



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER II ♦ INCLUSION OFFERINGS ♦ 2/4/18 - 4/14/18

QUINCY				
	Program	Age	Day	Time
YOUTH/TEEN	Music & Me	1-2 years (w/ caregiver)	MON or TUE	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	TUE or THU	3:30-4:15 PM
	Family Water Yoga NEW!	7+ w/ caregiver	SUN	2:30 - 3:15 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	4:30-5:30 PM
	Wheelchair Basketball (ASNE*)	10 - 20 years	SUN	2:00pm-3:30 PM
	Wheelchair Basketball	14+	THU	6:00 - 7:30 PM
	Building Bridges: Teen Social Skills Group	12 - 18 years	FRI	7:00 - 8:30 PM
	Building Bridges: Social Skills Group	3-5 years - NEW! 6 - 9 years 10 - 13 years	THU (no class 3/22) SAT SAT	3:15 - 4:00 PM 11:00 AM - 12:00 PM 9:30 - 10:30 AM
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	4:30-5:30 PM
	SPRINT Running Series	18+	TUE (starts 3/6)	6:00 - 7:00 PM
	Adaptive Golf Clinic	18+	TUE (ends 5/17)	10:00 - 12:00 PM
	Hoopstars Unified Basketball Team	18+	THU	7:30-8:30 PM
	Wheelchair Basketball Clinic	18+	THU	6:00 - 7:30 PM
	Building Bridges: Adult Social Skills Group	18+	WED	6:00 - 8:00 PM
FAMILY	Family Swim	Child & Adult	SAT	5:00 - 7:30 PM
	Family Water Yoga NEW!	7+ w/ caregiver	SUN	2:30 - 3:15 PM
	Family Prime Time	Child & Adult	SAT	3:00 - 5:00 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	12:45 - 1:30 PM
	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)	12:45 - 1:30 PM
	Music & Me	1-3 years (w/ caregiver)	MON & TUE (LCA)	10:00 - 10:45 AM
	Line Dancing	16+	THU (LCA)	6:00 - 7:00 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 - 4:45 PM
	Lobsters - Adaptive Tennis Clinic	12+ (through adult)	SUN	12:00 PM (intermediate/adv) 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 Social Skills Groups	4 - 6 years 7 - 9 years 10 - 13 years	SAT SAT SAT	8:30 - 9:15 AM 9:30 - 10:30 AM 11:00 - 12:00 PM
	ADULT	Open Volleyball	18+	WED
Line Dancing		16+	THU (LCA)	6:00 - 7:00 PM
Hoopstars Unified Basketball Team		18+	TUE	7:00 - 8:00 PM
Wheelchair Tennis Clinic		12+	SUN (starts April 8th)	1:30 - 3:00 PM
Strypers Swim Team		6-18 years	MON & THU	6:45pm (MO) 5:45pm (TH)
Exploring Disney Animation		18+	2/11 & 3/18	3:00 - 5:00 PM
Lobsters - Adaptive Tennis Clinic		12+	SUN	12:00 PM (intermediate/adv) 3:00 PM (intermediate/adv) 4:00 PM (beginners)
Partnership Program -		18+	DAILY	CALL TO SCHEDULE
FAMILY	Family Prime Time		SAT & SUN (ELC)	12:00 - 4:00 PM
	Inclusion Open Swim	Children and/or Teens	SUN	1:00 PM - 2:00 PM
	Family Gym Playgroup	with an adult	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

revised 1/19/18

ELC = Early Learning Center

LCA = Laura's Center for the Arts

ASNE= run by Adaptive Sports NE