



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER INCLUSION OFFERINGS -2017

QUINCY

	Program	Age	Day	Time
YOUTH/TEEN	Music & Me	Walking - 3 years	MON or TUES	10:30 AM
	Sing & Play	3 - 5 years	THURS	10:00 AM
	Messy Masterpieces	3-6 years	SAT	10:30 AM
	Zumba	7-12 years	SEE YOU IN THE FALL!	
	Preschool Yoga	3-5 years	SEE YOU IN THE FALL!	
	Youth Yoga	6-12 years	SEE YOU IN THE FALL!	
	Cardio Plus	7-12 years	SEE YOU IN THE FALL!	
	Hopefish Swim	3 - 9 years	SAT	12:15 PM & 12:55 PM
	Supported Birthday Parties	Children up to 12 years	WEEKENDS	Call to schedule
	Building Bridges: Teen Social Skills Group	12 - 20 years	SEE YOU IN THE FALL!	
	Building Bridges: Social Skills Group	6 - 9 years 10 - 13 years	SEE YOU IN THE FALL!	
	Tutoring at the YMCA!	School aged	BY APPOINTMENT	Call to schedule
ADULT	Partnership Program	18+	DAILY	CALL TO SCHEDULE
	Wheelchair Basketball Clinic	18+	RETURNING IN THE FALL!	
	Building Bridges: Adult Social Skills Group	18+	WED (starts 6/21-7/26)	6:00 - 8:00 PM
FAMILY	Family Swim	Child & Adult	FRI	6:00-9:00 PM
	Family Gym Playgroup	Child & Adult	MON-FRI	10:30 AM - 12:00 PM

Traditional Summer Day Camp with Inclusion Supports at our Hanover, Quincy, and Science Center locations.

Runs 9 weeks starting June 26th through August 25th.

EMILSON

	Program	Age	Day	Time
YOUTH/TEEN	Supported Birthday Parties	Children up to 12 years	WEEKENDS	Call to schedule
	Tutoring at the YMCA!	School aged	DAILY	Day/Eve
	Hopefish Swim	3 - 9 years	SAT	12:10 PM or 12:45 PM
	Teen Adaptive Fitness	13-21 years	MONS in JUL & AUG	4pm
	Adaptive Fitness & Fun	7 - 14 years	SEE YOU IN THE FALL!	
	Lobstars - Adaptive Tennis Clinic	12+ (through adult)	SUN	12:00 PM (advanced)
		12+ (through adult)	WED	3:00 PM (advanced) 4:00 PM (beginners)
	Teen Night	10 - 15 years	June 16th & resumes in Sept	7:30 PM - 9:30 PM
Building Bridges Social Skills Groups	SEE YOU IN THE FALL!			
ADULT	Open Volleyball	18+	RETURNING IN THE FALL!	
	Wheelchair Tennis Clinic	12+	RETURNING IN THE FALL!	
	Exploring Disney Animation	18+	SUNDAYS: 7/16, 8/20	3:00 - 5:00 PM
	Lobstars - Adaptive Tennis Clinic	12+	SUN	12:00 PM (advanced)
		12+	WEDS	3:00 PM (advanced) 4:00 PM (beginners)
Partnership Program - Land	18+	DAILY	CALL TO SCHEDULE	
FAMILY	Family Prime Time		SAT (LCA)	12:00 - 4:00 PM
	Inclusion Swim	Children and/or Teens with an adult	SUN	1:00 PM - 2:00 PM
	Family Gym Playgroup		WED & FRI	10:30 AM - 12:00 PM
	Friday Family Night		FRI	5:00 - 7:00 PM

These offerings provide an inclusive environment ideal for designated populations (see program guides for more details)
They are either led by a staff member with experience in inclusion or the format is conducive to promotion of inclusion.

QUESTIONS? Contact Lisa Drennan, Association Director of Inclusion: ldrennan@ssymca.org

ELC = Early Learning Center | LCA = Laura's Center for the Arts