

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

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

Sundays: 1:30p–3:00p April 8–May 6– Emilson YMCA, 75 Mill Street, Hanover, MA

SPRINT RUNNING SERIES

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

Tuesdays: 6:00p–7:00p | March 6–May 8 | Quincy YMCA, 79 Coddington St

For more information on these offerings contact:

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