced aquatics training and lifeguard certification, our swim lesson program creates a natural pathway to leadership, volunteer opportunities, and employment. At every stage, swimmers build the confidence, skills, and water safety knowledge needed for a lifetime of safe swimming.

All classes follow the standard session calendar unless otherwise noted. See page 25 for registration dates and details.



PARENT & CHILD AQUATICS (4MO-4YRS)

Accompanied by a parent or caregiver, infants and toddlers learn to be comfortable in the water and develop swim readiness skills.

PARENT & CHILD SWIM CLASSES ARE FREE FOR HOUSEHOLD MEMBERS!

EMILSON Y BRANCH

HALE FAMILY Y BRANCH

M: MEMBER | NM: NON-MEMBER

PARENT & CHILD 1

Parents learn safe ways to support their child and focus on water adjustment, safety, and positive experiences, providing the foundation for future water safety skills.

30-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	3:25 PM 4:35 PM M: FREE NM: \$462	9:10 AM 4:35 PM M: FREE NM: \$528	4:00 PM M: FREE NM: \$528	3:25 PM 4:35 PM M: FREE NM: \$462	8:30 AM M: FREE NM: \$462	8:30 AM 9:40 AM 10:50 AM M: FREE NM: \$462	8:30 AM 9:40 AM 10:50 AM M: FREE NM: \$495
HALE FAMILY Y	3:00 PM 4:35 PM M: FREE NM: \$462	9:05 AM 4:00 PM M: FREE NM: \$528	12:30 PM 3:00 PM 4:35 PM M: FREE NM: \$528	4:00 PM M: FREE NM: \$462	3:00 PM 4:35 PM M: FREE NM: \$462	10:10 AM 11:30 AM M: FREE NM: \$495	10:10 AM 11:30 AM M: FREE NM: \$495

PARENT & CHILD 2

This class introduces young children to the water through songs, games, and guided activities that build comfort, confidence, and water safety skills.

30-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	4:00 PM 5:10 PM M: FREE NM: \$462	9:45 AM 5:10 PM 6:20 PM M: FREE NM: \$528	4:35 PM M: FREE NM: \$528	4:00 PM 5:10 PM 5:45 PM M: FREE NM: \$462	9:05 AM M: FREE NM: \$462	9:05 AM 10:15 AM 11:25 AM M: FREE NM: \$462	9:05 AM 10:15 AM 11:25 AM M: FREE NM: \$495
HALE FAMILY Y	3:30 PM 5:10 PM M: FREE NM: \$462	9:45 AM 4:35 PM M: FREE NM: \$528	1:10 PM 3:30 PM 5:10 PM M: FREE NM: \$528	3:00 PM 4:35 PM M: FREE NM: \$462	3:30 PM 5:10 PM M: FREE NM: \$462	9:35 AM 11:30 AM M: FREE NM: \$495	9:35 AM 11:30 AM M: FREE NM: \$495

FREE SWIM EVALUATIONS AVAILABLE

Not sure which swim lesson is the best fit for your swimmer? Join us for a free swim evaluation! Our aquatics staff will assess your swimmer's current skills, answer questions, and recommend the appropriate lesson level. Evaluations take approximately 15 minutes.

EMILSON YMCA: Saturdays 12:15-12:45 PM (no appointment required) | **HALE FAMILY YMCA:** Saturdays 12:15-12:45 PM (no appointment required)

PRESCHOOL AQUATICS (3-5 YRS)

Introduces foundational swimming and water safety skills in a fun, supportive environment. Builds confidence and independence while developing skills through increasingly independent swimming.

EMILSON Y BRANCH

HALE FAMILY Y BRANCH

M: MEMBER | NM: NON-MEMBER

PRESCHOOL AQUATICS 1

Introduces foundational swimming and water safety skills in a fun, encouraging environment.

30-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	9:05 AM 10:15 AM 4:00 PM 5:10 PM M: \$231 NM: \$462	8:00 AM 4:00 PM M: \$248 NM: \$495	4:00 PM 5:10 PM M: \$264 NM: \$528	4:00 PM M: \$231 NM: \$462	9:40 AM M: \$231 NM: \$462	8:30 AM 9:05 AM 9:40 AM 10:50 AM M: \$231 NM: \$462	8:30 AM 9:05 AM 9:40 AM 10:15 AM 11:25 AM M: \$248 NM: \$495
HALE FAMILY Y	3:00 PM 5:10 PM 6:20 PM M: \$231 NM: \$462	10:15 AM 4:00 PM 6:20 PM M: \$264 NM: \$528	2:20 PM 5:10 PM 6:20 PM M: \$264 NM: \$528	10:30 AM 4:00 PM 6:20 PM M: \$231 NM: \$462	10:15 AM 3:00 PM 5:10 PM 6:20 PM M: \$231 NM: \$462	9:00 AM 9:35 AM 10:10 AM M: \$248 NM: \$495	9:00 AM 9:35 AM 10:10 AM M: \$248 NM: \$495

PRESCHOOL AQUATICS 2

Builds on foundational swimming skills while developing greater confidence and independence in the water.

30-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	8:30 AM 9:40 AM 4:00 PM 4:35 PM M: \$231 NM: \$462	8:35 AM 4:35 PM M: \$264 NM: \$528	4:00 PM 4:35 PM 5:10 PM 5:45 PM M: \$264 NM: \$528	4:00 PM 4:35 PM M: \$231 NM: \$462	10:15 AM M: \$231 NM: \$462	8:30 AM 9:05 AM 9:40 AM 10:50 AM M: \$231 NM: \$462	8:30 AM 9:05 AM 9:40 AM 10:15 AM 10:50 AM M: \$248 NM: \$495
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PRESCHOOL AQUATICS 3

Builds greater independence, endurance, and confidence in the water. All skills are performed independently while building water competency.

30-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	4:00 PM 4:35 PM 5:45 PM 6:20 PM M: \$231 NM: \$462	5:10 PM 5:45 PM 6:55 PM M: \$264 NM: \$528	4:35 PM 5:45 PM 6:20 PM M: \$264 NM: \$528	4:35 PM 5:10 PM 5:45 PM M: \$231 NM: \$462	4:00 PM 4:35 PM M: \$231 NM: \$462	9:05 AM 9:40 AM 10:15 AM 10:50 AM 11:25 AM M: \$231 NM: \$462	9:40 AM 10:15 AM 10:50 AM 11:25 AM M: \$248 NM: \$495
HALE FAMILY Y	4:00 PM 6:20 PM M: \$231 NM: \$462	11:35 AM 3:00 PM 5:10 PM M: \$264 NM: \$528	1:45 PM 4:00 PM 6:20 PM M: \$264 NM: \$528	11:50 AM 3:00 PM 5:10 PM M: \$231 NM: \$462	11:25 AM 4:00 PM 6:20 PM M: \$231 NM: \$462	9:00 AM 9:35 AM M: \$248 NM: \$495	9:00 AM 9:35 AM M: \$248 NM: \$495

PRIVATE LESSONS

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

- Ages 3-Adult
- Private: \$42 per lesson
- Semi-Private: \$32 per lesson/per member (\$64 total)

For more information, visit ssymca.org/swimlessons



SWIM LESSONS & TRAINING (CONTINUED)

YOUTH SWIM LESSONS (6-14 YRS)

Youth swim lessons help children build confidence, water safety skills, and strong swimming techniques. Classes progress from beginner water skills through advanced stroke development, allowing swimmers to advance at their own pace while developing lifelong swim skills.

EMILSON Y BRANCH

HALE FAMILY Y BRANCH

M: MEMBER | NM: NON-MEMBER

LEVEL 1: INTRODUCTION TO WATER SKILLS

Focuses on water safety and comfort, introducing floating, gliding & submerging.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Builds on the foundational skills through fun, engaging activities, strengthening independence, and refining swimming movements, with light assistance.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

LEVEL 3: STROKE DEVELOPMENT

Builds endurance, coordination, and confidence while introducing more advanced swimming skills and stroke techniques performed independently.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

LEVEL 4: STROKE IMPROVEMENT

Focuses on refining stroke technique, building endurance, stamina, and increasing confidence and efficiency in the water.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

*LEVEL 5: STROKE REFINEMENT

Focuses on improving endurance, efficiency, and precision across all major swim strokes while introducing advanced aquatic skills.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	4:35 PM M: \$245 NM: \$490	4:00 PM M: \$280 NM: \$560	4:00 PM M: \$280 NM: \$560	M: \$245 NM: \$490	M: \$245 NM: \$490	8:30 AM M: \$245 NM: \$490	8:30 AM M: \$263 NM: \$525
HALE FAMILY Y	4:35 PM 5:45 PM M: \$245 NM: \$490	3:00 PM 5:45 PM M: \$280 NM: \$560	3:00 PM 4:35 PM 5:45 PM M: \$280 NM: \$560	3:00 PM 5:45 PM M: \$245 NM: \$490	4:35 PM 5:45 PM M: \$245 NM: \$490	10:45 AM 12:05 PM M: \$263 NM: \$525	10:45 AM 12:05 PM M: \$263 NM: \$525
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	5:10 PM 5:45 PM 6:20 PM M: \$245 NM: \$490	4:35 PM 6:20 PM M: \$280 NM: \$560	4:35 PM 5:10 PM 6:20 PM M: \$280 NM: \$560	5:10 PM 6:20 PM 6:55 PM M: \$245 NM: \$490	9:05 AM 10:15 AM 10:50 AM 11:25 AM M: \$245 NM: \$490	9:05 AM 9:40 AM 11:25 AM M: \$245 NM: \$490	9:05 AM 9:40 AM 11:25 AM M: \$263 NM: \$525
HALE FAMILY Y	3:30 PM 5:45 PM M: \$245 NM: \$490	4:35 PM M: \$280 NM: \$560	3:30 PM 5:45 PM M: \$280 NM: \$560	4:35 PM 6:55 PM M: \$245 NM: \$490	3:30 PM 5:45 PM M: \$245 NM: \$490	11:30 AM 12:05 PM M: \$263 NM: \$525	11:30 AM 12:05 PM M: \$263 NM: \$525
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EMILSON Y	5:45 PM 6:20 PM M: \$245 NM: \$490	5:45 PM 6:55 PM M: \$280 NM: \$560	5:45 PM 6:20 PM M: \$280 NM: \$560	6:20 PM 6:55 PM M: \$245 NM: \$490	4:00 PM 4:35 PM M: \$245 NM: \$490	10:15 AM 11:25 AM M: \$245 NM: \$490	10:50 AM M: \$263 NM: \$525
HALE FAMILY Y	3:00 PM 5:30 PM M: \$245 NM: \$490	4:45 PM M: \$280 NM: \$560	3:00 PM 5:30 PM 5:45 PM M: \$280 NM: \$560	4:45 PM M: \$245 NM: \$490	3:00 PM 5:30 PM M: \$245 NM: \$490	9:50 AM 11:30 AM M: \$263 NM: \$525	9:50 AM 11:30 AM M: \$263 NM: \$525
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y					5:10 PM M: \$245 NM: \$490		
HALE FAMILY Y	4:00 PM 6:15 PM M: \$245 NM: \$490	6:15 PM M: \$280 NM: \$560	4:00 PM 6:15 PM 5:45 PM M: \$280 NM: \$560	6:15 PM M: \$245 NM: \$490	4:00 PM 6:15 PM M: \$245 NM: \$490	11:30 AM 12:15 PM M: \$263 NM: \$525	11:30 AM 12:15 PM M: \$263 NM: \$525

*Youth Levels 5 & 6 require a swim evaluation prior to registration.

YOUTH SWIM LESSONS: CONTINUED

*Youth Levels 5 & 6 require a swim evaluation prior to registration.

*LEVEL 6, OPTION 1: PERSONAL WATER SAFETY

Focuses on advanced stroke performance, endurance & essential personal water safety skills.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y					6:00 PM M: \$245 NM: \$490		
HALE FAMILY Y							

*LEVEL 6, OPTION 2: PERSONAL WATER SAFETY

Build endurance, improve stroke proficiency, and develop lifelong fitness through swimming.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y					6:00 PM M: \$245 NM: \$490		
HALE FAMILY Y							

COMPETITIVE SWIMMING: STRYPERS SWIM TEAM | AGES 7-18

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. Contact Head Coach Andy Noble at strypers@ssymca.org for more information.

TEEN & ADULT SWIM LESSONS

Designed for teens and adults of all experience levels, these classes help participants build confidence, improve swimming skills, and develop lifelong water safety. Teen: 13-17, Adult: 18+

EMILSON Y BRANCH
HALE FAMILY Y BRANCH
M: MEMBER | NM: NON-MEMBER

BEGINNER: LEARNING THE BASICS

Designed for beginner teens and adults. Participants build confidence and the skills needed to swim safely and independently.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y	7:00 PM M: \$245 NM: \$490						7:40 AM M: \$245 NM: \$490
HALE FAMILY Y	9:45 AM 6:15 PM M: \$245 NM: \$490	M: \$280 NM: \$560	M: \$280 NM: \$560	9:45 AM M: \$245 NM: \$490	6:15 PM M: \$245 NM: \$490	9:05 AM 9:45 AM M: \$263 NM: \$525	M: \$263 NM: \$525

IMPROVING SKILLS & SWIMMING STROKES

Participants improve crawl stroke, backstroke and breaststroke as well as treading water, diving and endurance swimming.

45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y			7:00 PM M: \$245 NM: \$490				
HALE FAMILY Y	10:20 AM 7:00 PM M: \$245 NM: \$490			10:20 AM M: \$245 NM: \$490			

SWIMMING FOR FITNESS

Designed for teens and adults who are comfortable swimming multiple strokes. Ideal for participants looking to improve fitness, build stamina, and make swimming part of a healthy lifestyle.

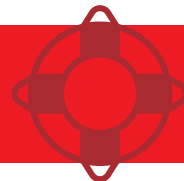
45-MINUTE CLASS | TIMES SHOWN ARE START TIMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EMILSON Y					6:00 PM M: \$245 NM: \$490		
HALE FAMILY Y					7:00 PM M: \$245 NM: \$490		

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 information and registration, contact Tripp Kelly at pkelly@ssymca.org.

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.

NEW! JUNIOR LIFEGUARD COURSE

Ages 11-16 | Non-Certification Course

Build the skills and confidence needed for future lifeguard training in this American Red Cross Junior Lifeguarding course. Participants will develop foundational water safety, swimming, and rescue skills while improving technique and stamina. A pre-course swim evaluation is required.

Note: This course does not provide Lifeguarding, First Aid, CPR, or AED certification.



*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.

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.

BABYSITTER'S TRAINING

10-year Babysitter Certification

The Red Cross Babysitter's Training program is designed to provide youth ages 11-16 who are planning to babysit with the knowledge and skills necessary to give care safely and responsibly to children and infants. The goal of this training is to help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, and learn childcare skills and basic first aid.



MAKE A SPLASH

Become a lifeguard at the South Shore YMCA.

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



SCAN ME

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

- **GERMANTOWN NEIGHBORHOOD CENTER**
 - Grades K-5
- **CLIFFORD MARSHALL ELEMENTARY**
 - Grades K-4 & Point Webster Grade 5
- **HALE FAMILY Y (STATE STREET ELC)**
 - Grades K-7 for Lincoln-Hancock Kindergarten & Merrymount Elementary



REGISTRATION FOR SCHOOL YEAR PROGRAMS

Before & After School Care registration for the 2026–2027 school year is open!

For more information or to be added to our registration distribution list, contact:
Samantha Blumberg-McSweeney (Norwell & Scituate) at smcsweeney@ssymca.org or
Erving Fanfan (Quincy) at efanfan@ssymca.org.

— ACCREDITED BY —
PRAESIDIUM

— 2026-2029 —



The South Shore YMCA is proud to be accredited by Praesidium for 2026–2029. Praesidium Accreditation® publicly demonstrates to our community that the South Shore YMCA has achieved the highest industry standards in abuse prevention.

TENNIS @ EMILSON YMCA



Programs follow the standard session calendar unless otherwise noted. See page 25 for session dates and registration details. Register online at ssymca.org/programs. Please Note: Classes require a minimum of 3 players to run.

YOUTH/JUNIOR TENNIS

LITTLE CHAMPS (AGES 4-5):

Fun-filled introduction to tennis with smaller courts and foam balls. Features stroke development, games, and hand-eye coordination drills in a social setting.

Fall Session 1: September 8–November 2

- Mon 3:15–4:15 PM or 4–4:45 PM | **M \$112** | NM \$196
- Wed 3:15–4 PM or 4–4:45 PM | **M \$128** | NM \$224
- Sat 9–9:45 AM | **M \$128** | NM \$224

Fall Session 2: November 3–December 23

- Mon 3:15–4:15 PM or 4–4:45 PM | **M \$112** | NM \$196
- Wed 3:15–4 PM or 4–4:45 PM | **M \$128** | NM \$224
- Fri 4–4:45 PM | **M \$112** | NM \$196
- Sat 9–9:45 AM | **M \$112** | NM \$196

RED BALL (AGES 6-7)

This format uses specialized equipment and shorter court dimensions. Players use a red ball (25% of standard ball compression) on a 36-foot court. Participants should understand the basic rules, demonstrate fundamental strokes, rally consistently, and serve successfully on a 36-foot court.

- Mon 4–5 PM, **M \$308** | NM \$539
- Wed 5–6 PM, **M \$352** | NM \$616
- Fri 5–6 PM, **M \$308** | NM \$539
- Sat 10–11 AM, **M \$330** | NM \$578

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.

- Mon 5–6 PM, **M \$308** | NM \$539
- Fri 5–6 PM, **M \$308** | NM \$539
- Sat 11 AM–12 PM, **M \$330** | NM \$578

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.

- Mon 5–6 PM, **M \$308** | NM \$539
- Fri 5–6 PM, **M \$308** | NM \$539
- Sat 12–1 PM, **M \$308** | NM \$539

GREEN BALL (AGES 11-14)

GB1 (60 MIN): Intro to the basics of stroke production, rules and ball control using green dot balls (75% of regular compression) on a full, 78-foot court.

- Tue 4–5 PM, **M \$352** | NM \$616
- Thu 4–5 PM, **M \$308** | NM \$539
- Sat 11 AM–12 PM, **M \$330** | NM \$578

GB2 (90 MIN): Placement is contingent on evaluation. Must be able to cover the entire court with proper and consistent movement skills, ball recognition, forehands, backhands, and serves.

- Fri 3:30–5 PM, **M \$462** | NM \$809
- Sat 12–1:30 PM, **M \$495** | NM \$867

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 \$528** | NM \$924
- Tues & Thurs 5 – 6:30 P, **M \$980** | NM \$1,575
- Thurs 5 – 6:30 P, **M \$462** | NM \$809
- Sat 1:30 – 3 P, **M \$495** | NM \$867

PDV2 Clinic 2

- Tues 3:30 – 5:30P, **M \$704** | NM \$1,232
- Tues & Thurs 3:30 – 5:30P, **M \$1,200** | NM \$2,100
- Thurs 3:30 – 5:30P, **M \$616** | NM \$1,078
- Sat 1:30 – 3:30 P, **M \$660** | NM \$1,155

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.

- Wed 3:30 – 5 P, **M \$528** | NM \$924

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 PM (\$240) | Sun 4–5PM | \$225
- Beginner & Intermediate | Wed 4–5 PM | \$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 PM | \$240

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 PM | \$225

TENNIS @ EMILSON YMCA (CONT.)

ADULT TENNIS

ADULT BEGINNER CLINICS AGES 18+

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

- Level 1 Mon 6–7 PM, **M \$308** | NM \$539
- Level 1 Tue 12–1 PM, **M \$352** | NM \$616
- Level 1 Sat 8:30–9:30 AM, **M \$330** | NM \$578
- Level 2 Mon 7–8 PM, **M \$308** | NM \$539
- Level 2 Sat 11 AM–12 PM, **M \$330** | NM \$573

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

- Mon 6:30–8:00 PM, **M \$462** | NM \$809
- Thu 9:00–10:30 AM, **M \$462** | NM \$809
- Sat 9:30–11:00 AM, **M \$495** | NM \$867

LEVEL ADVANCED NTRP 3.5 +

- Wed 5–6:30 PM, **M \$528** | NM \$924
- Thu 12–1:30 PM, **M \$462** | NM \$809
- NTRP 4.0+ Mon 8–9:30 PM, **M \$462** | NM \$809

DRILL & PLAY CLINICS AGES 18+: DOUBLES

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

- Intermediate Thu 10:30 AM–12 PM, **M \$462** | NM \$809
- Advanced Tue 10:30 AM–12:00 PM, **M \$528** | NM \$924

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 9–10:30 AM, **M \$224** | NM \$392
- Men's Singles NTRP 3.5–4.5 Sun 4–5:30 PM, **M \$300** | NM \$525
- Men's Doubles NTRP 3.5–4.5 Sun 8:30–10 AM, **M \$240** | NM \$420

SPECIALTY CLINICS

SIDE BY SIDE

Utilizing the variety of shots provided by our ball machine, our staff pro will coach players from their side of the court for a unique and more personal interaction.

- Fri 1: 11 AM–12 PM, **M \$308** | NM \$539
- Fri 2: 12–1 PM, **M \$308** | NM \$539

CONTACT US

Tennis Programs: Sebastian Quintero, squintero@ssymca.org

Contract Tennis: Maureen Ahl, mahl@ssymca.org

League Play: Elaine Nolan, enolan@ssymca.org

PRIVATE LESSONS & CLINICS

PRIVATE & SEMI-PRIVATE LESSONS

Improve your game with private tennis instruction for players of all ages and skill levels. Our certified tennis professionals provide personalized coaching through private lessons or semi-private instruction with friends. Max. 3 players

COST: \$75–\$90/hour. Pricing varies based on instructor experience and length of session. For full pricing details, visit ssymca.org/tennis.

PRIVATE CLINICS (4 PLAYERS)

Create your own group of four and train together in a private clinic tailored to your group's goals and skill level. Clinics meet once per week throughout the program session. Subject to court and instructor availability.

- 60-Minutes: \$22/player
- 90-Minutes: \$33/player

LARGE GROUP CLINIC (5+ PLAYERS)

Create your own group of five or more and train together in a private clinic tailored to your group's goals and skill level. Large group clinics are scheduled based on court and instructor availability.

- 60-Minutes: \$22/player
- 90-Minutes: \$33/player

REGISTRATION & SCHEDULING

Private lessons, semi-private lessons, and private clinics are available based on court and instructor availability. For more information or to schedule, contact Sebastian Quintero, Director of Racquet Sports, at squintero@ssymca.org.

NEW!

**Flexible monthly
payment plans for
most Y programs**

See page 26 for details

PICKLEBALL @ EMILSON YMCA



Play one of the fastest growing sports in the country. Let our certified pros teach you how to play, join our in-house league, or drop in and play. Bring your own equipment if you have it. Paddles & balls are available for those who need it.

PICKLEBALL: BEGINNER ADULT CLASS

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

- Tuesday 12–1 PM, **M \$72** | NM \$126
- Tuesday 5–6:30 PM, **M \$108** | NM \$189
- Contact Maureen Ahl at mahl@ssymca.org for registration and monthly session dates.

LIVE BALL: PICKLEBALL CLINIC

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

- Monday 4:30–6 PM, **M \$108** | NM \$189
- Thursday 5–6:30 PM, **M \$108** | NM \$189
- Contact Maureen Ahl at mahl@ssymca.org for registration and monthly session dates.

STAY CONNECTED TO PICKLEBALL AT THE Y!

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

CO-ED INTERMEDIATE PICKLEBALL LEAGUE 18+:

This in-house league for men and women gives players the chance to play in a competitive and friendly environment. Minimum 8 players needed.

- Wednesday 1:30–3 PM
 - Session 1: 9/9–10/28
 - Session 2: 11/4–12/23
 - **M \$128** | NM \$224
- Monday 6–7:30 PM
 - Session 1: 9/11–10/23
 - Session 2: 10/30–12/18
 - **M \$112** | NM \$196

OPEN PICKLEBALL IN THE GYM

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

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

FREE PICKLEBALL DROP-IN IN THE GYM!



[SSYMCA.ORG/PICKLEBALL](https://ssymca.org/pickleball)

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 September 9 to June 26, 2027. Classes are offered in Hanover & Quincy unless otherwise noted.

SOUTH SHORE YMCA GYMNASTICS TRAINING CENTER LOCATIONS

SSYMCA Gymnastics Training Center, Hanover
1075 Washington Street, Hanover

SSYMCA Gymnastics Training Center, Quincy
79 Coddington St, Quincy (Hale Family YMCA)

PARENT & CHILD: AGES 1-3

This fun, interactive caregiver & child class will help develop balance, strength, and confidence.

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

HANOVER

- Sun 10:30-11:15am
- Tues, Thu, Sat 9-9:45am
- Sat 9:50-10:35am

QUINCY

- Sun 10:30-11:15am
- Mon, Wed, Sat 9-9:45am
- Sat 9:50-10:35am

AGES 3 & 4

Young gymnasts will explore the fundamentals of gymnastics while building coordination, skills, and confidence.

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

HANOVER

- Sun 11:25am-12:10pm
- Tue or Thu 10-10:45am
- Wed 4-4:45pm
- Fri 3:45-4:30pm
- Sat 10:45-11:30am or 11:35am-12:20pm

QUINCY

- Sun 11:25am-12:10pm
- Mon or Wed 10-10:45am
- Tue or Wed 4-4:45pm
- Sat 10:45-11:30am or 11:35am-12:20pm

AGES 5 & 6

Gymnasts will build on foundational gymnastics skills while developing coordination, strength, balance, and confidence.

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

HANOVER

- Sun 12:20-1:05pm
- Tue or Wed 4:45-5:30pm
- Fri 4:30-5:15pm
- Sat 12:30-1:15pm or 1:20-2:05pm

QUINCY

- Sun 12:20-1:05pm
- Tue or Wed 4:45-5:30pm
- Fri 4:30-5:15pm
- Sat 12:30-1:15pm or 1:20-2:05pm

AGES 7-10

Gymnasts will improve motor skills, balance, strength, and flexibility while progressing at their own pace.

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

HANOVER

- Sun 1:15-2:15pm
- Thu 4-5pm
- Fri 5:15-6:15pm
- Sat 2:10-3:10pm

QUINCY

- Sun 1:15-2:15pm
- Thu 4-5pm
- Fri 4:30-5:30pm
- Sat 2:10-3:10pm

AGES 11-13

Gymnasts develop strength, balance, flexibility, and coordination while building foundational skills.

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

HANOVER

- Sun 1:15-2:15pm
- Thu 4-5pm
- Fri 5:15-6:15pm
- Sat 2:10-3:10pm

QUINCY

- Sun 1:15-2:15pm
- Thurs 4-5pm
- Sat 2:10-3:10pm

TUMBLING (QUINCY)

Participants will build tumbling skills through progressive instruction, advancing from foundational skills to handsprings, tucks, and twisting.

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

- Beginner: Fri 5:30-6:15pm
- Advanced: Fri 6:15-7pm

NINJA CLASSES (HANOVER)

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

MINI NINJA | 45 MIN | AGES 3-4 | M \$70 NM \$115

- Tue 11:15am-12pm
- Sat 3:30-4:15pm

LIL NINJA | 45 MIN | AGES 5-6 | M \$70 NM \$115

- Tue 3:45-4:30pm
- Sat 4:15-5pm

NINJA PLUS | 45 MIN | AGES 7-11 | M \$70 NM \$115

- Sat 5:15-6pm

PRE-TEAM

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

M \$140 | South Shore YMCA Members Only

- Monday 4:15-5:45pm, 1.5 hours

HIGH SCHOOL DROP-IN: GRADES 9-12

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

- Thu 5-7pm | **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 must have a waiver on file. Hanover & Quincy

- Quincy: Tue 7:30-9pm | **M \$15 | NM \$20**
- Hanover: Thu 7:30-9pm | **M \$15 | NM \$20**

For full gymnastics placement, enrollment, and program policies, see page 25. Questions? Contact Kara Protulis, Association Gymnastics Director, at kprotulis@ssymca.org

HEALTH & WELLNESS



Programs follow the standard session calendar unless otherwise noted. See page 25 for session dates and registration details. Register online at ssymca.org/programs.

ATHLETIC STRENGTH & CONDITIONING (EMILSON Y)

Young athletes will improve strength, speed, coordination, and overall fitness through progressive, age-appropriate training that focuses on proper movement mechanics and exercise technique to enhance athletic performance and help reduce the risk of injury.

- Wednesdays, 4:30 P | **M \$288** | NM \$576

YOUTH STRENGTH (EMILSON & HALE)

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.

- **EMILSON Y:** Tuesdays, 5:30P | **M \$288** | NM \$576
- **HALE FAMILY Y:** Mondays, 5:30P | **M \$288** | NM \$576

BEGINNER MEDITATION (EMILSON Y)

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.

- Tuesdays, 10:15A | **M \$176** | NM \$352
- **Session 1:** 9/8-10/27 | **Session 2:** 11/3-12/22

ADVANCED MEDITATION (EMILSON Y)

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.

- Tuesdays, 11:20A | **M \$176** | NM \$352
- **Session 1:** 9/8-10/27 | **Session 2:** 11/3-12/22

LIMITLESS MIND (EMILSON Y)

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

- Tuesdays, 12:30P | **M \$176** | NM \$352
- **Session:** 9/8-10/27 | **Session 2:** 11/3-12/22

BALANCED FOR LIFE (EMILSON Y)

This 45-Minute 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.

- Tuesdays & Thursdays, 1:15P | **M \$352** | NM \$704
- **Session:** 9/22-11/15

RUN CLUB (HALE FAMILY Y)

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.

- Wednesdays, 7A | **M \$25** | NM \$35

KETTLEBELL CONDITIONING (HALE FAMILY Y)

Kettlebell Conditioning combines strength and cardio to build endurance, core stability, coordination, and overall fitness. Workouts are scalable for all levels, from beginners to advanced participants.

- Tuesdays, 5-5:45P | **M \$288** | NM \$576

NEW! INCLUSIVE STRENGTH (EMILSON Y)

An inclusive strength-training program for individuals with intellectual and developmental disabilities. Participants build strength, confidence, and fitness through guided exercises tailored to individual abilities and goals.

- Mondays, 3:45-4:40 P
- **FREE for Y members** | Registration required
- Class begins September 14

NEW! INCLUSIVE FUNCTIONAL FITNESS (EMILSON Y)

An inclusive fitness program for individuals with intellectual and developmental disabilities focused on balance, coordination, mobility, and functional movements that support everyday activities and greater independence.

- Wednesdays, 2:00-2:45 PM or 3:00-3:45 PM
- **FREE for Y members** | Registration required
- Class begins September 16

NEW! A LIFETIME OF MEMORIES- BUILDING A MEMORY PORTFOLIO (HALE FAMILY Y)

This 5-week course guides participants in creating one meaningful drawing inspired by personal memories and experiences. Through guided reflection, discussion, and creative practice, they will learn to turn emotions and stories into visual art. By the end of the course, each participant will complete a unique artwork that reflects their personal journey and the power of storytelling through art.

- Friday: 12-1 PM and 1:30-2:30 PM
- **FREE for Y members** | Registration required
- Seniors 65+

LEAN INTO STRENGTH (EMILSON Y)

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.

- Tuesdays, 6:30P | **M \$264** | NM \$528
- **Session:** 9/22-12/8

2026 WINNER

BEST HEALTH CLUB!

Proudly voted Best Health Club by the South Shore community.

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 • 1 session \$38 • 3 sessions \$107 • 6 sessions \$201 • 12 sessions \$366	30-MINUTES • 1 session \$21 / member • 3 sessions \$58 / member • 6 sessions \$110 / member • 12 sessions \$194 / member
60-MINUTES • 1 Session \$ 69 • 3 sessions \$195 • 6 sessions \$366 • 12 sessions \$684	60-MINUTES • 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, scosta@ssymca.org, at Emilson YMCA or
 Luke McLean, lmclean@ssymca.org, at Hale Family YMCA.

PILATES (EMILSON YMCA)

REFORMER STUDIO SESSIONS

6-CLASS PACKAGE: M \$196 | SSYMCA MEMBERS ONLY

REFORMER PILATES FOUNDATIONS

Build a strong Pilates foundation while improving strength, flexibility, balance, and body awareness. Perfect for beginners and those new to reformer training.

**Sun 10 & 11 AM • Mon 4 & 6 PM • Tue 8 AM • Wed 5 PM
 Fri 10:30 AM • Sat 9:30 & 10:30 AM**

NEW! REFORMER PILATES INTERMEDIATE

Build on your Pilates foundation with full-body workouts that improve core strength, coordination, flexibility & confidence.

Mon 9 AM

NEW! REFORMER PILATES ADVANCED

Challenge yourself with advanced reformer workouts that build strength, control, endurance, and confidence through dynamic movement.

Mon 7 & 11 AM

NEW! REFORMER PILATES ATHLETIC FLOW

Improve rotational strength, mobility, balance, and core power through performance-focused Pilates. Ideal for golfers, runners, racquet sport athletes, and active adults.

Mon 8 AM • Wed 9 AM

NEW! REFORMER PILATES APPARATUS FLOW

Experience the full Pilates studio using the Reformer, Cadillac, Chair, and Barrel to improve strength, posture, flexibility, and functional movement.

Wed 10 AM • Fri 7 AM

Pre-registration required. View sessions & reserve a 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!

Private, duet, and trio Pilates Reformer sessions are available.
 Contact Stephanie Costa, scosta@ssymca.org, for details and pricing.

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

NEW! CYCLE CADENCE (EMILSON Y)

Designed for individuals with Parkinson's disease, Multiple Sclerosis (MS), and other neurological conditions. This 30-minute guided cycling class helps improve mobility, balance, coordination, and endurance. Participants work at their own pace in a welcoming, supportive environment.

- **MONDAY** | 11A | Emilson YMCA Cycle Studio
- **FREE FOR MEMBERS**
- No registration required

ENHANCE FITNESS

Designed for older adults, including those with arthritis, this class builds cardiovascular health, strength, balance, and flexibility while encouraging social connection. Participants move at their own pace with optional chair support.

- **EMILSON YMCA (HANOVER)**: Tues, Thurs, Sat, 11A
- **HALE FAMILY YMCA (QUINCY)**: Mon, Wed, Fri, 1P
- **FREE FOR MEMBERS & NONMEMBERS**

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

Registration is required for all Medical Wellness Programs unless otherwise noted.

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

TAI CHI FOR ARTHRITIS (HALE FAMILY YMCA)

This gentle, low-impact program that improves mobility, reduces pain, and enhances balance through slow, flowing movements and deep breathing.

- Wednesdays, 1:15-2:15P, Studio A
- **FREE FOR MEMBERS** | NON-MEMBERS \$125

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



DIABETES PREVENTION PROGRAM (HALE FAMILY Y)

The **YMCA Diabetes Prevention Program (YDPP)** is a year-long, CDC-recognized program that provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity to reduce their risk for developing diabetes.

- 12-month program: 16 weekly sessions, followed by monthly maintenance
- Led by a professionally trained Lifestyle Coach
- Session starts Tuesday, September 1 at 11A
- Program is **Free** with Physician Referral – a \$429 value!

For more information, contact Mary Kenney RN, BSN, MSCN at 857-403-4708 or mkenney@ssymca.org

MEDICAL WELLNESS: STAYSTRONG CANCER SUPPORT PROGRAM

Staystrong is a free community wellness program offered by the South Shore YMCA. It's designed to help individuals and families impacted by cancer heal and thrive through holistic support.

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 South Shore YMCA Food Pantry

Visit ssymca.org/staystrong to request more information or sign up.



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. For more information, contact Katie Tindall, ktindall@ssymca.org or Stephanie Costa scosta@ssymca.org

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.

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.



staystrong

A Cancer Community Support Program from
South Shore YMCA

DONATE.
PARTICIPATE.
STAY STRONG.



October is Staystrong Month at the South Shore YMCA.

The Staystrong Cancer Support Program empowers those facing cancer with free access to Y membership and community support for patients, families, and caregivers.

Join us for fundraising fitness classes that honor survivors and fuel healing. Every donation helps change a life.



ssymca.org/staystrong



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. Programs are held outdoors when possible and move indoors during inclement or cold weather.

LOCATION: South Shore YMCA Nature Center (48 Jacobs Lane, Norwell, MA).

LITTLE SPROUT ART

Explore a new nature-inspired art project each week! Little artists will experiment with a variety of materials and techniques in a fun, creative environment. Perfect for curious kids and their caregivers.

- Mondays 9:30-10:15 AM | Sept 14 - Dec 21
- Open to children ages 2-5, with a caregiver
- **M \$250 | NM \$320**

FOREST FRIENDS NATURE PLAYGROUP

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

- Tuesdays 9:30-10:30 AM | Sept 8-Dec 15
- Open to children ages 18 months-5 years with a caregiver
- **M: \$265 | NM \$345**

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 9:30-10:15 AM | September 11-October 30
- Open to children ages 2-5 with a caregiver
- **M \$145 | NM \$185**

TURTLE TALES STORY TIME

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

- Thursday mornings (times vary)
- Open to children ages 0-5 with a caregiver
- *Must register each child attending
- View full details & register at ssymcanaturecenter.org/events



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

SCOUT PROGRAMS

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

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

HIKE OUR TRAILS

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

FACILITY RENTALS

Our unique indoor and outdoor spaces are perfect for families and groups looking to celebrate, learn, or gather in a beautiful, nature-inspired setting. Email skugel@ssymca.org to learn more.



GERMANTOWN NEIGHBORHOOD CENTER

The South Shore YMCA Germantown Neighborhood Center is a gathering place for neighbors of every age in Quincy, offering essential programs, resources, and connection that help our community grow stronger together.

COMMUNITY PROGRAMS & WORKSHOPS

We bring neighbors of every age together through free programs that build connections, strengthen skills, and create opportunities to grow. From early childhood through adulthood, participants gain the tools, resources, and relationships they need to thrive together.

Stay tuned for upcoming community events & workshops!



To learn about our programs, community events, or workshops dates, or to share your thoughts, contact Melanie Riether, mriether@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. Families can visit in person to complete an application. Please bring valid photo identification and proof of Quincy residency.

- 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 everyday necessities such as diapers, toiletries, and paper goods.
- Volunteer to help stock and distribute food

For more information or to get involved, contact Sandy Bouchard, Food Pantry Director, 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

TEEN PROGRAMMING

There's something for every teen at the Y. Whether you're interested in recreation, leadership, creative arts, certifications, or volunteer opportunities, our programs help teens & tweens discover new passions, develop real-world skills, connect with peers, and make a difference in their community.

LEADERSHIP & TRAINING

NEW! JR. LIFEGUARD COURSE (HANOVER & QUINCY)

Build the skills and confidence needed for future lifeguard training in this American Red Cross Junior Lifeguarding course. Participants ages 11-16 will develop foundational water safety, swimming, and rescue skills while improving technique and stamina. See full details on page 7.

BABYSITTER'S TRAINING (HANOVER & QUINCY)

The Red Cross Babysitter's Training program prepares youth ages 11-16 with the skills to babysit safely and responsibly, including leadership, childcare, basic first aid, and starting a babysitting business. See full details on page 7.

TEEN ART & ENRICHMENT CLASSES

STUDIO ARTS & ARTIST EXPLORATION (EMILSON Y)

Build artistic skills through drawing, painting, mixed media, and digital art inspired by influential artists, including Frida Kahlo, Banksy, Andy Warhol, Kehinde Wiley, Salvador Dalí, Ai Weiwei, Gustav Klimt, and Mary Blair.

- Ages 13-17 | Saturday 11:30 AM - 1 PM
- **COST: M \$220 | NM \$440**

INK & IMAGINATION (EMILSON Y)

Create your own book, comic, graphic novel, or story using AI as a creative tool in a supervised setting. Participants receive a professionally printed copy of their work.

- Ages 9-12 | Tues & Thurs 4:45-5:45 PM
- Ages 13-17 | Tues & Thurs 6-7 PM
- **COST: M \$220 | NM \$440**

JOIN OUR TEAM!





NOW HIRING:

Early Learning & Afterschool Care, Lifeguards, Swim Instructors, Fitness Staff, and MORE!

BENEFITS:

- Competitive Pay
- YMCA Membership
- Flexible Scheduling

APPLY TODAY!

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



TEEN SPORTS & FITNESS

YOUTH STRENGTH (HANOVER & QUINCY)

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.

- **EMILSON Y:** Tuesday 5:30 PM | **M \$288 | NM \$576**
- **HALE FAMILY Y:** Mon & Thu 5:30 PM | **M \$250 | NM \$400**

ATHLETIC STRENGTH & CONDITIONING (EMILSON Y)

Young athletes will improve strength, speed, coordination, and overall fitness through progressive, age-appropriate training that focuses on proper movement mechanics and exercise technique to enhance athletic performance and help reduce the risk of injury.

- Wednesday 4:30 PM | **M \$288 | NM \$576**

PERFECT YOUR CRAFT: HIGH-LEVEL SKILL INSTRUCTION (HALE FAMILY Y)

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.

- **PRACTICE:** Thursday 5 PM
- **AGE:** 9-14
- **M \$230 | NM \$460**

NEW! ULTIMATE FRISBEE CLUB (EMILSON Y)

Discover the fast-paced fun of Ultimate Frisbee! Whether you're new to the game or ready to sharpen your skills, you'll learn the fundamentals, stay active, build teamwork, and make new friends through instructor-led games & activities.

- Wednesday 4:30 PM | Ages 13-17
- M & NM: \$160 or drop in for \$10/day (check in at the front desk before heading to the field)

HIGH SCHOOL TENNIS (EMILSON Y)

For teens who are new to the game and looking to play High School tennis. This class runs for 10 weeks.

- Wednesday 3:30-5 PM | Ages 13-18
- **M \$528 | NM \$924**



TEEN EVENTS & WORKSHOPS

TEEN NIGHTS: THE STUDIO SESSIONS (HANOVER)

Teen Nights offer a safe, welcoming space to connect, create, and have fun with friends while exploring art, media, esports, games, and life skills.

- **LOCATION:** SSYMCA Laura's Center for the Arts
97 Mill St, Hanover (Emilson YMCA Campus)
- **AGES:** 13-18
- **COST:** M \$10 | NM \$20

UPCOMING TEEN NIGHTS

OWN YOUR STORY | SEPT 10, 6-8:30 PM

Explore who you are, what you stand for, and how you want to show up in the digital world. Build confidence and create a reputation that reflects your values.

SCARES & SELF-CARE | OCT 15, 6-8:30 PM

Learn the basics of self-care while exploring theatrical Halloween makeup. From skincare to special effects, this hands-on workshop supports creativity and self-expression.

RESET & RECHARGE | NOV. 13 | 6-8:30 PM

Take time to recharge while learning practical self-care strategies for managing stress, building healthy habits, and finding balance in everyday life.

LIFE HACKS FOR REAL LIFE | DEC. 10 | 6-8:30 PM

Discover practical tips for organization, time management, goal setting, and everyday challenges. Learn simple strategies to stay on track and set yourself up for success.

LEAD LIKE YOU MEAN IT

"LEADERSHIP IS NOT A TITLE. IT IS A PRACTICE."

REGISTER NOW!

WHAT YOU'LL WALK AWAY WITH:

1. **SELF-KNOWLEDGE**
Discover your genuine strengths and learn to lead from them with clarity.
2. **REAL CONFIDENCE**
Build the kind that lasts, not performance, but genuine belief in yourself.
3. **YOUR VOICE**
Learn to speak up, take up space, and make your perspective count.
4. **A BLUEPRINT**
A practical framework you can apply today; in school, at work, and in life.

A leadership experience at the Hale Family YMCA for young men ready to build unshakeable confidence, own their voice, and lead from exactly where they are.

DETAILS

- Open to boys age 11-14
- Thursday 3:30-5 PM, Hale Family YMCA
- Sept. 24-Dec. 8
- Cost: M \$100 | NM \$125

FACILITATED BY LUKE MCLEAN
Director of Health & Wellness, South Shore YMCA, Harvard Business School

REGISTER NOW!
ssymca.org/leadlikeyoumeanit



SHOW YOUR TRUE SELF

EMPOWERMENT PROGRAM FOR GIRLS

The **Show Your True Self** program helps girls grow into confident, resilient leaders, inside and out. Through interactive sessions and hands-on experiences, participants will develop the skills to express themselves, build meaningful connections, and take pride in who they are. This program is held at the Hale Family YMCA in Quincy.

PROGRAM HIGHLIGHTS

- Fearless Focus: Poised and Powerful Sessions
- Self-Connection & Self-Care
- Social Strategies
- Find Your Voice

PLUS, ENGAGING Y PROGRAMS

- Yoga & Meditation
- Nutrition & Learn to Lift
- Creative Arts
- Graduation Celebration

DETAILS

- Open to girls aged 11-14
- Tuesdays 3:30-5 PM | Sept. 22-Dec. 8 | Hale Family YMCA, Quincy
- Cost: M \$100 | NM \$125

Financial Assistance is available so that every girl can Show Her True Self. Contact Melanie Riether at mriether@ssymca.org for details.



BUILD CONFIDENCE. FIND YOUR VOICE. DISCOVER YOUR STRENGTH.

This dynamic program blends personal growth, physical wellness, and creative expression so every girl can **shine**.

REGISTER NOW!

ssymca.org/showyourtrueself



SPORTS & RECREATION



Programs follow the standard session calendar unless otherwise noted. See page 25 for session dates and registration details. Register online at ssymca.org/programs. NOTE: Hale Family Y Sports Programs end November 30 for Hope for the Holidays.

SPORTS MANIA (HANOVER & QUINCY)

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. 30 minute class.

EMILSON YMCA (HANOVER)

- Emilson Y Outdoor Field (Gymnasium during inclement weather)
- Tuesdays 4:30P, 5P or 5:30P | Ages 3-6
- **M \$210** | NM \$420

HALE FAMILY YMCA (QUINCY)

- Briggs Family Fieldhouse
- Saturdays 11:45A or 1:00P | Ages 3-6
- **M \$168** | NM \$336
- Session: Sep. 8 - Nov. 30

TAEKWON-DO | ALL LEVELS (EMILSON Y)

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 & Thursdays, 7-8P | Ages 11+
- **M \$420** | NM \$840

YOUTH SOCCER (HALE FAMILY Y)

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.

- Ages 5-6 | Saturdays 10:30A | **M \$168** | NM \$336
- Ages 7-8 | Saturdays 9:15A | **M \$168** | NM \$336
- Ages 9-12 | Saturdays 8:00A | **M \$168** | NM \$336
- Session: Sep. 8 - Nov. 30

NEW! ULTIMATE FRISBEE CLUB (EMILSON Y)

Discover the fast-paced fun of Ultimate Frisbee! Whether you're new to the game or ready to sharpen your skills, you'll learn the fundamentals, stay active, build teamwork, and make new friends through games & activities.

- Wednesday 4:30 PM | Ages 13-17
- M & NM: \$160 or drop in for \$10/day (check in at the front desk before heading to the field)

NEW! KICKOFF CLUB: FLAG FOOTBALL (EMILSON Y)

Ready to hit the field? This coach-led program introduces players to the fundamentals of flag football through fun drills, games, and friendly competition. Perfect for beginners and experienced players alike.

- Fridays 4-5P | Ages 4-6
- Fridays 4:45-5:45P | Ages 7-10
- **M \$210** | NM \$420

YOUTH WRESTLING (HALE FAMILY Y)

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 | **M \$168** | NM \$336
- Session: Sep. 8 - Nov. 30

KARATE (HALE FAMILY Y)

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 & Intermediate: All-level class to learn the basics & advance your skills in Okinawan Karate.

PEE WEE (30 MIN): AGES 5-7

- Mondays 5-5:30P | **M \$140** | NM \$285

BEGINNER & INTERMEDIATE (45 MIN): AGES 8-18

- Monday 5:30-6:15P | **M \$170** | NM \$340

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 | 12:30-2:30P

YOUTH RUGBY (HALE FAMILY Y)

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 | Ages 5-10
- **M \$168** | NM \$336
- Session: Sep. 8 - Nov. 30



SPORTS & RECREATION: BASKETBALL

Programs follow the standard session calendar unless otherwise noted. See page 25 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.

EMILSON YMCA

- Ages 4-7: Saturday 8 AM
- Ages 8-12: Saturday 9 AM
- **M \$210** | NM \$420

HALE FAMILY YMCA

- Ages 4-6: Saturday 8 AM
- Ages 7-9: Saturday 9 AM
- Ages 10-14: Saturday 10 AM
- **M \$210** | NM \$420

UNIFIED BASKETBALL (EMILSON Y)

Enjoy the game of basketball in a fun, inclusive environment where participants with and without disabilities play together as teammates. Players will build skills, stay active, make friends, and enjoy the game while supporting one another. All experience levels welcome!

- Monday 5 PM | Ages 16+
- **FREE** for Members (Membership Required)

FUN FUNDAMENTALS (HALE FAMILY Y)

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 | Monday 5-6P
- Big Hoops, Ages 9-12 | Monday 6-7P
- **M \$196** | NM \$392

LADY HOOPERS (HALE FAMILY Y)

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 | Tuesday 5-6 PM
- Ages 9-12 | Tuesday 6-7 PM
- **M \$210** | NM \$420

PERFECT YOUR CRAFT: HIGH-LEVEL SKILL INSTRUCTION (HALE FAMILY Y)

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
- Ages 9-14
- **M \$230** | NM \$460

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 (Hale Family Y) at knguyen@ssymca.org or Stephanie Costa (Emilson Y) at scosta@ssymca.org.

SMALL GROUP LESSONS (HALE FAMILY Y)

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

Classes run on an 8-week session. For dates & rates, visit ssymca.org/register

NEW!

Flexible monthly payment plans for most Y programs

See page 26 for details

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 25 for session dates and registration details.

YOUTH ART, DANCE & MUSIC CLASSES

MINI MONETS

Get creative! Each week, kids will create hands-on art inspired by a different famous artist while exploring painting, drawing, collage, and sculpture. Featured artists include Frida Kahlo, Andy Warhol, Banksy, Monet, O'Keeffe, Mary Blair, and Yayoi Kusama.

- Ages 3-5 | Saturdays, 9-9:30 AM
- **COST: M \$220 | NM \$440**

PETITE ARTISTS

Create and get inspired! Discover a new artist each week through fun, hands-on projects while experimenting with different tools and techniques. Featured artists include Monet, Mary Blair, O'Keeffe, Kandinsky, Eric Carle, Yayoi Kusama, and Paul Klee.

- Ages 6-10 | Saturdays, 9:30-10:20 AM
- **COST: M \$220 | NM \$440**

MOVEMENT EXPLORERS

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

- Ages 3-6 | Saturdays, 9-9:50 AM
- **COST: M \$220 | NM \$440**

MINI MOVERS

Build confidence and a love of dance while learning the basics of ballet and jazz through stretching, creative movement, choreography, and across-the-floor exercises in a fun, supportive environment.

- Ages 7-10 | Saturdays, 10-10:50 AM
- **COST: M \$220 | NM \$440**

SOUTH SHORE CONSERVATORY PRESENTS MUSIC TOGETHER®!

Families with children ages 0-5 will sing, dance, play instruments, and explore music together in a fun, welcoming environment that nurtures creativity, connection, and early childhood development

- Ages 0-5 | Fridays, 9:30-10:15 AM or 10:30-11:15 AM
- **COST: M: \$ 392 (Additional sibling \$140)**
NM: \$ 470 (Additional sibling \$168)

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 @ LCA

TEEN NIGHTS: THE STUDIO SESSIONS

Teen Nights offer a safe, welcoming space to connect, create, and have fun with friends while exploring art, media, esports, games, and life skills.

- **Ages 13-18 | COST: M \$10 | NM \$20**

UPCOMING TEEN NIGHTS

OWN YOUR STORY | SEPT 10, 6-8:30 PM

Explore who you are, what you stand for, and how you want to show up in the digital world. Build confidence and create a reputation that reflects your values.

SCARES & SELF-CARE | OCT 15, 6-8:30 PM

Learn the basics of self-care while exploring theatrical Halloween makeup. From skincare to special effects, this hands-on workshop supports creativity and self-expression.

RESET & RECHARGE | NOV. 13 | 6-8:30 PM

Take time to recharge while learning practical self-care strategies for managing stress, building healthy habits, and finding balance in everyday life.

LIFE HACKS FOR REAL LIFE | DEC. 10 | 6-8:30 PM

Discover practical tips for organization, time management, goal setting, and everyday challenges. Learn simple strategies to stay on track and set yourself up for success.

STUDIO ARTS & ARTIST EXPLORATION

Build artistic skills through drawing, painting, mixed media, and digital art while exploring the work of influential artists in a supportive studio environment. Featured artists include Frida Kahlo, Banksy, Andy Warhol, Kehinde Wiley, Salvador Dalí, Ai Weiwei, Gustav Klimt, Mary Blair

- Ages 13-17 | Saturdays, 11:30 AM-1 PM
- **COST: M \$220 | NM \$440**

INK & IMAGINATION: BECOME AN AUTHOR

Create your own book, comic, graphic novel, or illustrated story using AI as a creative tool in a supervised setting. Participants will receive a professionally printed hardcover copy of their completed work.

- Ages 9-12 | Tues & Thurs 4:45-5:45 PM
- Ages 13-17 | Tues & Thurs 6-7 PM
- **COST: M \$220 | NM \$440**

NEW! LET'S GET MESSY (HALE FAMILY Y)

Discover science through fun, hands-on experiments, demonstrations, and activities that inspire curiosity.

- Ages 4-6: Monday, 5-6 PM
- Ages 7-10: Tuesday, 5-6 PM
- **M: \$150 | NM: \$250**



LIVE SHOWS & COMMUNITY THEATER

REDNECK CASTAWAY: TRIBUTE TO KENNY CHESNEY

Bring your lawn chair, kick back, and get ready for a little "No Shoes Nation" at the LCA Amphitheater! Redneck Castaway Band brings the energy of a Kenny Chesney concert with timeless hits, including Summertime, When the Sun Goes Down, American Kids, and more! This family-friendly show is fun for fans of all ages.

- September 26 | 6 PM showtime
- **COST: M: \$30 | NM: \$40 | Children under 12: \$15**
- **BONUS!** Corn Festival attendees receive \$10 off their concert ticket with proof of admission!

HOLIDAY RADIO SHOW

Celebrate the season with a heartwarming community theater production featuring the magic of a live holiday radio show, complete with talented local performers, live sound effects, festive storytelling, and fun for the whole family.

- December 11 | 6 PM Show
- December 12 | 3 PM & 6 PM Shows
- **COST: M: \$25 | NM: \$35 | Children under 12: \$15**
- **Open auditions coming soon!** Questions? Contact Matt Maggio at mmaggio@ssymca.org



Celebrate your child's birthday day at the South Shore Y! Choose your party theme, invite your guests, and let our staff take care of the rest while you celebrate with family and friends.



GYM FUN PARTY (HANOVER & QUINCY)

Game on! Enjoy celebrating with a bouncy house, games, and fun in our gymnasium.



LEGO FUN PARTY (HANOVER & QUINCY)

The Lego Fun party is led by fun and friendly Y staff who challenge children to create with Legos & free play.



POOL PARTY (HANOVER & QUINCY)

Splash, play, and celebrate your child's special day in our heated pools!



PLAYROOM PARTY (HANOVER & QUINCY)

Enjoy everything our beautiful playroom has to offer. This party is geared towards our littlest Y members.



GYMNASTICS PARTY (HANOVER & QUINCY)

Flip, tumble, and celebrate! Parties include supervised time in the gymnastics center with equipment, games & active fun for children ages 5-10.



NATURE CENTER PARTY (NORWELL)

Celebrate your birthday with hands-on nature exploration, animal encounters & seasonal outdoor adventures!

SSYMCA.ORG/BIRTHDAYPARTIES



PROGRAM REGISTRATION & POLICIES

IMPORTANT DATES: FALL 2026 SESSION – EXTENDED SESSION WEEKS

- **Monday, August 3:** Member Registration Opens at 8:30 AM
- **Monday, August 10:** Non-Member Registration Opens at 8:30 AM
- **Tuesday, September 8:** Fall Session Begins
- **Monday, October 12:** No paid programs (Y branches open)
- **Thursday November 26 & Friday, November 27:** No paid programs (Y branches open)
- **Saturday, December 23:** Fall 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.

PROGRAM PAYMENT OPTIONS & PAYMENT PLANS

Because our Fall program session is longer than most, we are pleased to offer two payment options for most programs following the standard Fall session calendar, providing greater affordability and flexibility.

- **Pay in Full:** Program fees are due at the time of registration.
- **NEW! 4-Payment Plan:** Program fees are divided into four equal installments. To select this option, registration must be completed before October 1.

4-PAYMENT PLAN SCHEDULE: FOUR EQUAL INSTALLMENTS

- Initial payment due at registration
- October 1
- November 1
- December 1

By selecting the 4-Payment Plan, you authorize the South Shore YMCA to automatically charge your selected payment method according to the payment schedule above until the full program balance is paid. Participants are responsible for the full program fee regardless of the payment option selected. Missed or declined payments may result in a balance due and may affect future program registrations. Standard cancellation and refund policies still apply.

Please Note: The 4-Payment Plan is available for most programs following the standard fall session calendar. Not available for Child Care, Personal Training, Gymnastics, Pilates Reformer & Training, Private Swim Lessons, Medical Wellness, or Nature Center programs. Please contact the Welcome Center with questions.

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 canceled.

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 / PRIVATE SWIM LESSONS POLICIES

Personal training sessions and private swim lessons expire 12 months from the date of purchase and are non-refundable. Trainers/instructors 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. Please note: The 4-Payment Plan is not available for training packages.

GYMNASTICS PROGRAM POLICIES

The school year gymnastics program runs September 9, 2026–June 26, 2027. Tuition is divided into 10 equal monthly payments, with holidays and scheduled breaks already factored into monthly tuition. Classes are grouped by age, with no age exceptions. Gymnasts progress at their individual ability level and transition to the next age group on or around their birthday as space allows. Cancellations require 30 days' written notice via email. Make-up classes are offered for absences due to illness or injury, not due to personal conflicts. Classes are available at our Gymnastics Training Centers in Hanover and Quincy. For questions regarding classes, registration, or cancellations, contact Kara Protulis at kprotulis@ssymca.org. Please note: The 4-Payment Plan is not available for Gymnastics programs.



OUR LOCATIONS

OUR BRANCHES

HALE FAMILY YMCA

79 Coddington Street, Quincy

EMILSON YMCA

75 Mill Street, Hanover

CAMP BURGESS & HAYWARD

75 Stowe Road | 52 Pinkham Road
Sandwich, MA

STATE STREET EARLY LEARNING CENTER

79 Coddington Street, Quincy

SOUTH SHORE YMCA EARLY LEARNING CENTER

1075 Washington Street, Hanover

NATURE CENTER PRESCHOOL

48 Jacobs Lane, Norwell

OUR PROGRAM SITES

GERMANTOWN NEIGHBORHOOD CENTER

366 Palmer Street, Quincy

LAURA'S CENTER FOR THE ARTS

97 Mill Street, Hanover

SOUTH SHORE YMCA FAMILY FARM

1075 Washington Street,
Hanover

SOUTH SHORE YMCA NATURE CENTER

48 Jacobs Lane, Norwell

OUTDOOR AQUATIC CENTER

75 Mill Street, Hanover

GYMNASTICS TRAINING CENTERS

1075 Washington Street, Hanover
79 Coddington Street, Quincy



SOUTH SHORE YMCA LOCATIONS

OUR SERVICE AREA

Braintree	Holbrook	Quincy
Cohasset	Hull	Randolph
Hanover	Milton	Scituate
Hingham	Norwell	Weymouth

AFTER-SCHOOL SITES

Hanover
Norwell
Scituate
Quincy

DAY CAMPS

Camp Gordon Clark, Hanover
Camp Quirk, Quincy
Nature Adventures Camp, Norwell



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