



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 1 & 2 INCLUSION OFFERINGS -2016/17

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	MON	3:30-4:15 PM
	Preschool Yoga	3-5 years	TUES	11:30 AM or 12:30 PM
	Youth Yoga	6-12 years	WED	3:30 PM
	Back to Basics	7-12 years	FRI	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
	Building Bridges: Teen Social Skills Group	12 - 20 years	FRI	7:00 PM
	Building Bridges: Social Skills Group	7 - 9 years 10 - 13 years	SAT SAT	11:00 AM - 12:00 PM 9:30 - 10:30 AM
	Exploring Disney Animation!	15-18 years	1/15, 2/5, 3/5	3:00 - 5:00 PM
	Tutoring at the YMCA!	School aged	BY APPOINTMENT	Call to schedule
ADULT	Partnership Program	18+	DAILY	CALL TO SCHEDULE
	Hoopstars Unified Basketball Team	18+	THU (starts 2/2)	7:00 - 8:00 PM
	Wheelchair Basketball Clinic	18+	THURS	6:00-8:00 PM
	Building Bridges: Adult Social Skills Group	18+	MON & WED (starts 2/27)	6:00 PM
FAMILY	Family Gym Playgroup	Child & Adult	MON-FRI	10:30 AM - 12:00 PM

EMILSON				
	Program	Age	Day	Time
YOUTH/TEEN	Baby Beethovens	6 weeks - 18 months	TUE or WED (LCA)	11:00 AM or 10:00 AM
	Music & Me	18 months - 3 years	MON or TUE (LCA)	10:00 AM
	5,6,7,8 Dance	16+	MON (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	3 - 9 years	SAT	12:10 PM or 12:45 PM
	Teen Adaptive Fitness	13-21 years	SATS in January	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 (advanced) 3:00 PM (advanced)
		12+ (through adult)	WED	4:00 PM (beginners)
	NEW! Lobstars - JR Adaptive Tennis	5-11 years	TUE	3:30-4:30 PM
	Teen Night	10 - 15 years	SELECT FRIDAY'S	6:30 PM - 9:30 PM
	ADULT	Open Volleyball	18+	WED
5,6,7,8 Dance		16+	MON*	6:00 PM
Exploring Disney Animation		18+	1/8, 2/12, 3/12	3:00 - 5:00 PM
Lobstars - Adaptive Tennis Clinic		12+	SUN	12:00 PM (advanced) 3:00 PM (advanced)
		12+	WEDS	4:00 PM (beginners)
Hoopstars Unified Basketball Team		18+	TUES (starts 1/31)	6:30-7:30 PM
FAMILY	Partnership Program - Land	18+	DAILY	CALL TO SCHEDULE
	Family Prime Time		SAT & SUN (ELC)	12:00 - 4:00 PM
	Family Prime Time		SAT	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 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