



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WINTER I/II ♦ INCLUSION OFFERINGS ♦ 11/26/17 - 2/3/18**

QUINCY				
	Program	Age	Day	Time
YOUTH/TEEN	Music & Me	1-2 years (w/ caregiver)	MON or TUES	10:30 AM
	Sing & Play	3 - 5 years (w/ caregiver)	THURS	10:00 AM
	Messy Masterpieces	3-6 years	SAT	10:30 AM
	Zumba	7-12 years	MON	3:30-4:15 PM
	Preschool Yoga	3-5 years	TUES	10:30AM or 11:30AM
	Youth Yoga	6-12 years	WED	3:30 PM
	Cardio Plus	7-12 years	TUES or THURS	3:30-4:15 PM
	Hopefish Swim	3 - 9 years	SAT	12:15 PM & 12:55 PM
	Supported Birthday Parties	Children up to 12 years	WEEKENDS	Call to schedule
	Para Swim Lessons (ASNE*)	Children & Teens	SUN	4:30-6:00 PM
	Wheelchair Basketball (ASNE*)	10 - 20 years	SUN (starts 12/3)	2:00pm-3:30 PM
	Building Bridges: Teen Social Skills Group	12 - 18 years	FRI	7:00 - 8:30 PM
	Building Bridges: Social Skills Group	6 - 9 years	SAT	11:00 AM - 12:00 PM
	Tutoring at the YMCA!	School aged	BY APPOINTMENT	Call to schedule
ADULT	Partnership Program	18+	DAILY	CALL TO SCHEDULE
	Para Swim Lessons (ASNE*)	18+	SUN	4:30-6:00 PM
	Adaptive Golf Clinic	18+	Tuesdays (starting 1/16)	10:00 - 12:00 PM
	Wheelchair Basketball Clinic	18+	THU	6:00 - 7:30 PM
	Building Bridges: Adult Social Skills Group	18+	MON & WED	6:00 -8:00 PM
FAMILY	Family Swim	Child & Adult	FRI	6:00-9:00 PM
	Family Prime Time	Child & Adult	FRI	5:00 - 8:00 PM
	Family Gym Playgroup	Child & Adult	MON-FRI	10:30 AM - 12:00 PM

EMILSON				
	Program	Age	Day	Time
YOUTH/TEEN	Open Art Studio- DROP IN	2+ (w/caregiver)	THU	12:30 PM - 2:00 PM
	Move & Groove	2-4 years (w/ caregiver)	FRI	10:00 - 10:45 AM
	Musical Mavericks	3-5 years (w/ caregiver)	MON	12:30 PM - 1:15 PM
	Get Messy	1-3 years (w/ caregiver)	TUE (LCA)	10:00 AM - 10:45 AM
	Little Artists	3-5 years (w/ caregiver)	TUE (LCA)	12:30 - 1:15 PM
	Music & Me	1-3 years (w/ caregiver)	MON & TUE (LCA)	10:00 - 10:45 AM
	Line Dancing	16+	THU (LCA)	6:00 PM
	Supported Birthday Parties	Children up to 12 years	WEEKENDS	Call to schedule
	Tutoring at the YMCA!	School aged	DAILY	Day/Eve
	Hopefish Swim I & II	3 - 9 years	SAT	12:10 PM or 12:45 PM
	Hopefish Swim III	3 - 9 years	FRI	5:00 PM
	Teen Adaptive Fitness	13-21 years	SATS	12:30-1:30 PM
	Adaptive Fitness & Fun	7 - 14 years	MON or WED	4:00 PM
	Lobstars - Adaptive Tennis Clinic	12+ (through adult)	SUN	12:00 PM (intermediate/adv)
		12+ (through adult)	WED	3:00 PM (intermediate/adv) 4:00 PM (beginners)
	Strypers Swim Team	6-18 years	MON & THU	6:45pm (MO) 5:45pm (TH)
	Teen Night	10 - 15 years	1st & 3rd FRIDAY'S	7:00 PM - 9:30 PM
	Building Bridges	7 - 9 years	SAT	9:30 AM
	Social Skills Groups	4 - 6 years	SAT	11:00 AM
		10 - 13 years	WED	5:30 PM
ADULT	Open Volleyball	18+	WED	6:00 - 7:00 PM
	Line Dancing	16+	THU (LCA)	6:00 PM
	Wheelchair Tennis Clinic	12+	Starting in 2018	Date/Time TBD
	Strypers Swim Team	6-18 years	MON & THU	6:45pm (MO) 5:45pm (TH)
	Exploring Disney Animation	18+	12/10, 1/21, 2/11, & 3/18	3:00 - 5:00 PM
	Lobstars - Adaptive Tennis Clinic	12+	SUN	12:00 PM (intermediate/adv)
12+		WEDS	3:00 PM (intermediate/adv) 4:00 PM (beginners)	
Partnership Program - Land	18+	DAILY	CALL TO SCHEDULE	
FAMILY	Family Prime Time		SAT & SUN (ELC)	12:00 - 4:00 PM
	Inclusion Open 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 Night 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