

# ADAPTIVE SPORTS AT THE YMCA

In partnership with Spaulding Adaptive Sports, the South Shore YMCA offers many exciting opportunities for members and non-members to participate in a variety of adaptive sports.



## WHEELCHAIR BASKETBALL

Clinics open for all ages and levels offer drills, skill development and friendly competition opportunities.

Thursdays, November 9th—Feb 15; 6:00-7:30pm—Quincy YMCA, 79 Coddington St

## Back In The Swing GOLF

Come and find your golf swing in this adaptive golf clinic on our fieldhouse turf.

Tuesdays: 10:00a - 12:00p January 16-April 17 (3 week series) - Quincy YMCA, 79 Coddington St

## WHEELCHAIR TENNIS – COMING WINTER 2018

Clinics open for all ages and levels offer drills, swing development and friendly competition opportunities.

Emilson YMCA, 75 Mill Street, Hanover, MA

## SPRINT RUNNING SERIES – COMING SPRING 2018

“Spaulding Runners IN Training”, offers participants tips and tricks to start or get back to running.

Come find your running rhythm—Quincy YMCA, 79 Coddington St

For more information on these offerings contact:

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