



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

South Shore YMCA JAN/FEB Diversity & Inclusion Highlights

Winter 2 Session Registration now open!



Social Skills, Wheelchair Sports, NEW Family Yoga, Basketball and more!

[LEARN MORE](#)

www.ssymca.org/programs

SAVE THE DATE Laura's Love 4.28.18

Look for more information about this annual community event. Want to get involved contact lburt@ssymca.org



Hoopstars Unified Basketball Team Looking for Players for 2018 Season



2017 Hoopstar players cheer on their teammates from the bench.



South Shore YMCA's Hoopstars team brought home the trophy in the end of year tournament.

A new season is about to begin and the South Shore YMCA welcomes new players to be part of this exciting league. Our Hoopstars Team features members 18+, with and without developmental disabilities practicing together for 8 weeks before competing in a tournament with other unified teams from local Y's. "This is our 4th season and we are thrilled to see so many returning faces who are excited to rejoin their teammates and meet new players as well" says Lisa Drennan, Association Director of Inclusion, "both our Quincy and Emilson teams are welcoming new members to their teams".

Registration for both teams is now open.

To learn more contact Lisa Drennan: ldrennan@ssymca.org

STRYPERS Green Team gets their first taste of competitive swimming at a local meet.

Community Happenings Mark Your Calendar:

Hingham CARES, SNAP & the Hingham Police host:

Understanding and Preventing Drug Use in the Special Needs Population

February 1st | 7-9pm
Hingham Public Library
[LEARN MORE HERE](#)

Laura's Center for the Arts Invites You

Come Grab Your Lunch and Celebrate Music.
Final date this Wednesday

The Olde Kids Big Band Jazz Orchestra
COME CELEBRATE LIVE MUSIC!
Wednesdays, 10 AM - 12 PM
January 17, 24, 31
Free and Open to the Community
Pack a Snack, Grab a Friend & Enjoy our Open Rehearsals!

LAURA'S 97 MILL STREET
FOR THE CENTER HANOVER, MA 02339
ARTS ssymca.org
facebook.com/ssyarts

[Learn More](#)
OR
scruz@ssymca.org



Bernie Dickman, Director of Competitive Swimming is more than proud of members of the Strypers Green Team. Swimmers with diverse abilities have been hard at work since the team's inception in September. Coaches have worked with the swimmers to enhance their swim techniques and learn the elements of being part of a competitive swim team. Those interested in learning more can reach out to Bernie at: bdickman@ssymca.org

Volunteer Spotlight: Julie Ellis – Playroom Attendant



Julie spends time with a young member of the playroom in Quincy

24 year old Julie Ellis lives at Cardinal Cushing Center in Hanover, where they support people with intellectual and developmental disabilities, providing possibilities and opportunities for growth and advancement. Recently she fulfilled her dream of working with kids when she started volunteering at in the Playroom at the Quincy Y.

On Monday's and Tuesdays you can find Julie assisting with our young members. "I love the kids, especially the little babies I love hanging out to play with them, says Julie, "I feel happy that I help the kids and we have fun together." Tom McGrath, supervisor at the Quincy's Playroom says of Julie, "Everyone loves seeing her smiling face, parents, her peers and especially the kids; she displays enthusiasm everyday which is what we look for in a volunteer".

Announcing NEW Quincy classes for Winter 2
Family Water Yoga | Sundays 2:30-3:15pm
Ages 7+ family participation encouraged

Participants will explore yoga poses with calming music and guided instruction in a warm water pool. Aqua yoga helps to improve emotional regulation, gross motor skill development and sensory stimulation. Members must be able to stand in the pool/ bubble belt is welcomed. For all abilities but ideal for members with Autism or any sensory processing challenges.

Bridges Social Skills Group | Thursdays 3:15 – 4pm
Ages 3-5pm | Starts Feb 8th (no classes 2/22 or 3/22)

Uses social thinking strategies to set up for success throughout the South Shore YMCA! Ideal for pre-school aged children with Autism Spectrum Disorder, ADD/ADHD or anyone who could benefit from social skills coaching. Join us for exciting games and activities while working on basic social skills like good sportsmanship, independence and flexibility with an emphasis on "expected" and "unexpected" behaviors.

For more info contact Lexi Anderson: aanderson@ssymca.org
To register for these or any inclusion offerings: [REGISTER NOW](#)

This Volleyball team is SET to have fun!



The Wednesday Night Volleyball crew left showing their team spirit. Michael Goodhue, right practices his skills.

Stop by the Emilson Y on a Wednesday night from 5:30-6:30pm you might just bump into this group of friends and athletes on the courts. Volleyball courts that is! Over 10 years ago two parents, Charles and Graham came together to look for an opportunity for their sons to be part of an adult team playing a sport they love. They led the team as coaches of this tight knit group of adults with developmental disabilities

One of the players Matt Kardok, a multi-sport athlete just loves this opportunity, "It's a tough sport" says Matt, "A great workout and I like playing with the guys". In fact Matt and the guys do more than just play volleyball on Wednesday nights. All of the players are also on the Y's Lobstars Tennis team, and after tennis practice their ritual of heading over to Panera for dinner is not only a great social activity but also refuels these athletes to continue on with their Volleyball practice.

Coach Kardok welcomes others to join in on their team fun. "We are always looking for more players with and without disabilities" says Charles, "this is a great group but we would welcome more members, volunteers or staff to come join us".

Want to learn more or join the team? katetrowbridge@ssymca.org

SCENES FROM AROUND THE Y



The Emilson Y welcomes SNAP swimmers (right) | Wheelchair basketball clinics are in full swing Thursday nights in Quincy (center) | Lobstar Tennis Team members take a break from practice to strike a pose (left)

For inquiries regarding these or any other inclusion programs at the South Shore YMCA, contact
Lisa Drennan, Association Director of Inclusion | ldrennan@ssymca.org | ssymca.org

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