TODAY, TOMORROW... ALWAYS

SUMMER: June 22–August 23, 2014
(9 weeks / 8 Fridays unless otherwise noted. Please see individual departments for specifics.)

PROGRAM GUIDE

SOUTH SHORE YMCA – EMILSON YMCA
ssymca.org
THE SOUTH SHORE YMCA IS EXCITED TO ANNOUNCE WE’LL BE SWITCHING TO A NEW SOFTWARE SYSTEM THIS JUNE.

With this software conversion, we’re looking forward to enhancing the way we connect and communicate with our members and program participants.

Major highlights of our new system, Daxko, include a simplified registration process and easier access to online member accounts to register for programs, make payments, and view Y account history.

To ensure your registration experience goes as smooth as possible during this operational transition, there are a few things you can do to prepare before registering with our new system for the first time:

FOR ONLINE REGISTRATION:
When registering for programs online, please be aware of and prepared for the following.

- **ONLINE ACCOUNT SET-UP** – with our new registration system, all members and program participants will need to set up and activate a new online account in order to register for programs. All existing members and program participants will need to have an email address ALREADY on file in order to complete this process. Please call, email, or visit your home branch to check that we have an up to date email on file for you.

- **FINANCIAL ASSISTANCE AND ONLINE PROGRAM REGISTRATION** – Our new system is not currently able to auto-apply financial assistance to program fees when recipients register online. Those with program scholarships and financial assistance will need to register in person or over the phone in order to receive their adjusted rate at the time of payment. We apologize for this inconvenience and are working with our software provider on developing a solution as quickly as possible.

FOR PHONE-IN REGISTRATION:
When registering for programs over the phone, please be ready with the following:

- **CREDIT CARD INFORMATION** – credit cards on file with your current Y account will not be transferred over to our new system, so please have the credit card you will be paying with on hand when you call to register.

- **CLASS NAME, DAY AND TIME** – with our new system, we will no longer be using registration codes to identify programs. Please make sure you know the class name, day of the week, and time of each program you will be registering for when calling in so our staff can best assist you.

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**OUR MISSION:**
The SOUTH SHORE YMCA is a nonprofit association of individuals dedicated to improving the quality of life for all through programs that promote healthy spirit, mind and body. Rooted in Christian tradition and values, the YMCA seeks to serve all people regardless of age, gender, race, religion or economic circumstances.

Our programs and services strive to strengthen the family, guide the youth of today and meet the ever-changing needs of our community.

**OUR FOCUS:**
**For Youth Development:**
Nurturing the potential of every child and teen

**For Healthy Living:**
Improving the nation’s health and well-being

**For Social Responsibility:**
Giving back and providing support to our neighbors

**OUR VALUES:**
**Caring:**
Show a sincere concern for others

**Honesty:**
Be truthful in what you say and do

**Respect:**
Follow the golden rule

**Responsibility:**
Be accountable for your promises and actions

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Contact Us

**SOUTH SHORE YMCA – EMILSON BRANCH** – 75 Mill Street, Hanover, MA 02339

- **Camp Burgess/Hayward** – 75 Stowe Road, Sandwich, MA 02563
- **Germantown Neighborhood Center** – 366 Palmer Street, Quincy, MA 02169
- **Laura’s Center for the Arts** – 97 Mill Street, Hanover, MA 02339
- **Quincy Branch** – 79 Coddington Street, Quincy, MA 02169
- **Early Learning Center** – 1075 Washington St., Hanover, MA 02339
- **South Shore Natural Science Center** – 48 Jacobs Lane, Norwell MA 02061

**Phone:** (781) 829-8585  **Fax:** (781) 829-8831

**Phone:** (508) 428-2571  **Fax:** (508) 420-3545

**Phone:** (617) 376-1384  **Fax:** (617) 689-8332

**Phone:** (781) 826-8048  **Fax:** (781) 829-8831

**Phone:** (617) 479-8500  **Fax:** (617) 773-9135

**Phone:** (781) 826-7900  **Fax:** (781) 826-7909

**Phone:** (781) 659-2559  **Fax:** (781) 659-5924
PROVIDING AN INCLUSIVE ENVIRONMENT

At the SOUTH SHORE YMCA, our goal is to provide an inclusive environment where all members are equally a part of our community, and we make it a priority to provide facilities, programs and services that are accessible to all.

As our association continues to grow and our programs and services continue to expand, our focus on inclusion and accessibility has grown as well.

Please join us in welcoming the SOUTH SHORE YMCA’s first ever Association Director of Inclusion

Recently, the SOUTH SHORE YMCA welcomed Lisa Drennan, the first ever Association Director of Inclusion, to our team. Lisa, who began her new role on March 3rd, is responsible for both managing current programs and expanding our services for special needs populations throughout the SOUTH SHORE YMCA ASSOCIATION and all the communities we serve.

If you’re interested in learning more about Inclusion Programming at the Y, or to subscribe to our Y Inclusion Programs email list, please contact Lisa Drennan at 781-264-9400, ext. 3119 or ldrennan@ssymca.org.
REGISTRATION INFORMATION
SOUTH SHORE YMCA • EMILSON BRANCH

Sign up online at www.ssymca.org
or phone-in to (781) 264-9494 during registration times.

Summer session is 9 weeks unless otherwise noted. Please see individual departments for specifics.

Summer 2014 Registration Dates:

Tuesday, June 10
FULL MEMBERS
Web (online) Begins at 8:30 a.m.
Phone-In 8:30 a.m.–10:00 a.m.
Walk-In 8:30 a.m.–10:00 p.m.

Wednesday & Thursday, June 11 & 12
FULL MEMBERS
Web (online) All hours
Walk-In 8:30 a.m.–10:00 p.m.
(Member Service Desk)

Friday, June 13
NON-MEMBERS
Web (online) Begins at 8:30 a.m.
Phone-In 8:30 a.m.–10:00 a.m.
Walk-In 8:30 a.m.–10:00 p.m.

Summer 2014 Session Begins:
Sunday, June 22, 2014 for 9 weeks (8 Fridays)
See individual departments for specifics

ONLINE REGISTRATION PROCESS:
Who can register online? Full Members and Non-Members
1. Go to ssymca.org
2. Click on the Register Online button and follow the instructions

PHONE-IN REGISTRATION INSTRUCTIONS (Phone lines will be busy! Please be patient.)
Payment is required at time of registration. Please have your credit card ready (MC, VISA, AMERICAN EXPRESS, or DISCOVER).

What will I need to register over the phone?
1. Name of a parent/guardian of any child being registered.
2. Name, address, phone number and birth date of any child you are registering.
   You may only register people in your immediate family.
3. Please know the class name, day of the week and time.
4. Credit card number, expiration date, and name on credit card.

CALL: (781) 264-9494 during registration times only
REGISTRATION INFORMATION
SOUTH SHORE YMCA • EMILSON BRANCH

Registration Information
PLEASE NOTE THE FOLLOWING:
1. Due to high call volume, Full Memberships will not be sold over the phone. Please purchase membership prior to designated registration days.
2. Please confirm your birth date and email address with us to help facilitate future web registration.

Policies: Program Registration, Cancellations, Make Up Classes, Late Registration, and Credit/Refunds
PROGRAM REGISTRATION
In order to receive member rates for programs, your membership must be current throughout the entire program session. If it expires during the session and you do not wish to renew, you must pay the non-member rate.

PROGRAM CANCELLATIONS
The YMCA reserves the right to cancel a class due to low enrollment; a full Credit or Refund will be issued.
The YMCA may also cancel a class due to unforeseen events, i.e. Safety Concerns, Weather, Building Closures, etc.

MAKE UP CLASSES
In the event that a cancelled class can not be made up by the YMCA, a YMCA credit will be issued for the cancelled class.

CREDITS AND REFUNDS
• If notification of withdrawal is received 48 hours or more prior to the first class, a full YMCA credit will be issued. A refund may be issued minus a $15.00 processing fee.
• If notification of withdrawal is received less than 48 hours prior to the first class, a $15.00 processing fee will be applied to both YMCA credits and refunds.
• If notification of withdrawal is received up to the third class credit will be issues minus the number of classes held and a $15.00 processing fee.
• Only the Program Director of the department can issue credits/refunds.
• Make up classes are not available for classes missed by the participant due to personal conflict.

LATE REGISTRATION:
• If a participant wants to register for a session that has already begun, and more than two classes have run the program director must approve the registration. Note: There will be no pro rate.
• If a participant wants to register for a session that has already begun and four or more classes have run the program director must approve the registration. Note a $10.00 flat pro-rate allowance will be applied to the registration fee.

Wait List Policy
If a program is full and you are not registered for a program, you may be placed on 3 wait lists. You will make no payment at that time and will be contacted by a program director if we are able to add you into the program (please do not call the YMCA to check your status and please do not come to the first class if you’re on the waiting list). Please make sure we have your correct address, email, and phone number on file.

Financial Assistance
The SOUTH SHORE YMCA strives to serve the entire community. Financial Assistance is available to those who cannot afford fees. Assistance is awarded based on the need demonstrated by household income and/or extenuating circumstances and the funds available. Monies used to fund Financial Assistance are made possible through charitable donations to our Annual Campaign.

Contact Jane Fallon at 781-829-8585, ext. 8308 or visit ssymca.org for an application.

My Y is Every Y in New England
Reciprocity Program
The Reciprocity program is for full facility/full privilege Y members (those holding adult, family or senior memberships) whose home Y is located in Massachusetts, Rhode Island, Maine, New Hampshire, Vermont and Connecticut. Please remember to check ymca.net for any restrictions that may apply to the Y you will be visiting and to bring your membership ID and a picture ID with you when you visit.

YOUTH VOLUNTEER TRAINING PROGRAM
Ready
Set
Volunteer
Program
Please see page 19 for more information!
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

AQUATICS – YOUTH SWIM LESSONS

parent/child
An intro to the aquatic environment for parents and children. (One parent per child—No evaluation required)

Fees:
(Water Babies, Parent & Tot, and Pre-Pike)
$80 Full Member; $120 Non-member

Water Babies (30 minute class)
6–24 months old w/parent.

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Advanced Water Babies
(30 min. class) 6–24 months old w/parent.
An advanced Water Babies course designed to be more challenging to the parents and babies. Skills addressed will be submersion, back floating, kicking, and breath control.

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Parent/Tot (30 minute class)
24–36 months old w/parent.

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Preschool Quick Swims
10 CLASSES IN JUST 2 WEEKS!* (Mon-Fri) Ages 3–6
Fees: $110 Full Member; $165 Non-member

| SESSION 1: | June 23–July 3* |
| SESSION 2:  | July 7–July 18 |
| SESSION 3:  | July 21–August 1 |
| SESSION 4:  | August 4–August 15 |

Pike (30 minute class)

| SESSION 1* | 12:30 p.m., 1:00 p.m., 1:30 p.m., 2:00 p.m., 2:30 p.m. |
| SESSION 2   | 12:30 p.m., 1:00 p.m., 1:30 p.m., 2:00 p.m., 2:30 p.m. |
| SESSION 3   | 12:30 p.m., 1:00 p.m., 1:30 p.m., 2:00 p.m. |
| SESSION 4   | 12:30 p.m., 1:00 p.m., 1:30 p.m., 2:00 p.m. |

Eel (30 minute class)

| SESSION 1* | 12:30 p.m., 1:00 p.m., 1:30 p.m., 2:00 p.m. |
| SESSION 2   | 12:30 p.m., 1:00 p.m., 1:30 p.m., 2:00 p.m. |
| SESSION 3   | 12:30 p.m., 1:00 p.m., 1:30 p.m., 2:00 p.m. |
| SESSION 4   | 12:30 p.m., 1:00 p.m., 1:30 p.m. |

Ray (30 minute class)

| SESSION 1* | 12:30 p.m., 1:00 p.m. |
| SESSION 2   | 12:30 p.m., 1:00 p.m. |
| SESSION 3   | 12:30 p.m., 1:00 p.m. |
| SESSION 4   | 12:30 p.m. |

Starfish (30 minute class)

| SESSION 1* | 12:30 p.m. |
| SESSION 2   | 12:30 p.m. |
| SESSION 3   | 12:30 p.m. |

* Friday, July 4, is a holiday (Session 1 is 9 days)

evaluations are required!

Evaluations are required for all new swimming participants in the Preschool and Youth programs, PRIOR to registration! Evaluations are not needed for Parent/Child levels.

EVALUATION TIMES
June 3, 5, 10 & 12 from 4:00–5:00 p.m. in the Family Pool. Also every Saturday 12:30–1:00 p.m. No Appointment Necessary

Pre-Pike (30 min. class)
One parent per child, 3–6 years old w/parent.
Children & parents, take a Pike class together. All of the water adjustment skills of Parent & Tot combined with the swimming skills of a Pike class are covered.

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preschool

Preschool swimming is for children ages 3–6 and not yet in first grade.
These classes include the basics of water safety and swimming skills.

Fees: (Pike, Eel, Ray, and Starfish)
$100 Full Member; $149 Non-member

Pike (30 minute class) Preschool without parent. Student to instructor ratio: 5:1

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FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

**Eel** (30 minute class) Preschool without parent. Student to instructor ratio: 6:1
- Mon: 10:30 a.m.
- Mon: 4:00 p.m.
- Tue: 10:30 a.m.
- Tue: 4:00 p.m.
- Wed: 11:00 a.m.
- Thu: 9:30 a.m.
- Thu: 10:30 a.m.
- Sat: 9:20 a.m.
- Sat: 10:00 a.m.
- Sat: 10:40 a.m.
- Sat: 12:00 p.m.

**Ray** (30 minute class) Preschool without parent. Student to instructor ratio: 6:1
- Mon: 4:30 p.m.
- Tue: 4:30 p.m.
- Wed: 10:30 a.m.
- Wed: 4:30 p.m.
- Thu: 10:30 a.m.
- Thu: 4:00 p.m.
- Thu: 4:30 p.m.
- Sat: 8:40 a.m.
- Sat: 9:20 a.m.
- Sat: 10:40 a.m.

**Starfish** (30 minute class)
Preschool without parent. Student to instructor ratio: 6:1
- Thu: 4:00 p.m.
- Sat: 10:10 a.m.
- Sat: 11:00 a.m.
- Sat: 12:00 p.m.

**Youth**
For children grades 1–6.
Each skill level is divided into five components: Personal safety, stroke development, water sports and games, personal growth, and rescue.

**Please note:** A skill evaluation is required for each child not previously enrolled in these programs PRIOR to registration. Please see evaluation times and dates on page 6.

**Fees:** (Polliwog, Guppy, Minnow, Fish, and Flying Fish)
$100 Full Member; $149 Non-member

**Polliwog** (30 minute class)
Student to instructor ratio: 6:1
- Mon: 4:30 p.m.
- Tue: 5:00 p.m.
- Wed: 4:30 p.m.
- Sat: 8:40 a.m.
- Sat: 10:00 a.m.
- Sat: 12:00 p.m.

**Guppy** (30 minute class)
Student to instructor ratio: 6:1
- Tue: 5:00 p.m.
- Wed: 4:00 p.m.
- Wed: 5:00 p.m.
- Thu: 4:30 p.m.
- Thu: 5:00 p.m.
- Sat: 11:20 a.m.
- Sat: 12:00 p.m.
- Sat: 12:30 p.m.

**Minnow** (45 minute class)
Student to instructor ratio: 8:1
- Mon: 5:00 p.m.
- Wed: 5:00 p.m.
- Thu: 5:00 p.m.
- Sat: 8:30 a.m.
- Sat: 9:20 a.m.
- Sat: 10:10 a.m.
- Sat: 11:00 a.m.

**Fish** (45 minute class)
Student to instructor ratio: 8:1
- Mon: 5:00 p.m.
- Wed: 5:00 p.m.
- Thu: 5:00 p.m.
- Sat: 8:30 a.m.
- Sat: 9:20 a.m.

**Flying Fish** (45 minute class)
Student to instructor ratio: 9:1
- Mon: 5:00 p.m.
- Sat: 8:30 a.m.
- Sat: 9:20 a.m.

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**Youth Quick Swims**
10 CLASSES IN JUST 2 WEEKS!*
(Mon–Fri) Grades 1–6
Fees: $110 Full Member; $165 Non-member

**SESSION 1:** June 23–July 3*
**SESSION 2:** July 7–July 18
**SESSION 3:** July 21–August 1
**SESSION 4:** August 4–August 15

**Polliwog** (30 minute class)
- **SESSION 1** 2:30 p.m.
- **SESSION 2** 2:30 p.m.
- **SESSION 3** 2:30 p.m.
- **SESSION 4** 2:30 p.m.

**Guppy** (30 minute class)
- **SESSION 1** 2:30 p.m.
- **SESSION 2** 2:30 p.m.
- **SESSION 3** 2:30 p.m.
- **SESSION 4** 2:30 p.m.

**Minnow** (45 minute class)
- **SESSION 1** 3:15 p.m.
- **SESSION 2** 3:15 p.m.
- **SESSION 3** 3:15 p.m.
- **SESSION 4** 3:15 p.m.

**Fish** (45 minute class)
- **SESSION 1** 3:15 p.m.
- **SESSION 2** 3:15 p.m.
- **SESSION 3** 3:15 p.m.

**Flying Fish** (45 minute class)
- **SESSION 1** 3:15 p.m.
- **SESSION 2** 3:15 p.m.
- **SESSION 3** 3:15 p.m.

* Friday, July 4, is a holiday (Session 1 is 9 days)

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**Youth Private Swim Lessons**
(30 min. class) For Preschool and Youth
The format can be either one-on-one or semi-private with two students of similar age and ability to one instructor.

**Fees:**
- $40 Private; $55 Semi-private
- *Non-members will be charged an additional $10 fee.
For more information, call ext. 8243.
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Special Needs Swim Lessons
Hope Fish
(30 min. class) All ages welcome. 1:2 ratio Swimmers with special needs will learn to swim with an instructor guiding them through the lesson. Swimmers will learn basic swim skills while gaining strength through water exercise and having fun with their peers.

Fees: $100 Full Member; $149 Non-member Sat 12:00–12:30 p.m.
Call ext. 8238 for more information.

AMERICAN RED CROSS COURSES

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<tr>
<th>COURSE:</th>
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<tr>
<td>LIFEGUARD</td>
<td>7/14–7/30</td>
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<td>8/18–8/22</td>
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<td>L.G. RECERT</td>
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<td>CPR / FIRST AID COMBO</td>
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Fees: 

- LIFEGUARD: $300 Full Member; $350 Non-Member
- CPR/FIRST AID COMBO: $120 Full Member; $160 Non-Member
- LIFEGUARD RECERT: $125 Full Member; $150 Non-Member
- CPR: $65 Full Member; $85 Non-Member

For more information, call ext. 8243.

COMPETITIVE SWIMMING — YOUTH/TEEN

Summer Strypers Swim Team
“Our aim is not to create champions, but to create an environment where champions are inevitable.”

The Summer Strypers are a recreational swim team with a focus on fun, friends and improvement. Attracting both current Strypers and swimmers new to competitive swimming, the Summer Strypers compete weekly against other teams in the South Shore Swim League (SSSL). This provides an excellent introduction to the fundamentals of competitive swimming. It is also a fantastic vehicle for swimmers coming off their first Short Course season to showcase the skills they have learned. Managed by Director of Competitive Swimming Tim Mulvihill and delivered by trained and experienced members of the SSYS coaching staff.

Information on tryouts & group placements will be available on the team website ssystrypers.com.

Visit ssystrypers.com for all updates!

Fees: $270 Full Member; $370 Non-member
Dates: June 16th – approx. August 10th (8 weeks)
An alternate schedule will run from June 16 until the conclusion of the school year.

EMILSON YMCA Branch – Practices: EMILSON YMCA utilize both the indoor and outdoor facilities.

- SUMMER BRONZE: Mon-Thru 3:00–4:00 p.m.
- SUMMER SILVER: Mon-Thru 3:00–4:00 p.m. 4:00–5:00 p.m.
- SUMMER GOLD: Mon/Wed 8:30–9:30 a.m. Tues/Thru 7:30–8:30 a.m.


- SUMMER BRONZE: Mon-Thru 4:00 – 5:00 p.m.
- SUMMER SILVER: Mon-Thru 4:00 – 5:00 p.m.
- SUMMER GOLD: Mon-Thru 4:00 – 5:00 p.m.

SUMMER BRONZE: Swimmers ready for this group can swim a min. of 25 yards BKS and 25 yards FS. They must also exhibit an acceptable level of comfort in the water. Swimmers who are strong in three out of the four competitive strokes (i.e. FS, BKS and BRS) but still require instruction in one (i.e. FLY) would also fit in this group.

SUMMER SILVER: Swimmers ready for this group can swim a min. of 25 yards in all four competitive strokes but may still need refinement in their technique and/or competitive skills (i.e. starts, turns, streamlines, body dolphins etc.). Swimmers at this level have generally experienced some aspect of swim team (short course season or competitive stroke clinic) in the last twelve months.

SUMMER GOLD: Swimmers ready for this group can swim a min. of 50 yards in all four competitive strokes

For more info. please contact Assistant Director of Competitive Swimming, Laura Crossman at ext. 8253 or via email at lcrossman@ssymca.org.
Mini Magic Musicals
(60 minute class) Ages 4-7 / LCA Multipurpose Room
This adaptation of "Willy Wonka" is guaranteed to provide lasting memories for budding actors! Your child will participate in a small cast and receive personal attention specific to their age while learning stage presence, confidence, and basic theatre terms. Culminates in a final performance for families and friends!
**Fees:** $125 Full Member; $188 Non-member
  Mon  4:00 p.m.

Private voice, acting, art, dance or music lessons
Ages 8-Adult / Contact Tyler Cavanagh before signing up for private voice, acting, music or dance lessons at tcavanagh@ssymca.org to schedule lessons. Contact Beth Gilmore before signing up for art lessons at bgilmore@ssymca.org.
One-on-one coaching. Advance your skill and performance, and build confidence in your abilities. For anyone with experience and passion, desiring to bring their skill to the next level.
**Fees:** $45/private lesson ($360/8 weeks);
$22.50 pp/semi-private lesson – 2 students ($180/8 weeks);
$15 pp/semi-private lesson – 3 students ($120/8 weeks)

DEAR EDWINA JR.
DEAR EDWINA JR. follows the adventures of plucky advice-giver extraordinaire Edwina Spoonapple as she directs the neighborhood kids in a series of buoyant production numbers as part of the latest edition of her weekly “Advice-A-Palooza” extravaganza. Written in the episodic style of You’re A Good Man Charlie Brown, DEAR EDWINA JR. is the perfect “girl power” musical for a new generation. Production is student directed by Skyler Wright and Mickey White, and staff directed by Emma Manley.
**Performances:**
August 22–24, 2014
**Tickets:**
$5 Child
$7 Senior
$10 Adult
Contact Emma Manley for more information at emanley@ssymca.org.
Tickets will be on sale at the front desk beginning on August 7th.

LCA: Laura’s Center for the Arts (LCA) is located across the parking lot from the EMILSON YMCA.
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

CHILD CARE

BE COOL IN AFTERSCHOOL

NORWELL AND SCITUATE BEFORE AND AFTER SCHOOL PROGRAMS

The South Shore YMCA’s School Age Child Care Programs give children an opportunity to participate in activities that are fun, challenging, and educational. The program is designed to create an enthusiasm for learning while promoting physical, intellectual, emotional, and social well-being and growth. Enriching activities include homework time, arts and crafts, active group games, and both indoor and outdoor physical activities. Children feel safe and supported while learning, exploring, socializing, and enjoying themselves. All South Shore YMCA School Age Child Care Programs are licensed by the Department of Early Education and Care (EEC) and are mandated to uphold all the policies, rules, and regulations pertaining to school age child care licensing.

NORWELL
Before and After School Programs

GRADES: K – 6

LOCATIONS: Cole, Vinal, and South Shore Charter Schools

SCITUATE
Before and After School Programs

GRADES: K – 6

LOCATIONS: Cushing, Hatherly, Jenkins, and Wampatuck Elementary Schools

For more information, please contact Jamie Farrell at 781-829-8585, ext. 8262 or visit our website: ssymca.org

End of Summer Vacation Program

Dates: August 25th-29th, 2014
Grades: K – 6
Hours: 8:00 a.m. – 6:00 p.m.
Fees: $47/day

Your child will enjoy their last week of summer vacation here at the EMILSON YMCA! Program activities will promote physical, intellectual, emotional, and social well being and growth. Please send your child with a bagged lunch and a bathing suit and towel if they would like to participate in daily free swim. Afternoon snack will be provided.

To register, please print an enrollment form off our website at ssymca.org or pick one up at the Y. For more information, please contact Jamie Farrell at 781-829-8585 x8262.
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

GYMNASICS & CHEERLEADING

For more information on any of the Gymnastics programs, please email rrozzi@ssymca.org

Toddler

Tot 1 Gymnastics
(45 min.) Ages 1–3 years with parent (one parent per child)
In this fun and interactive parent and child program, children will play games, sing songs and meet new friends while developing balance, strength and confidence.

Fees: $99 Full Member; $126 Non-mbr
Mon 9:15 a.m.
Tue 10:30 a.m.
Wed 9:00 a.m.
Thu 10:15 a.m.
Fri 11:00 a.m.
Sat 9:00 a.m.

Tot 2 Gymnastics
(45 min.) Ages 2–3 years with parent (one parent per child)

Fees: $99 Full Member; $126 Non-mbr
Mon 10:00 a.m.
Tue 11:30 a.m.
Wed 10:15 a.m.
Fri 10:30 a.m.
Sat 10:15 a.m.

Pre-school

Rollers (45 min. class) Ages 3–4 years
A fun filled class that introduces the fundamentals of gymnastics as well as develop eye hand coordination and enhance motor skill development.

Fees: $99 Full Member; $126 Non-mbr
Mon 10:15 a.m.
Tue 11:15 a.m.
Wed 9:00 a.m.
Fri 10:15 a.m.
Sat 10:00 a.m.

Tiny Cheer (1 hour) Ages 3–6 years
For our smallest cheerleaders! Learn all the necessary fundamentals: tumbling, stunting, arm motions and jumps. Put it all together and create a cheer! Pom Poms are provided for class.

Fees: $121 Full Member; $157 Non-mbr
Tue 9:00 a.m.
Wed 11:00 a.m.
Thu 9:00 a.m.
Sat 11:00 a.m.

Tiny Tumblers (1 hour) 4–6 years
Like to roll & jump? Then this class is for you! Learn beginner tumbling and trampoline skills while improving balance, coordination and strength.

Fees: $121 Full Member; $157 Non-mbr
Mon 11:00 a.m.
Tue 11:15 a.m.
Thu 9:00 a.m.
Fri 9:15 a.m.
Sat 9:00 a.m.

Climbers (1 hour) Ages 4–6
This 1-hour class is designed for young gymnasts ready to advance their gymnastics skills. Utilizing all four events, we will work on the basics and key elements for a solid gymnastics foundation.

Fees: $121 Full Member; $157 Non-mbr
Wed 11:30 a.m.
Thu 10:00 a.m.
Fri 11:15 a.m.
Sat 11:00 a.m.

Girls Intermediate Gymnastics
(1 hour) Ages 6–8 years
Mon 2:30 p.m.
Tue 1:30 p.m.
Wed 4:00 p.m.
Thu 4:00 p.m.

(1 hour) Ages 8+ years
Mon 2:30 p.m.
Tue 6:00 p.m.
Wed 6:00 p.m.

(1 hour) Ages 7+
Sat 12:00 p.m.

(1 hour) Ages 9+
Thu 5:00 p.m.

Cheer Motions
(1 hour) Ages 6+ years
This class designed to introduce you to the fundamentals of cheerleading. Learn jumps, arm motions, and tumbling skills.

Fees: $121 Full Member; $157 Non-mbr
Tue 2:30 p.m.
Wed 6:00 p.m.
Thu 2:00 p.m.

Youth

These classes follow the USA Gymnastics development program. Participants will build strength and flexibility while achieving both technique and solid gymnastics skills.

Fees:

Boys Gymnastics
(1 hour) Ages 5–6 years
Tue 4:00 p.m.
Wed 2:00 p.m.
Thu 4:00 p.m.

(1 hour) Ages 7+
Tue 5:00 p.m.
Thu 5:00 p.m.

Girls Beginner Gymnastics
(1 hour) Ages 5–6 years
Mon 1:30 p.m.
Tue 10:00 a.m.
Tue 4:00 p.m.
Sat 12:00 p.m.

(1 hour) Ages 7+
Mon 1:30 p.m.
Tue 4:00 p.m.
Thu 4:00 p.m.
Tumbling

Boys & Girls Ages 6–17 years • Gymnastics, Cheerleading, Martial Arts, Dance & Parkour

For all sports that incorporate tumbling skills & whichever sport you do, these classes are designed to help you attain your goals.
Increase your current skill level both safely & progressively from beginner to Advanced.

**FEES: $121 Full Member; $157 Non-member**

**BOYS:**

**LEVEL 1 CORE SKILLS**
(1 hour) Ages 6+
(learning skills up to bridge overs)

- **Tue** 6:00 p.m.
- **Wed** 3:00 p.m.

**LEVEL 2 INTERMEDIATE**
(1 hour) Ages 7+
(must have bridge overs for this class)
Working on front & back hand springs and flips.

- **Wed** 5:00 p.m.
- **Thu** 6:00 p.m.

**LEVEL 3 ADVANCED**
(1 hour) Ages 10+
(must have Level 2 skills for this class)
Working side flips & twists.

- **Tue** 7:00 p.m.
- **Wed** 6:00 p.m.

**GIRLS:**

**TUMBLE 1 BEGINNER**
(1 hour) Ages 6+
(learning skills up to back walkover)

- **Tue** 1:30 p.m.
- **Tue** 5:00 p.m.

**TUMBLE 2 INTERMEDIATE**
(1 hour) Ages 6+
(must have bridge kick over for this class)
Working back & front hand springs and cross tumbling.

- **Wed** 5:00 p.m.
- **Tue** 2:30 p.m
- **Thu** 11:00 a.m.

**TUMBLE 3 ADVANCED**
(1 hour) Ages 7+
(must have backhand spring for this class)
Working cross tumbling, front & back tucks, & aerials.

- **Wed** 4:00 p.m.
- **Thu** 1:00 p.m.

**PRIVATE LESSONS**

** Ages 7–17 years**

Trying to perfect a certain skill, need extra time on an event, or learning a routine? Let our coaches help you!

**FEES:** $25 per 1/2 hr; $50 per hr

*Non-members will be charged an additional $7 fee and are limited to 3 lessons/year.*

Contact Regina Rozzi, Gymnastics Director, at ext. 8236.

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Cheerleading Teams EMILSON YMCA GEMS

No Cheer Teams during the summer session. Please refer to our Fall guide for information on our 1/2 year teams.

For more information on our Cheer Teams, please contact Regina Rozzi, Gymnastic Director at ext. 8236, or by email at rrozzi@ssymca.org. All Cheer Team Members must be Full YMCA members.

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Gymnastics Teams SUMMER SESSION JULY & AUGUST

**Synergy pre-team** (non-competitive)
1 day per week; 2 hours each

- **Mon** 3:30 p.m. (Ages 10+)
- **Mon** 4:15 p.m. (Ages 5 & 6)
- **Wed** 6:00 p.m. (Ages 7-9)

**Synergy** (Level 2)
2 days per week; 2 hours each

- **Tues & Thu** 3:00 p.m.

**Synergy** (Level 3)
2 days per week; 3 hours each

- **Tue & Thu** 3:00 p.m.

**Synergy** (Excel Bronze)
2 days per week; 3 hours each

- **Mon & Thu** 5:30 p.m.

**Synergy** (Excel silver)
2 days per week; 3 hours each

- **Mon & Wed** 3:00 p.m.

**Synergy** (Excel gold)
3 days per week; 3 hours each

- **Mon/Tue/Thu** 5:30 p.m.

**Synergy** (Adv Gold)
3 days per week; 3 Hours each

- **Tue/Wed/Thu** 8:30 a.m.

For more information on our Gymnastics Teams, or to schedule a tryout, please contact Regina Rozzi, Gymnastic Director at ext. 8236, or by email at rrozzi@ssymca.org. All Gymnastics Team Members must be Full YMCA members.
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

HEALTH & WELL-BEING — YOUTH & TEENS

Youth

Fit 4 Sports 7 weeks: 6/26–8/7 (50 min.) Studio 1 / 9+ years
This sports conditioning class offers a challenging and unique workout geared toward athletes looking to take their training to the next level, or stay conditioned between sports. Workouts include conditioning, speed drills, flexibility and strength training. Instructor: Kyle Britton
Fees:
$70 Full Member; $105 Non-member
Thu 4:00 p.m.

Bruce’s Sports Conditioning
6 weeks: 6/23–7/30 / Ages 11–15 years
This sports conditioning workout is geared toward older athletes who are looking for some off-season training. Perfect for those who play hockey, softball and baseball. Workout will include agility work, strength training and speed drills. Instructor: Bruce Heller PT
Fees:
$90 Full Member; $126 Non-member
Mon 1:00 p.m.
Wed 1:00 p.m.

YOUTH STRENGTH AND CARDIOVASCULAR TRAINING
STRONG & HEALTHY KIDS! In an ongoing effort to keep our kids engaged in regular physical activity, we offer instructional visits as a full member benefit to our youth (7–12 years). Children learn how to safely and correctly use selected cardiovascular equipment and strength training equipment along with proper stretching techniques and Health & Well-being Center etiquette. Once fully trained, youth members will be able to use the strength and cardio machines on their own.*

FOR MORE INFORMATION AND/OR TO GET YOUR YOUTH STARTED IN THIS POPULAR PROGRAM, PLEASE ATTEND ONE OF OUR YOUTH STRENGTH & CARDIO TRAINING ORIENTATIONS** HELD EVERY:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Studio</th>
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<tbody>
<tr>
<td>Tue</td>
<td>5:15–6:15 p.m.</td>
<td>Studio 2</td>
</tr>
<tr>
<td>Sat</td>
<td>9:00–10:00 a.m.</td>
<td>Studio 2</td>
</tr>
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Orientation starts promptly at the times noted above!
* The Health & Well-being Center is not a supervised area. Even when they are fully trained, youth ages 7–9 need a parent to accompany them while they use the equipment.
** A parent or guardian must be present at the orientation with their child. Orientations are informational sessions only.

Teens

Teen Trampoline 7 weeks: 6/27–8/15 (45 minute class) Studio 3 / 10–15 years
Improve cardiovascular fitness and continually challenge balance & coordination, putting minimal stress on the body while burning calories. Class is performed on spring-enhanced mini-trampolines with a non-slip surface. Instructor: Carly Donovan
Fees:
$70 Full Member; $105 Non-member
Fri 4:15 p.m.

Speed & Agility Training
7 Weeks: 6/25–8/5 (60 minute class) Studio 2 / 11+ years
Condition your body with this co-ed class: Speed, Quickness, Strength, & Flexibility. Custom personal training session built around its participants.
Instructor: Katelyn Szafir
Fees:
$70 Full Member; $105 Non-member
Tue 4:00 p.m.

Kids Couch to 5K 6 weeks: 6/24–7/31 (60 minute class) Outside / 10–15 years
Get off the couch and run a 5K in just 6 weeks! Session ends with a local 5K for everyone to run. Instructor: Carly Donovan
Fees:
$120 Full Member; $180 Non-member
Tue & Thu 5:00 p.m.

Special Abilities Initiative
COMMUNITY COLLABORATION
The YMCA has a rich history of collaborating with community institutions to promote youth development, healthy living and social responsibility. Cardinal Cushing School is committed to working closely with local school districts and state agencies to offer innovative and individualized opportunities for our students to become active and contributing members of their communities. As neighbors and champions in our community, the opportunity to collaborate will fuel our common goal of bringing the best innovative programs to the special needs population of the South Shore.

Special Abilities Fitness and Fun
Using movement based exercises to reduce behavioral issues, improve/increase daily focus and productivity, strengthen functional movement patterns and improve overall health, increase social interaction and meet sensory needs for kids with Special Needs.

FITNESS AND FUN
Returning in the Fall!
Mon & Wed 4:00 p.m.
For more information, contact Katelyn Szafir at ext. 8228.
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SPORTS PROGRAMS — YOUTH

A Taste of Sports  Ages 3–4 w/Parent
Gymnasium / Two 1-week sessions
Improve self-esteem, hand-eye coordination and team work. This class is designed to introduce preschoolers to the basic skills of basketball, soccer and more while having the comfort of mom/dad with them. Sneakers are required.

Fees: $45 Full members; $75 Non-members

| WEEK 1 (July 7 – July 11) | 8:45–9:15 a.m. |
| WEEK 2 (July 28 – Aug 1) | 8:45–9:15 a.m. |

A Taste of Sports  Ages 4–6
Gymnasium / Two 1-week sessions
Each week is a different sport! Children will try a variety of sports such as floor hockey, soccer, lacrosse and rookie rugby to name a few. The goal of this class is for children to have fun, meet new friends and get some exercise while learning the basics of a variety of sports. Sneakers are required.

Fees: $55 Full members; $85 Non-members

| WEEK 1 (June 23 – June 27) | 8:45–9:30 a.m. |
| WEEK 2 (Aug 4 – Aug 8) | 8:45–9:30 a.m. |

Flag Football  Ages 5–6
Outside field / One 4-week session
Children will learn the fundamentals of 5-on-5 flag football. The clinic will include practice sessions and mini scrimmage games while emphasizing how fun and important an active lifestyle can be. This is a non-competitive program.

Fees: (4 weeks) $44 Full members; $66 Non-members
Sat (8/2 – 8/23) 9:15–10 a.m.

Flag Football  Ages 7–8
Outside field / One 4-week session
Children will learn the fundamentals of 5-on-5 flag football. The clinic will include practice sessions and mini scrimmage games while emphasizing how fun and important an active lifestyle can be. This is a non-competitive program.

Fees: (4 weeks) $44 Full members; $66 Non-members
Sat (8/2 – 8/23) 10–10:45 a.m.

Rookie Rugby  Ages 7–9
Outside Field / One 4-week session
Rookie Rugby is a safe, non-contact easy to play game for both boys & girls. Participants will be taught the basics through fun and easy drills, and also spend time in scrimmages.

Fees: (4 weeks) $44 Full members; $66 Non-members
Sat (8/2 – 8/23) 9:15–10:00 a.m.

Rookie Rugby  Ages 10–12
Outside Field / One 4-week session
Rookie Rugby is a safe, non-contact easy to play game for both boys & girls. Participants will be taught the basics through fun and easy drills, and also spend time in scrimmages.

Fees: (4 weeks) $44 Full members; $66 Non-members
Sat (8/2 – 8/23) 10–10:45 a.m.

Soccer

PTUSA Little Kickers  Ages: 3–6 years
Outside field / Two 1-week sessions
PTUSA works with hundreds of young players throughout the year and offers a fun, high energy introduction to soccer. Our coaches #1 goal is to make sure players build self-esteem while falling in love with the game. Small group activities will help players develop a sense of balance, coordination and multi-directional movement. Each player will be encouraged to succeed in a series of high energy activities and stories, designed to stimulate both mentally and physically.

LITTLE KICKERS CLINICS INCLUDE: Games/Activities, allowing young players to explore while learning and skills challenges designed to motivate enthusiasm.

Fees: $75 Full Member; $100 Non-member

| WEEK 1 (Aug 4–Aug 7) | 9:30–11:00 a.m |
| WEEK 2 (Aug 11–Aug 14) | 9:30–11:00 a.m |

Outdoor Adventure  Ages 9–11
Outside field / One 4-week session
Build self-confidence, learn about teamwork and enjoy an outdoor experience involving archery, low ropes, traverse wall and our new GaGa pit. This class will develop skills in each area as well as learning the benefits of an active healthy lifestyle.

Fees: (4 weeks) $50 Full members; $75 Non-members
Sat (8/2 – 8/23) 10–11:00 a.m.

PRIVATE BASKETBALL INSTRUCTION
AGES 10+
PRIVATE INSTRUCTION CAN MAKE YOU AN ALL-AROUND BETTER PLAYER!
The YMCA’s coaching plan focuses on instruction, character development, self-esteem, competition and fun!
Individual training is an effective means for a player to improve. The South Shore YMCA is now offering private lessons for individuals ages 10 and up. Our professional coaching staff will evaluate and design a personal program for each client’s needs. During each workout session our goal is for you to have fun and gain confidence. You will improve your conditioning and fundamental basketball skills working one-on-one with one of our coaching staff.

<table>
<thead>
<tr>
<th>PRIVATE RATES:</th>
<th>GROUP RATES: (2–4 individuals)</th>
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<tbody>
<tr>
<td>1 Hour $40</td>
<td>1 Hour $50</td>
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<tr>
<td>3 Pack $115</td>
<td>3 Pack $145</td>
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<tr>
<td>6 Pack $230</td>
<td>6 Pack $290</td>
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<tr>
<td>12 Pack $460</td>
<td>12 Pack $580</td>
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Non-members will be charged an additional $7 fee and are limited to 3 lessons/year.
For additional information please contact Linda Montoya, Sports & Recreation Director, at ext. 8260 or lmontoya@ssymca.org
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

SPORTS PROGRAMS — YOUTH CONT.

Martial Arts
For questions regarding the Taekwon-Do program, contact Eric Vining, New England Taekwon-Do at NETKD.ITF@gmail.com

Beginner Youth Taekwon-Do Ages 5–12 / The Center
For students with no previous Taekwon-Do experience.
Learn age appropriate basic stances, self-defense moves, kicks, blocks, punches and strikes. Students gain self-confidence and self-control while developing flexibility and coordination. Emphasis is placed on focus, discipline (Yes Ma’am/Sir), respect and fun.
Fees: $185 Full member; $272 Non-member
Tue/Thu 6:30 p.m.

Youth Taekwon-Do Ages 6–12 / Studio 1
For students with some previous Taekwon-Do experience and permission from the instructor.
Learn self-defense moves, kicks, blocks, punches and strikes, and gain self-confidence, self-control and discipline in a fun environment. Develop life skills that will carry through life.
Fees: $185 Full member; $272 Non-member
Tue/Thu 7:00 p.m.

Teen/Adult Taekwon-Do Ages 13+ / All Levels
Covers all student levels from beginner to expert.
Learn self-defense moves, kicks, blocks, punches and strikes, and gain self-confidence, self-control and discipline. Includes patterns, drills, sparring & advanced techniques.
Fees: $185 Full member; $272 Non-member
Tue/Thu 8:00 p.m.

AMERICAN KEMPO KARATE ACADEMY
We are pleased to announce a brand new partnership with American Kempo Karate Academy. The ELMISON YMCA offers classes to youth ages 4–12.

Little Ninjas Ages 4–6 / Studio 3
This progressive program emphasizes respect, discipline, fitness self-control and concentration. From the “Yes, Sir/Yes, Ma’am” to the bow of respect, the children are very attentive to their instructor (at this very influential stage of their lives), all while having fun and earning awards. Children are awarded recognition and public praise for their accomplishments.
Thu 4:00 p.m.
Sat 10:15 a.m.

Young Adult Ages 7–12 / Studio 3
This progressive program also emphasizes respect, discipline, fitness self-control and concentration. Students will receive physical training and self-defense instruction appropriate for their age.
Thu 4:30 p.m.
Sat 10:45 a.m.

All classes are instructed by AKKA Karate instructors. Your child will increase their self-confidence and discipline, improve their concentration & focus, academic & athletic performance, develop greater respect for themselves & others, and learn valuable self-defense skills.
For more information about the AKKA program or to register your child please contact Linda Montoya, Sport & Recreation Director at 781-829-8585, ext. 8260 or lmontoya@ssymca.org

Leagues – Fall
South Shore YMCA NFL Flag Football League Ages 7-14
The South Shore YMCA NFL Flag Football provides every child the opportunity to have a positive and fun experience engaging in non-contact continuous action while also learning lessons in teamwork!

The SOUTH SHORE YMCA EMLSON BRANCH Fall season of NFL flag football starts the week of September 1st. This is an eight week season with 7 weeks of games and the last week will be a round robin jamboree. YMCA NFL FLAG is the premier youth football league for boys and girls ages 7-14.

THREE AGE BRACKETS:
7–9, 10–12 & 13–14 boys & girls
• Games played on Sunday afternoons
• Teams consist of 10 players
• Practices are once a week. (TBA)
• All games & practices are held at the South Shore YMCA outdoor field
• Seven game schedule
• All players will receive an NFL team identified Jersey and NFL flag belt
• All teams are coached by parent volunteers*
• Registration closes August 8th
• Games begin Sunday, Sept. 7, 2014

*PARENTS:
We need head coaches and assistant coaches for each team. Coaching flag football provides a great opportunity for parents to spend quality time with their children, helping them learn, grow and have fun. If you are interested, please contact Linda Montoya at lmontoya@ssymca.org.

Fees:
$105 Full Member; $140 Non-Member

6th Annual youth triathlon
Saturday, June 21, 2014
Boys & Girls / Ages 6–13
Nurturing potential in every child!
Swim, Bike, Run!
Pre-Registration Fee: $25
Race Day Registration Fee: $30

Register online at:
For more info, contact Linda Montoya at 781-829-8585, ext. 8260 or lmontoya@ssymca.org

Race starts promptly at 8:00 a.m.!
new! Babysitting Classes  Ages 11–16
Enroll in the American Red Cross Babysitting course and get the training you need. In this course you will learn how to care for infants through school age children and perform tasks such as diapering, preparing simple meals, and dressing. In addition, the course will offer ideas for toys and games to play with the children. You will learn how to handle emergencies and focus on safe care of infants and children. Students should bring a dinner.

Fees: 
$75 Full members; $110 Non-Members

AGES 14–16
Fri 7/11 4:00–9:00 p.m.

AGES 11–13
Sat 8/16 2:00–7:00 p.m.

Teen Fridays!  (Ages 10–15)
Spend your Friday night swimming, singing and making new friends at the YMCA.

Fridays nights are packed with activities that are sure to capture every teen’s interest. From gym games to karaoke and art projects, we have it all at Teen Friday.

TEEN FRIDAYS WILL TAKE PLACE ON THE 1ST AND 3RD FRIDAY OF EACH MONTH FROM 6:30–9:30 P.M.

Fees: $3 Full Members; $7 Non-Members

For more information on all Teen Programs please contact Peter Gallagher at ext. 8232!

Get on the Yteen Happenings email list and get weekly updates on the program.
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

TEEN — JUNIORS

Match Point Tennis Academies
Please see our EMILSON Tennis Camp Brochure by the Tennis Office for more information

JUNIORS

Please Note: Drop off is at the main facility, NOT Camp Gordon Clark

Fees: (All Juniors Camps)

Half Day: $198/full week
Full Day: $390/full week

Futures Camps

NTRP 1.0—2.5 LEVELS
Ages 6—10 (campers placed according to age and ability)
Beginning juniors will experience all the basics through a combination of fun, fitness, learning, and games! Skills are taught using the latest progressions and age appropriate equipment.

Hours: Half Day*
9:00 a.m. – 12:00 p.m.
1:00 p.m. – 4:00 p.m.

Hours: Full Day
9:00 a.m. – 4:00 p.m.

*Futures Academy morning session includes arts or swimming each day

Challenger Camps

NTRP 1.0—2.5 LEVELS
Ages 11–18
Challenger camps involve just the right mix of exciting drills, games, strategy, and match play. Excellent for aspiring junior players.

Hours: Half Day
9:00 a.m. – 12:00 p.m.
1:00 p.m. – 4:00 p.m.

Hours: Full Day
9:00 a.m. – 4:00 p.m.

Player Development Camps

NTRP 3.0 AND ABOVE
Ages 12–18
Geared towards competitive high school and USTA tournament players, this advanced camp balances intensive drills, games, strategy, match play & conditioning!

Hours: Half Day
9:00 a.m. – 12:00 p.m.

Hours: Full Day
9:00 a.m. – 4:00 p.m.

The South Shore Y has come to Hingham!

In addition to our camps in Hanover, our Match Point Tennis Academies are also held at the South Shore Country Club, starting the week of June 23–27.

Futures Camp
for players ages 6–11 runs weekly
9:00 a.m. – 12:00 p.m.

Player Development Academy
for players ages 12+ runs
1:00–4:00 p.m.

Fees: $260/week

To register: Contact Brandon Benbenek at bbenbenek@ssymca.org
All playing levels welcome!

private/semi-private tennis lessons

All ages
Each lesson is specially tailored to meet your needs. Stroke development and strategic techniques are customized to enhance a player’s game.

ELITE PROFESSIONAL STAFF

Private 1 Student – $80/Hours; $40/Half Hour

Semi-Private
2 Students – $40 pp/Hours;
3 Students – $25 pp/Hours

SENIOR PROFESSIONAL STAFF

Private 1 Student – $60/Hours

Semi-Private
2 Students – $30 pp/Hours;
3 Students – $20 pp/Hours

PROFESSIONAL STAFF

Private 1 Student – $60/Hours

Semi-Private
2 Students – $30 pp/Hours;
3 Students – $20 pp/Hours

Non-members will be charged an additional fee of $12/lesson.

Cancellation Policy: 24 hrs notice is needed to cancel your lesson with the pro, otherwise you will be responsible for your payment.

Call Brandon at ext. 8267 or email bbenbenek@ssymca.org

JUNIOR PLAYER TEAM TENNIS

Team matches with other clubs every week and weekly practices.

Ages: 10–16
NTRP 2.5 – 4.0

Fees: $270 Full Member $405 Non-Member

Practices are Tuesdays, 3:30–5:00 p.m.

Team match schedule to follow. Matches held Wednesdays at 1:00 p.m.
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

TEennis — Juniors Cont.

BEGINNER AND INTERMEDIATE—Quick Starts Ages 4–5
For more information, please contact Sue Leu at ext. 8271.
Introduces young children to the game of tennis. Features basic stroke development, hand-eye coordination, drills, games, and most importantly, FUN!

**NTRP 1.0** For first-time tennis players, this clinic introduces tennis in a fun and active way by utilizing smaller courts and more manageable equipment.
**Fees:** (45 minute class)
$122 Full Member; $183 Non-member
Tue 3:30 p.m.
Thu 3:30 p.m.

**NTRP 1.5** For players who have graduated Quick Starts 1.0 or have suitable ability. Features basic strokes, scoring, games, footwork and court etiquette.
**Fees:** (45 minute class)
$122 Full Member; $183 Non-member
Tue 1:15 p.m.
Thu 1:15 p.m.

Futures Ages 6–10

**NTRP 1.0** New to the game? This clinic introduces players to the game’s basic rules, proper strokes and movement. Smaller courts and manageable equipment are utilized to help players progress.
**Fees:** (60 minute class)
$162 Full Member; $243 Non-member
Mon 4:00 p.m.
Wed 4:00 p.m.

**NTRP 1.5** For players familiar with the game’s basics, yet still learning to rally. Players will progress through strokes to game and match play.
**Fees:** (60 minute class)
$162 Full Member; $243 Non-member
Mon 5:00 p.m.
Wed 5:00 p.m.

**NTRP 2.0** For players capable of sustaining a slow-paced rally. Students will work toward full-court match play and an understanding of scoring a match.
**Fees:** (60 minute class)
$162 Full Member; $243 Non-member
Mon 5:00 p.m.
Wed 5:00 p.m.

**NTRP 2.5** Knows how to score and play a match. Learns basic singles and double strategy through drills, live ball play, games, and match play.
**Fees:** (90 minute class)
$243 Full Member; $365 Non-member
Mon 5:00 p.m.
Wed 5:00 p.m.

Challengers Ages 11–18
Beginner and intermediate drills, stroke production and games along with singles and doubles play emphasized.
**Fees:** (60 minute class)
$162 Full Member; $243 Non-member

**NTRP 1.0**
Tue 4:00 p.m.
Thu 4:00 p.m.

**NTRP 1.5–2.0**
**Fees:** (90 minute class)
$243 Full Member; $365 Non-member
Tue 4:00 p.m.
Thu 4:00 p.m.

**NTRP 2.5**
Knows how to score and play. 1 hour of drills and strategy capped off with 30 minutes of match play.
**Fees:** (90 minute class)
$243 Full Member; $365 Non-member
Thu 4:00 p.m.

**Policy: Bad Weather**
*In case of rain, outdoor tennis clinics could be cancelled.*
Email enolan@ssymca.org or bcarroll@ssymca.org for information the day of your clinic if you are unsure. All refunds will be given as credit towards any program at the YMCA.

**evaluations are required!**
Evaluations are required for all new tennis participants PRIOR to registration!*
*No evaluation needed for Beginners
No Fee • Email Brandon at bbenbenek@ssymca.org for an appointment

**USTA Junior Team Tennis**
**Check with Tennis Director Bob Carroll for League play.**
**Potential Teams:**
12U / 14U / 16U

**Player Development Clinic**
**Playing Level:** 3.5–4.5
Designed for the junior tournament player, this clinic guarantees to push your game. Players must register with Brandon Benbenek at bbenbenek@ssymca.org.
**Mon & Wed 3:00–5:00 p.m.**
(9 weeks)
**Fees:** 1 clinic/week: $324; 2 clinics/week: $486
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

YOUTH & FAMILY PROGRAMMING

Father & Daughter Dance
Fathers, stepfathers, grandfathers, and uncles are invited to spend a magical evening with their little princess at our special “Daddy’s Little Princess” dance. A night of music, dancing, and light refreshments is a great way to strengthen that precious bond between a dad and his little girl.

We encourage dressy attire for this special occasion!

SATURDAY, JUNE 14TH 5:30–7:30 P.M.
AT LAURA’S CENTER FOR THE ARTS

Fees:
Pre-registration $15.00 / family (non-refundable)
Registration at the door $20.00 / family

new! Youth R.S.V.P (1 hour class)
Ages 7–12 years/ Multipurpose Room
Do you have a child that wants to learn the ins and outs of being a volunteer at the YMCA?

This new 8-week program will provide your child with a toolkit as a future volunteer. Program topics could include: learning how to teach games to children, positive supervision, how to handle emergencies or difficult situations and much more. Children will be paired with a mentor in the Playroom and will receive feedback and direction to help them discover their gifts and talents.

Fees: $50.00 full member
Tue 6:00 p.m.*
Contact MaryEllen at ext 8322 for more info.
*Note: program start date will be determined once the minimum number (5) of children have registered.

JOIN THE CLUB!

XTREME LEGO Club (1 hour)
Multi-purpose Room / (all ages welcome, children under 7 must be accompanied by an adult)

Building, creating and constructing with LEGO’s is the order of business at XTREME LEGO Club! A variety of LEGO inspired games, activities, and challenges make this club one-of-a-kind!

Fees: $120 Full Member; $180 Non-mbr
Tue 5:45 p.m.

new! MINECRAFT ULTIMATE Fan Club!
(1 hour) Multi-purpose Room / (all ages welcome, children under 7 must be accompanied by an adult)

This club is for individuals who love to play and discuss Minecraft! Participants are encouraged to bring their device (iPad, iTouch, or laptop) to play with other fan club members. If you don’t have a mobile device, not to worry! During the one-hour program, our Lounge computers will be reserved for Minecraft Fan Club Members only!

Fees: $120 Full Member; $180 Non-mbr
Tue 4:30 p.m.

XTREME LEGO CLUB DROP-IN
Can’t commit to the full session? Our new Drop-in option is for you!

Drop-in fees:
$14 Full members; $20 Non-members

new! Chess Club (1 hour)
Full Members Only
Activity Center (all ages welcome)

Join this club with an experienced chess player, parent, grandparent or friend to develop attack and defense strategies. Connect with other families as you send your knights across enemy lines, capture castles, escape attacks and defend your fortresses. Play a game and switch partners to get to know your fellow chess lovers!

Fees: Free for Members pre-reg. req’d
Wed 5:00 p.m.

new! Cribbage Club (1 hour)
Full Members Only
Activity Center (all ages welcome)

Join this club with an experienced player and learn one of the most popular card games of all time! Traditionally for two players, but commonly played with three, four, or more, Cribbage involves playing and grouping cards in combinations which gain points. Meet other families, pair up with someone new, and have some fun!

Fees: Free for Members pre-reg. req’d
Thu 5:00 p.m.

For more information on Youth & Family Programming please contact Peter Gallagher, Youth & Family Director, at ext. 8232 or Jackie Arena at jarena@ssymca.org
FOR YOUTH DEVELOPMENT
NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

YOUTH & FAMILY PROGRAMMING CONT.

TUTORING
Summer Tune Up
On average, students lose 2 months of reading ability and 2.6 months of their math skills during the summer through a phenomenon known as “summer brain drain.” Whether you are looking to help your student catch up or leap ahead in preparation for the fall, the Y can “plug the drain” for students at all levels! Our one-on-one summer tutoring program is tailored to meet each student’s individual needs.

Fees:
- Full members $20 per 1/2 hour; $35 per hour
- Non-members $25 per 1/2 hour; $45 per hour

Call ext. 8375 For more info!

new! Kids’ Time Out

**Kids’ Morning Out**
Ages 6 weeks to 6 years / Playroom (3 hours — 10 spaces available each day) Run errands, go to a doctor’s appointment or meet a friend for brunch while your children play, explore and learn with experienced, caring YMCA staff.

**Fees:**
- Full Member: $15/child
- Non-Member: $25/child

**Mon–Thu:**
9:00 a.m.–12:00 p.m.

**Kids’ Afternoon Out**
Ages 6 weeks to 6 years / Playroom (3 hours — 10 spaces available each day) Enjoy lunch with a friend, some quiet time reading a book, or an afternoon of pampering while your children play, explore and learn with experienced, caring YMCA staff.

**Fees:**
- Full Member: $15/child
- Non-Member: $25/child

**Mon–Thu:**
12:00–3:00 p.m.

**Kids’ Night Out**
Ages 6 weeks to 11 years / Playroom/ Multipurpose Room/Center (3 hours — 50 spaces available) Have dinner and see a movie with your loved one while your children play, explore and learn with experienced, caring YMCA staff.

**Fees:**
- Full Member: $15/child
- Non-Member: $25/child

**2nd & 4th Sat each month**
June 28, July 12, July 26, Aug 9, Aug 23
5:00–8:00 p.m.

VIP Program

**Full Members Only**
Ages 6 weeks to 6 years
Double your time at our facility while your children have double the fun in our Playroom! 2 hours of babysitting, twice a day (maximum of 4 hours per day). Valid for 30 days from date of issue.

**Fees:**
- Full Members only: $35*
- *add diaper changing for an extra $6/child per month.
- Parental release form required.

The Playroom

**Babysitting**
6 weeks through 6 years welcome while the parent is at the Y.

**NOTE:** YMCA Key Tag or photo identification is REQUIRED to use this service.

**Fees: Included with Household Membership**
- Parent(s) and child(ren) must all be Household Members
- $5/hour/child for Adult Full Members
- $7/hour/child for Non-members

**and visitors**
- Mon – Fri: 8:00 a.m.–8:00 p.m.
- Sat: 8:00 a.m.–2:00 p.m.
- Sun: 8:00 a.m.–1:00 p.m.

**Limit:**
- 2 hours/day (ages 1 through 6);
- 1 hour/day (ages 6 wks – 12 mos.)

For specific questions about the Playroom, please call Peter Gallagher, Youth & Family Director, at 781-829-8585, ext. 8232.

Youth Areas*

Schedule and availability subject to change due to programs and special events.

**The Activity Center**
Enjoy a great place for children* and/or their families to have fun with a focus on the four core values of character development. **Youth guidelines APPLY.**

**The Lounge**
A quiet place to relax, read, use the computers, eat, and engage in quiet play.

**Fees:**
- Included with Household & Youth Memberships

**Hours: Activity Center & Lounge**
- Mon – Fri: 3:30 p.m.–8:00 p.m.
- Sat: 9:00 a.m.–6:00 p.m.
- Sun: 9:00 a.m.–4:00 p.m.

The Center

Family Time in the Center is a wonderful opportunity for parents and children to play together in a fun, safe environment with our many age appropriate activities. For the safety of our Playroom participants, the Center is a water-only zone.

**Hours: The Center**
- Mon – Fri: 12:00 p.m.–6:00 p.m.
- Sat: 1:00 p.m.–6:00 p.m.
- Sun: 9:00 a.m.–4:00 p.m.

**NOTE: FOR THE ACTIVITY CENTER, THE LOUNGE AND THE CENTER:**
- Children under age 7 must be accompanied by a parent/guardian (16+) at all times.
- During supervised hours, a parent/guardian age 16+ must be in the facility while Youth Members ages 7–9 are participating in any of the Youth Areas, (Activity Center, Lounge, or Center).
- During unsupervised times the parent/guardian must accompany the Youth Member.
- Youth Areas are moderately supervised.

Diaper Changing Service
Tired of your workout being cut short to come change your child’s dirty diaper? Let us do it for you!

**Fees:**
- Full Members: $12/child/month
**FOR YOUTH DEVELOPMENT**

**NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN**

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**YOUTH & FAMILY PROGRAMMING CONT.**

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**Birthday Parties**

Come celebrate your special day at the Y!
You pick the date, we bring the fun!

All parties are one hour 45 minutes of non-stop fun: one hour of activity and another 45 minutes for food, cake and presents (supplied by members). Fees include trained birthday party staff, specified activities, set up, break down and cleaning of the party, birthday invitations, and the birthday boy or girl gets a special birthday t-shirt to remember his or her special day. The party room is yours to decorate. The birthday child is the center of all activities.

**Fun & Games For up to 20 children**

Love recess? Then come celebrate your birthday with fun and active games!

**Fees:** $250 Full Member; $275 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 p.m. – 2:45 p.m.

**Sports Party For up to 20 children**

Game on! Gather your team and have a ball playing t-ball, flag football, basketball, or soccer!

**Fees:** $250 Full Member; $275 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 p.m. – 2:45 p.m.

**Toddler Birthday For up to 15 children**

Come sing songs, pop bubbles, and get messy for your 2nd or 3rd birthday!

**Fees:** $250 Full Member; $275 Non-mbr

- **Wed** 12:30 – 2:15 p.m.
- **Sat** 3:00 p.m. – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 p.m. – 2:45 p.m.

**LEGO Enthusiasts! For up to 20 children**

Come build and play Lego-themed games!

**Fees:** $250 Full Member; $275 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 p.m. – 2:45 p.m.

**Dance Party For up to 20 children**

We’ll bring the music & games — you bring your dancing shoes!

**Fees:** $260 Full Member; $285 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 p.m. – 2:45 p.m.

**Princess Party For up to 20 children**

Come dressed as your favorite princess and join us for crafts, games and royal fun!

**Fees:** $260 Full Member; $285 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 – 2:45 p.m.

**Pirate Party For up to 20 children**

Yo Ho Ho! Go on a scavenger hunt, play some games, and have swashbuckling fun at a pirate party!

**Fees:** $260 Full Member; $285 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 – 2:45 p.m.

**Super Hero Party For up to 20 children**

Bring your friends and wear your favorite super hero costume! Go on a scavenger hunt looking for super heroes around the Y.

**Fees:** $260 Full Member; $285 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 – 2:45 p.m.

**Art Party For up to 20 children**

Create a birthday masterpiece with our resident artist and explore your creative side!

**Fees:** $260 Full Member; $285 Non-mbr

- **Sat** 3:00 – 4:45 p.m.
- **Sun** 11:00 a.m. – 12:45 p.m. or 1:00 – 2:45 p.m.

**Pool Party For up to 20 children (children under the age of 7 must be accompanied by an adult in the water)**

Slip down the waterslide and splash your way to a great time at the Y!

**Fees:** $300 Full Member; $350 Non-mbr

- **Sat** 5:30 – 7:15 p.m.
- **Sun** 2:00 – 3:45 p.m.

**Tennis Party For up to 20 children**

Grab your racket and enjoy cardio tennis, music, and games!

**Fees:** $260 Full Member; $285 Non-mbr

- **Sat** 2:00 – 3:45 p.m.

**Kids Zone Toddler Party at the Early Learning Center!**

1075 Washington St., Hanover, MA 02399

For up to 20 children

Come play at the Kid Zone, sing some songs, ride bikes, play games, and more.

**Fees:** $250 Full Member; $275 Non-mbr

- **Sat or Sun** 1:00 – 2:45 p.m.

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**Deluxe Birthday Party Package**

Supply us with your list of guests and we will do the rest!
- Invitations
- RSVPs
- Paper Goods
- Pizza
- Water/Juice
- Decorations (streamers and 12 balloons)
- Goodie Bags
- 2 Birthday Party Staff Attendants
- Set-up – Serve – Clean-up

**Fees:** $425 Full Member; $475 Non-member

*For 20 children. Pool parties excluded.*

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**Party Enhancements:**

- Face Painting ...............$40
- Caricatures ..................$75
- Goodie Bags ..................$50
- 8 Latex Balloons ............$10
- Paper Goods .................$15
- Outdoor Jumping Pillow (half hour) ...........$30
- Additional children ........$7 each

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**Did you know?**

The Y rents space for all special occasions. Set the date, and we will accommodate!
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

AQUATICS — ADULTS

adults

Adult Swim Lessons
(45 minute class) Ages 16+.
Fees: $100 Full Member; $149 Non-mbr

BEGINNER
Learn the basics in swimming.
Tue 7:00 p.m.

INTERMEDIATE
Improve your crawl stroke, backstroke, and breaststroke. Also, treading water, diving, and endurance swimming.
Thu 7:15 p.m.
Sat 12:00 p.m.

Water Aerobics (60 minute class)
Stretching, toning, and cardiovascular exercises, & combined shallow and deep water exercises.
Fees: Included with Full Membership

Hydro Power A High-Intensity Shallow Aqua Aerobics Workout
An excellent way to burn off fat and build strength and aerobic capacity, using a unique technique called Cross Travel which gets the same cardio effects as running on land without the joint pain! Both swimmers & non-swimmers can participate.
Fees: $90 Full Member; $135 Non-mbr
Mon/Wed 9:30-10:30 a.m.

Aqua Zumba (60 minute class)
A fun Zumba class that combines the benefits of Zumba and water exercise.
Fees: Included with Full Membership;
$50 Non-member
Mon 10:30 a.m.

Deep Water Power (60 minute class)
High intensity total body conditioning in deep water; cardiovascular and muscular strengthening workout using flotation belt and water resistive equipment.
Fees: Included with Full Membership

Aqua Group Personal Training
(60 minutes) 9-week class
Aqua training in a small group setting (6:1 ratio). Instructor leads you through personalized/fun workout.
Fees: $90 Full Member; $135 Non-mbr
Mon/Wed 8:30 a.m.

older adults

Senior Water Aerobics
Specifically designed for active older adults. Stretching, toning, and cardiovascular exercise in the water.
Fees: Included with Full Membership
Tues/Thurs 10:30 a.m.

Arthritis Program
(60 minutes) 9-week class
Warm water exercise program designed for people with arthritis and related conditions. Perform gentle exercises without strain on joints or muscles. Work on balance, coordination, and basic cardio moves.
Floatation belt must be worn throughout class. A quick “swim” test is required and performed 1st class.
AFYAP form is required for participation, and is available at the front desk or through the instructor.
Fees: Included with Full Membership;
$69 Non-member

Triathlon Swim Technique Class
INTRODUCTION TO SWIM TEAM
(1 hour class /2 days per week)
This class focuses on swimming technique to improve efficiency in the water which conserves the much needed energy required to complete a triathlon.
Fees:
$144 Full Member; $180 Non-mbr
Mon/Wed 8:00 p.m.

COMPETITIVE SWIMMING — ADULTS

Aqua Group Personal Training
(60 minutes) 9-week class
Aqua training in a small group setting (6:1 ratio). Instructor leads you through personalized/fun workout.
Fees: $90 Full Member; $135 Non-mbr
Mon/Wed 8:30 a.m.

new!
South Shore Masters Age 18+
The SSYMAC Masters/Triathlon swimming program helps participants of various ability levels to improve their stroke efficiency (technique) and their fitness. The program is managed by Director of Comp. Swimming, Tim Mulvihill, and led by a team of experienced and enthusiastic coaches. Min. swimming requirement is 200 continuous yards at any speed.
Fees:
1x per week
$55 Full Member; $75 Non-member
2x per week
$70 Full Member; $90 Non-member
3x per week
$90 Full Member; $110 Non-member
Tue/Thurs 5:30 a.m.
Mon/Wed 9:30 a.m.
Sun 8:00 a.m.

adult private swim lessons
(30 min. class) For Adults
The format can be either one-on-one or semi-private with two students of similar age and ability to one instructor.
Fees: $40 per Private Lesson; $55 per Semi-Private Lesson
*Non-members will be charged an additional $10 fee.
For more information, call ext. 8242.

Aquatics Classes are 9 weeks
unless otherwise noted.
Fees will be pro-rated at registration.
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

FINE & PERFORMING ARTS — ADULTS

Meet the Artist: Gallery Openings Join us this Summer – free and open to all ages!
Location: Laura’s Center for the Arts (LCA)   Hours: All gallery openings are from 6:00–8:00 p.m.

Friday, June 27th 6:00–8:00 p.m.: “Emergence”
Our June opening highlights the artistic achievements of artists Hollianne Wood Corruthers Miakela Kellifer, Sean Brady, Dan Pope and Kerry Hallisey. Performance by “Easty” at 7:00 p.m. Event is free and complimentary wine will be served.

Friday, July 25th 6:00–8:00 p.m.: “From the Earth”
In July we take a look at the work of Scott Francoeur, Corey Robinson and Beth Gilmore. Each artist manipulates paint in a unique way to suggest imagery and illusions which reference different aspects of our earth.

Saturday, August 23rd 6:00–8:00 p.m.: “Night Photography”
View the work from a group of night photographers who go out into the dark and bring back images with peaks of illumination and wonder.

Cork & Canvas
(2.5 hours) LCA Theatre / Ages 21+
Leave the kids at home, it’s art night for grown-ups! Socialize, sip, and paint a work of art worthy of your living room wall. No experience necessary! We will guide you step-by-step as you create your masterpiece. A great way to unwind and catch up with friends, or make it a date night!
Fees:
$30 Full Member; $45 Non-member
Thu (7/17)   6:00 p.m.

new! Afternoon Photo Workshop: Finding Inspiration With Your Camera (3 hours)
Sat, 7/12 / LCA Art Room / Ages 18+
New and advanced photographers struggle with trying to find inspiration for what to shoot. After a quick presentation, participants are sent out to find creative inspiration within 500 yards of Laura’s Center for the Arts. Fine art and documentary photographer Kate Hannon will share her expertise with participants.
Fees: $20 Full Member; $30 Non-member
Saturday, July 12th   2:00 p.m.

new! iPhoneography Workshop
(1.5 hrs.) LCA Art Room / Ages 18+
If you love shooting photos with your iPhone or iPad and want to learn more about gear, software, and printing, come learn the secrets of taking great photos with the camera you carry with you every day. Like the Kodak Brownie and Polaroid of past generations, iPhone has dramatically changed the contemporary photography scene. Fun lessons and challenges will help you learn new skills and sharpen existing ones. Instructor: Fine art and documentary photographer Kate Hannon
Fees:
$65 Full Member; $75 Non-member
4-Week Session:
(7/29, 8/5, 8/12 & 8/19)
Tue 6:00 p.m.

private voice, acting, art, dance or music lessons
Ages 8–Adult • See page 9

LCA: Laura’s Center for the Arts (LCA) is located across the parking lot from the EMILSON Y.
### Structured Exercise

#### Conquer Diabetes
(60 minute class) Health & Well-being Ctr
This program is for individuals living with diabetes. This class will provide structured workouts based on individual needs. Each participant will meet one-on-one with a trainer to design an exercise plan for strength and cardiovascular work.

**Fees:** Included with Full Membership: $234 Non-Member
- Mon/Wed: 2:00 p.m.
- Mon/Wed: 6:00 p.m.

#### Cardiac & Pulmonary Transition
(60 minute class) Health & Well-being Ctr
For individuals transitioning from cardiac rehabilitation. This class will provide structured workouts based on individual needs. Each participant will meet one-on-one with a trainer to design an exercise plan for strength and cardiovascular work.

**Fees:** Included with Full Membership: $234 Non-Member
- Tue/Thu: 7:30 a.m., 8:30 a.m., 10:30 a.m., 11:30 a.m., 4:00 p.m., or 5:00 p.m.

#### Moving Forward after Cancer
(60 minute class) Health & Well-being Ctr
Our program welcomes survivors of all types of cancer, from the point of diagnosis, through treatment and years beyond. Meet weekly with a Certified Cancer Exercise Specialist who will help you increase your flexibility, strength and cardiovascular endurance. Join us for a monthly educational presentation addressing cancer issues and their impact on your daily life.

**Fees:**
- Included with Full Membership:
  - Mon: 10:00 a.m.
  - Wed: 10:30 a.m.
  - Wed: 6:00 p.m.

#### Pre and Post Operative Care
(60 minute class) Health & Well-being Ctr
This program provides each individual with a specific exercise program designed to restore your state of health whether it be recovering from an injury or injury prevention. A great step for people before and after physical therapy. Exercise benefits include decreased pain, increases joint range of motion, increased wound healing, overall muscle tone, and weight loss.

**PHASE I:** (Initial) – 3 Months before/after injury or surgery (or new to the program)

**Fees:** Included with Full Membership: $234 Non-Member
- Mon: 11:00 – 12:00 p.m.
- Wed: 11:00 – 12:00 p.m.

**PHASE II:** (Secondary) – 6 Months post completion of physical therapy or at trainer’s discretion.

**Fees:**
- $120 Full Member; $234 Non-member
  - Mon: 11:00 – 12:00 p.m.
  - Wed: 11:00 – 12:00 p.m.

### Active Older Adults

**THIS GROUP MEETS THE 1ST THURSDAY OF EVERY MONTH* CAMARADERIE A PRIORITY!**

Live Y’ers is a club for men and women ages 55+. Each week holds something new including luncheons at local restaurants, walking, light exercise/stretching, etc. We host a speaker on the first Thursday of each month. BYOL (Bring Your Own Lunch) to these educational, entertaining and informative talks. We also have scheduled day trips to fun & interesting sights through the Live Y’ers Quincy group.

This group is ever growing and we welcome new ideas, energy, and friends. Volunteer opportunities available. Contact Leeanne Stronach at ext. 8368, for more information.

*Live Yer’s will not meet as a group in the summer but will start meeting again in September.
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

HEALTH & WELL-BEING — ADULTS CONT.

Personal Fitness

Tai Chi  8 weeks
(60 minute class) Studio 2 / All ages!
An ancient Chinese exercise class combining stretching, balancing, relaxing, and meditation techniques. Offers many benefits, including stress reduction, emotional wellness, improved strength, flexibility, balance, and postural alignment. Instructor: Peggy Leung, R.N.

Fees:
$48 Full Member; $72 Non-member
Mon  8:00 a.m.
Wed  7:00 p.m.
Sat  2:00 p.m.

Qi Gong  8 weeks
(60 minutes) Studio 2 / All ages welcome!
Qi Gong is a holistic mind/body fitness system. It helps to revitalize the body, lower blood pressure, loosen the various body joints and relax the mind, thus eliminating stress. It is a superb exercise for cultivating and maintaining general good health. It is also highly effective for the cardiovascular, central nervous and digestive systems.
Instructor: Peggy Leung, R.N.

Fees:
$48 Full Member; $72 Non-mbr
Mon  9:00 a.m.

Spring Into Shape  8 weeks
(60 minute class) Studio 2
Get yourself ready for summer! This class will help you get fit and feel confident as the warm weather approaches. This small group personal training session will focus on increasing your cardio workout while also focusing on strength training. Have fun while busting your butt! Instructor: Audrey Sorensen

Fees:
$96 Full Member; $144 Non-mbr
Tue  5:45 p.m.

Pre and Post Natal Workout

BUSY MOM’S WORKOUT  8 weeks
(50 minute class) Multipurpose Room
This workout will teach you how to be healthy, stay fit and get the most out of your time. Feel energized, powerful, and more confident. Burn your baby fat and get your body back! Instructor: Kate Mortland

Fees:
$80 Full Member; $120 Non-mbr
Thu  9:45 a.m.

Pedal Off The Pounds  10 weeks
(60 minute class) Cycle Studio
Take control of your health and shed the weight you have been struggling to lose on your own.
• Do you need help staying motivated with keeping a healthy diet and getting regular exercise?
• Are you more comfortable joining a weight loss program at a facility you are familiar with and trust?
If you answered YES, then Pedal Off The Pounds weight loss challenge is for you! Instructor: Kate Moreland

Fees:
$100 Full Member; $150 Non-member
Thu  10:45 a.m.

Barre Class
(60 minute class) Studio 3 / Adults
The YMCA’s Barre Pilates class is a low-impact/high-intensity workout set to upbeat music designed to strengthen, tone and lengthen your body. The barre method is influenced by classical ballet barre technique, Pilates, and yoga. Light weights, small yoga balls, yoga straps and yoga mats will be used. One of the fastest and safest ways to create results by targeting those difficult to tone areas.

Fees:
$90 Full Member; $135 Non-member
*Drop in Rates: $10/class Full Member; $15/class non-member. Note: Drop in classes follow the Program Calendar.
Classes run from 6/23-8/22
Tue  5:00 p.m.
Wed  10:00 a.m.
Fri  8:30 a.m.

Hot Hula  6 weeks: 6/25–7/30
(60 minutes) Studio 3 / Adults / 6 weeks
Are you looking for a high energy, fun, total body workout that is easy to follow and easy on your joints?
Inspired by the dances of the Pacific Islands, HOT HULA fitness incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music resulting in a modern, hip fitness workout. HOT HULA fitness provides a “total body workout” in 60 minutes as it isolates your larger muscle groups, increasing your strength and definition to your core with specific emphasis on the abs, glutes, quads, and arms.
Instructor: Bre Paluzzi

Fees:
$60 Full Member; $90 Non-member
Mon  11:15 a.m.

Pre/Post Natal Yoga
Studio 2 / 8 weeks: 7/11-8/29
Discover the mind-body benefits of yoga as they apply to all stages of pregnancy and the postnatal period. Combine safe poses for better posture, stability and pelvic floor strengthening. Longer held stretches improve flexibility and ease common musculoskeletal issues associated with pregnancy, recovery after birth, and caring for your child. Meditation with gentle breath-work and guided imagery help you relax, connect with your baby, and prepare mentally for childbirth and your new life with your child.

Fees:
$80 Full Member; $96 Non-member
*Drop in Rates: $10/class Full Member; $15/class non-member. Note: Drop in classes follow the Program Calendar.
Fri  9:00 a.m.

Foam Rolling for Injury Prevention  8 weeks
(45 minute class) Studio 1
The foam roller is a great tool for stretching, promoting flexibility and myofascial release! It can help alleviate muscle and soft tissue tightness of the upper and lower back, IT band, hamstring, adductors, upper arm, and much more!
Instructor: Sarah Rydwansky

Fees:
$96 Full Member; $144 Non-member
Thu  12:00 p.m.

Fit to the Core  8 weeks
(60 minute class) Studio 2
Do you want stronger abdominals and better posture? Discover all the benefits of core conditioning, challenge yourself and your core.
Instructor: Christine Galvin

Fees:
$90 Full Member; $135 Non-member
Wed  9:00 a.m.
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

HEALTH & WELL-BEING — ADULTS CONT.

Adult Specialty Classes designed for those who want to strive for another challenge in their fitness routine!

Spartan Training (60 min.) Outside, weather permitting
This class was created for those looking for an "Adult Playground" and is an experience you can’t get anywhere else. Raw, modern and one-of-a-kind! This high-intensity workout is designed to strip away fat and define every muscle in your body. You’ll build cardiovascular and muscular strength and endurance in this boot camp style class.
Instructor: Christine Galvin
Fees: (9 weeks)
$126 Full Member; $189 Non-member
Sun 9:30 a.m.

A Taste of Fitness (60 minute class) Studio 3
Did you ever want to try a group exercise class but didn’t know where to start? This class is your cure to your regular fitness routine. Each week will be a different style class for you to try. Cycling, TRX, Interval Training, Boxing and more. Bring that boring workout to the next level.
Instructor: Christine Galvin
Fees: (9 weeks)
$126 Full Member; $189 Non-member
Sun 10:45 a.m.

All Star Strength & Conditioning for Athletes (60 min.) Foti Fitness Park (Outside, weather permitting) / Ages 14 & up
Whether you are in spring training or staying conditioned for your fall sports, this is the class for you! Perfect for all fitness levels! This program is filled with functional lifting, plyometric, endurance and speed training. It is designed to bring your confidence to the peak of your athletic abilities.
Fees: (9 weeks)
$180 Full Member; $270 Non-member
Mon & Thurs 4:30 p.m.
Tue 6:00 p.m.
& Sat 10:00 a.m.

Eat Pray Love (60 minute class)
Eat healthier, pray that you'll make it through the workouts, and love your new improved body.
• Weekly Check-ins with your food and Exercise journals
• Before and after weight check, measurements and body composition test (optional)
• Weekly fitness classes
• Learn how to convert your favorite recipes into a healthier option.
Registered Dietician available for consult.
Instructors: Kate Mortland & Christine Galvin
Fees: (9 weeks)
$126 Full Member; $189 Non-member
Mon 6:00 p.m.
Tue 9:30 a.m.

TRX® Boot Camp (60 minute class) Studio 3 / Adults
Kick your butt in a shorter time! A cardio workout combined with the TRX® suspension straps — improves core stability and balance, while combining strength and cardio training.
Fees:* (10 weeks; 2x per week)
$200 Full Member; $300 Non-member
Mon/Wed 6:00 a.m.
Fees:* (9 weeks; 1x per week)
$90 Full Member; $135 Non-member
Wed 7:00 p.m.
Fri 9:30 a.m.
*Drop in Rates: $10/class Full Member; $15/class Non-member. Note: Drop in classes follow the Program Calendar.

Boot Camp!

Boot Camp For Men
10 week session / Studio 1 / Adult Men
Kick Start your day! Raise your heart rate with a combination of aerobic, strength training, and agility exercises. A challenging and exhilarating workout with other men just like you getting REAL RESULTS!
Instructor: Tyson Sunnerberg
Fees: (10 weeks)
$120 Full Member; $180 Non-member
Sat 8:00 a.m.

Co-ed Boot Camp
(60 min.) 10 week session / Studio 1
Instructor: Tyson Sunnerberg
Fees: (10 weeks)
$126 Full Member; $162 Non-member
Tue 5:15 a.m.
Thu 5:30 a.m.

Boot Camp For Men II
(60 min.) 2X a week for 10 weeks
Studio 1 / Adult Men
This class meets twice a week to double your chance to bust your butt (and your gut)! Instructor: Tyson Sunnerberg
Fees: (10 weeks)
$240 Full Member; $360 Non-Member
Tue/Thu 6:30 a.m.

Boot Camp with Bruce
(60 min.) 9 weeks / Studio 2
A great cross-training workout that keeps your body guessing while having fun at the same time. Instructor: Bruce Heller
Fees: (9 weeks)
$126 Full Member; $189 Non-member
Mon 6:00 a.m.
Wed 7:00 a.m.
Wed 6:00 p.m.
Sat 8:00 a.m.
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

PERSONAL TRAINING

HAVE YOU EVER CONSIDERED PERSONAL TRAINING?
YOU COULD BE ON YOUR WAY TO WRITING YOUR OWN Y STORY!

The Personal Trainers at the SOUTH SHORE YMCA offer:

- Strength & Functional training
- Cardiovascular Endurance
- Heart Rate training
- Flexibility & Balance
- Yoga and Pilates one-on-one
- Sport specific training &
- Pre- and Post-Natal.

PERSONAL TRAINING RATES:*
1 Hour: $55
(3-Pack $156; 6-Pk $294; 12-Pk $552)
Group (2-4 people): $60
(3-Pack $171; 6-Pk $324; 12-Pk $612)
1/2 Hour: $30
(6-Pack $168; 12-Pk $312)
*Non-members will be charged an additional $12 fee. For more information, call ext. 8228.

Body Composition Test
(by appointment only)
Accurately measures your body’s percentage of body fat to lean muscle.
Fees:
Included with Full Membership;
$10 - Non-members
To make an appointment, call ext. 8255.

Nutrition Counseling
Full Members only
Get assistance with weight management, medical nutrition, and healthy eating. Our Registered Dietician offers individualized nutrition plans and healthy meal planning with recipes to fit your budget.
Fees: $65 — 1 hour session, $35 — ½ hour session
Call Katelyn at ext. 8228 to schedule a time

MY Y STORY
Personal Training

“I began training in October of 2013, focusing on training as part of my healing after a devastating loss earlier in the year. My trainer is fun, inspiring and talented, even during the dark and cold winter. Being with her has been a huge positive part of rebuilding myself in all ways, not just physically. Training has been a true gift, she cares deeply about her students and knows exactly how far to push them in their quest for greatness. I could not say more positive things about my experience with Personal Training.”

Please refer to our Personal Training biographies found in our Health & Well-being Center or on our website at ssymca.org/milipond/meet-our-personal-trainers/

Personal Trainers are available at any hour that we’re open. Contact Katelyn Szafir, Health & Well-being Director, at ext. 8228 to get started or with any questions.

SPORTS PROGRAMS — ADULTS

Teen/Adult Taekwon-Do
Ages 13+ / All Levels. Covers all student levels from beginner to expert.
Learn self-defense moves, kicks, blocks, punches and strikes, and gain self-confidence, self-control and discipline. Includes patterns, drills, sparring & advanced techniques.
Fees:
$185 Full member; $272 Non-member
Tues/Thur 8:00 p.m.
For questions regarding the Taekwon-Do program, contact Eric Vining, New England Taekwon-Do at NETKD.ITF@gmail.com

Adult Drop-in
Drop-in Adult Basketball
The emphasis of this program is a hearty workout, with lots of fun! These times allow our adult members to participate in full court recreational games
Coed: (Ages 18+) Full members only
Mon 6:30 – 8:30 p.m.

Mens: (Ages 18+) Full members only
Sat 6:30 – 9:00 a.m.

Drop-in Teen/Adult Volleyball
Come join the fun, meet new friends and get a great workout!
Fees: Included with full membership;
$6.00 per night for non-members*
*Sign ups & payment can be made at member service desk.

Advanced Drop-in Volleyball
For serious volleyball players looking to improve their skills and/or enjoy an evening playing with other advanced players. *player skills will be evaluated by volleyball instructor. Space is limited to 18 players a night.
Fees: $4.00/night for Full members; $8.00/night for Non-members
*Sign ups & payment can be made at member service desk.

Coed — Thu 7:00-9:30 p.m.
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

PARTNERSHIP PROGRAM

Strengthening individuals of all abilities

The SOUTH SHORE YMCA Partnership Program is designed specifically for people who need assistance and are interested in a structured exercise program.

Who will you be training with?

Our Partnership Program will provide a volunteer to teach the participant how to properly use the specialized strength training and cardiovascular equipment in our fitness facility. Participants who do not have a partner to work with are eligible to enroll, but may experience a waiting period until a volunteer becomes available.

Eligible participants include persons with:

- Neurological Conditions, Cerebral Palsy, Parkinson’s, Traumatic Injuries, Spinal Cord Injuries and Water Phobias
- Wheelchair dependency
- Blindness
- Multiple Sclerosis or Cerebral Palsy
- Stroke or Brain Injury

* Eligibility is based on individual need and determined on a case by case basis. This program is recreational in nature and not to be considered rehabilitation. The volunteers are not trained professionals; the workouts are not to be considered personal training.

What equipment will you use in our Health and Well-being center?

You will perform strength-training and cardiovascular exercise on:

- Wheelchair-accessible Total Access Cybex strength equipment
- Recumbent and upright bikes, treadmills, rowers and ellipticals
- Additional Cybex strength machines (for individuals capable of transferring)
- MotoMed Viva 2: for movement therapy with FES
- Seated Octane elliptical and Sci-fi Stepper with leg straps and wheelchair ramp
- TechnoGym entry level Easy Line strength equipment (for individuals capable of transferring)
- TechnoGym Arm Ergometer
- Parallel Bars (indoor and outdoor)

A volunteer will provide one-on-one instruction in our Health & Well-being Center for initial program design and training on the equipment. Your regular workout schedule will depend on you and your training partners’ availability.

What Equipment will you use for training in our pools?

In our aquatics center you will discover the physical and psychological benefits of weightless motion. Once you are outfitted with appropriate flotation, the aquatics team will add one or more of the following: Swim Fins, Goggles, Hand Paddles, and Snorkels to maximize your experience.

If you are interested in our Aquatics Division of the Partnership Program we have seven volunteers that are available Tuesday–Thursday. If you would like to “test the waters,” our team of aquatic instructors will do an evaluation, equip you with suitable flotation device(s), and instruct you throughout your exercise program to ensure you get a sound and safe water workout.

How to join the Partnership Program:

Call MaryEllen Olson, Partnership Program Director at (781) 829-8585, ext. 8322, or for aquatics, contact Bill McCormick at bmccormick@ssymca.org

WE INVITE YOU TO FIRST VISIT AND TOUR OUR FACILITY. AFTER A BRIEF MEETING WITH THE PARTNERSHIP PROGRAM DIRECTOR, WE ASK THAT YOU:

- Complete a Partnership Program application
- Fill out a Medical History Questionnaire
- Provide medical clearance by a physician
- Submit an exercise prescription by a physical or occupational therapist (if applicable)

What does this program cost?

The Partnership Program is available to full YMCA members at no additional cost.

Volunteer: in the Spotlight

Laurie Hayes, a loyal member of the EMILSON Y, is in her element and happiest when in the water. As a native of Hawaii that’s understandable. She does remarkably well in our little body of water here at the EMILSON Y and more so when she serves others in her role as a volunteer in the Aquatic Partnership Program.

Ms. Hayes originally came to our Y to help her recover from a torn rotator cuff injury. She was determined to make the most of her nearly daily visits not only for therapeutic reasons, but also to work herself into good physical conditioning. To date, she has succeeded on both accounts and in the process made a discovery that has had a major impact in her life and the lives of so many others. During her visits Laurie noticed a group of people on the pool deck and was taken aback by the genuine kindness and respect she observed day in and day out. She began to take closer notice of the interactions and came to greatly admire everyone’s dedication and shared compassion. Laurie, a nurse for over 25 years, has an eye for these type characteristics in others. She soon learned she was observing EMILSON’s Partnership Team in action.

Today, as a wonderful contributor to the team, she is committed to seeing and helping people progress through challenges. She has that special gift of giving. “I am committed to seeing people progress through challenges and find volunteering at the Y fulfilling. It has been over eight months, and each day I have the privilege to assist, share, learn, and laugh among this special group of people.”

For more information about our Partnership Program or to become a volunteer, please contact MaryEllen Olson at ext. 8322, or Bill McCormick at 339-788-1533.
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

TEEN — ADULTS

Adult Clinics

Beginner & Intermediate Clinics
Stay in shape or simply discover the joy of tennis. These clinics cover the basics with an emphasis on FUNdamentals.

Fees: (60 minute class)
$162 Full Member; $243 Non-member

NTRP 1.0
Tue 11:00 a.m.
Tue 6:30 p.m.
Wed 11:00 a.m.
Wed 6:30 p.m.
Thu 6:30 p.m.

NTRP 1.5–2.0
Knows the basics. Can sustain a short, easy rally. Emphasis on drills, stroke production, and learning to play a match.

Tue 11:00 a.m.
Tue 6:30 p.m.
Wed 11:00 a.m.
Wed 6:30 p.m.
Thu 6:30 p.m.

Fees: (90 minute class)
$162 Full Member; $243 Non-member

Drill and Play
A great combination of strokes, strategy, and games. Consists of 45 minutes of drills followed by 45 minutes of match play.

Fees: (90 minute class)
$243 Full Member; $365 Non-member

NTRP 3.0
Tue 6:30 p.m.
Thu 6:30 p.m.

Men’s Clinic
Intensive drills, games and stroke production, along with singles and doubles strategy.

Fees: (90 minute class)
$243 Full Member; $365 Non-member

NTRP 3.0–4.0
Mon 6:30 p.m.
Wed 6:30 p.m.

new Men’s Summer Singles

Fees: (90 minutes)
$105 Full Member; $160 Non-member

NTRP 3.5–4.5
Sun 6:30 p.m.

Know Your Pro

Lucy Dickman
Sometimes it’s hard to tell if Lucy is a teaching pro disguised as a caregiver, or the other way around. A former pediatric nurse who volunteers her time at two dog rescue centers, Lucy is the backbone of our highly successful Special Needs Tennis Program. Seven years ago, the program had only 4 members. Today, its ranks have grown to 23 players, many of whom play tournaments nationwide. “Special Needs is my calling,” says the Wellesley-born pro. Lucy was a member of the Y’s 2013 USTA New England Sectional Championship Team.

Drop in cardio tennis
Keep your heart rate elevated and burn calories while having fun! Cardio tennis features drills that give players of all levels the ultimate high-energy workout. New! 90 minutes on Sundays!

All Levels
Fees: (Fee per visit / 90 minutes)
$15 Full Mbr; $23 Non-mbr
Sun 9:00–10:30 a.m.

Special needs tennis clinic
Players will learn basics through a combination of exciting drills, games, and match play. Must be independent, able to follow direction, and participate in a group lesson. Features basic stroke development and game FUNdamentals. Lessons provided in a supportive and caring environment.

Fees: $117
Full and Non-members
Wed 4:00–5:00 p.m.
To register, call Maureen Ahl at ext. 8263.

Stroke of the week
Volley giving you trouble? Serves just won’t go in? This technique-driven clinic is designed to right the wrongs. Each week our certified pros will break down then build up various strokes.

Fees: (60 minute class)
$162 Full Member; $243 Non-member

NTRP 2.5–3.0
Wed 11:00 a.m.

Evaluations are Required!
Evaluations are required for all new tennis participants PRIOR to registration!
contact Brandon Benbenek at bbenbenek@ssymca.org
FOR HEALTHY LIVING
IMPROVING THE COMMUNITY’S HEALTH AND WELL-BEING

TELEPHONE — ADULTS CONT.

Adult Leagues
Please sign up according to your NTRP rating.
Email Brandon Benbenek at bbenbenek@ssymca.org for an evaluation appointment.

Ladies’ Doubles
Have fun while mastering your strokes in our highly competitive doubles leagues.

**Fees:** (90 minutes)
$149 Full Member; $224 Non-member

**NTRP 2.5–3.0**
Fri 9:30 a.m.

**NTRP 3.5**
Fri 11:00 a.m.

**Early Bird Drop in Singles**
For the player not wanting to commit to playing every week. Just drop in and play with other participants at your level. If a match is not available, use the ball machine for a great workout for no additional cost.

**Fees:** (Fee per visit / 60 minutes)
$18 Full Member; $27 Non-member

**NTRP 3.0–4.0**
Wed 7:00 a.m.
Fri 7:00 a.m.

**Drop in Mixed Doubles**
Facilitated by a pro and you don’t need a partner to play. Play either for the whole time or, if you’d like instruction while you’re playing, a pro will be there to help! No sign-up necessary—just come on in! Balls included.

**Fees:** (Fee per visit / 90 minutes)
$18 Full Mbr; $27 Non-member

**NTRP 2.5–3.5**
Fri 7:00 p.m.

Email Brandon Benbenek for more information at bbenbenek@ssymca.org

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**New! Adult Tennis Boot Camp**

**NTRP 2.5–4.0**

This short-season camp is guaranteed to push your pulse and your game!

Running weekly, **July 21–August 15**, the camp will open with a 45-minute calorie-burning, muscle-burning workout overseen by a certified Y trainer. Specific drills and match play will follow. Courts will be divided by playing level.

**Fees:** $135 for all 3 days; $48/day
Mon, Tue, Thu 9:00 a.m. – 12:00 p.m

To register, contact Brandon at bbenbenek@ssymca.org.

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**New! Short Season Ladies Doubles League**

Adults NTRP 2.5–3.0 and 3.5 +

Looking to play competitive doubles after the USTA season ends? We can get you ready for the fall season with our brief, 5-week season (July 25–Aug 22). Fee includes a new can of balls for each match.

**Fees:** (90 minutes)
$90 Full Member; $135 Non-member

**NTRP 2.5–3.0**
Wed 6:30 p.m.

**NTRP 3.5 & up**
Wed 6:30 p.m.

**Play with the Pro Clinic**

Adults NTRP 2.5–3.0 and 3.5 +

When it comes to doubles, nothing compares to having a strong partner. This match-play clinic pairs each of the three players on court with the Pro for 8-game pro sets in round-robin format. All courts; equal skill levels.

**Fees:** (90 minutes)
$243 Full Member; $365 Non-member

50TEPPL01 Wed 9:00 a.m.

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**Private/Semi-Private Tennis Lessons**

For more information on Tennis Lessons, turn to page 17.

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**Summer 2014 Tennis Court Fees**

Both Prime & Non-Prime Time $20/ hour

**Cancellation Policy:** 24 hrs notice is needed to cancel your court time, otherwise you will be responsible for your payment. Please note: You must have a credit card on file to book a court. Members & Guests must pay prior to playing.
SOUTH SHORE YMCA
PROGRAM CALENDAR

SUMMER 2014 Registration
6/10 Members  |  6/13 Non-Members  |  9 weeks (8 Fridays)*
*unless otherwise noted. Please see individual departments for specifics.

JUNE ’14

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JULY ’14

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AUGUST ’14

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No program calendar based classes

XX Facility Closed

FALL 2014 Registration
8/19 Members  |  8/22 Non-Members  |  10 weeks (9 Sundays & Mondays)

SEPTEMBER ’14

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OCTOBER ’14

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NOVEMBER ’14

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Join the South Shore YMCA team as we ride together with the Rodman Ride for Kids to raise funds to support our youth programs.

SOUTH SHORE YMCA ANNUAL GOLF CLASSIC
July 9, 2014 • Pine Hills Golf Club

The SSYMCA Annual Golf Classic is a wonderful day of golf, food, fun, fellowship and live and silent auctions to support our Send a Kid to Camp appeal.
• Boxed Lunch & Buffet Dinner
• 12 Noon Shotgun Start
• Two courses: Play Your Own Ball & Scramble

Please contact Mary Orme for more information at morne@ssymca.org

GOLF CLASSIC
July 9, 2014
Pinehills Golf Club
Plymouth

the Rodman Ride for Kids

SATURDAY, SEPTEMBER 20, 2014
A FANTASTIC DAY OF CYCLING!

• Choose 25, 50, or 100 miles
• Each rider has their own fundraising page
• Get fit, have fun, help others
• South Shore YMCA goal is $75,000

FOR MORE INFORMATION
Please contact Mary Orme at 781-264-9453 or morne@ssymca.org

31
SUMMER 2014 REGISTRATION DATES:
June 10, 2014 Full Members
Jun 13, 2014 Non-Members

SUMMER 2014 SESSION DATES:
June 22–Aug. 23 (9 weeks; 8 Mondays)*

*unless otherwise noted. Please see individual departments for specifics

SAVE THE DATE
for the following
2014 ANNUAL CAMPAIGN EVENTS

GOLF CLASSIC
Wednesday, July 9, 2014

ENCHANTED EVENING
Saturday, November 1, 2014

Seeking volunteers for committees!
Please contact Mary Orne at mome@ssymca.org or (781) 264-9453 for more information!
# MEMBERSHIP

## SOUTH SHORE YMCA • EMILSON BRANCH

## Full Membership Options

**HOUSEHOLD* MEMBERSHIP includes:** *Up to 5 people residing at the same address. One person must be 18 years of age or older. A $10.00 monthly charge will be incurred for each additional household member. Proof of residency is required.*

<table>
<thead>
<tr>
<th>2 Indoor pools</th>
<th>Full court basketball</th>
<th>Family changing rooms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Center</td>
<td>6 Clay tennis courts; 4 Hard tennis courts (additional fees applicable)</td>
<td>Reduced rate on all classes and priority registration dates</td>
</tr>
<tr>
<td>Cardiovascular equipment</td>
<td>Coed dry sauna, whirlpool and steam room</td>
<td>Towels available for rental – $1.00</td>
</tr>
<tr>
<td>Selectorized strength equipment</td>
<td>Men’s and Women’s locker rooms</td>
<td>Membership to the South Shore Natural Science Center!</td>
</tr>
<tr>
<td>Free-weights</td>
<td>Boy’s and Girl’s locker rooms</td>
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<tr>
<td>Group exercise classes</td>
<td>Indoor group cycling</td>
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<tr>
<td>Indoor group cycling</td>
<td>Activity Center</td>
<td>Lounge</td>
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<td>Babysitting (ages 6 weeks – 6 years)</td>
<td>The Center (schedules posted)</td>
</tr>
</tbody>
</table>

### YOUNG ADULT / ADULT / SENIOR Membership includes:

<table>
<thead>
<tr>
<th>2 Indoor pools</th>
<th>Group exercise classes</th>
<th>Coed dry sauna, whirlpool &amp; steam room</th>
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<tr>
<td>Free-weights</td>
<td>Locker rooms</td>
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</table>

### JUNIOR MEMBERSHIP (Ages 10–22) includes:

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<tr>
<th>Indoor pools</th>
<th>Full court basketball</th>
<th>Reduced rate on all classes and priority registration dates</th>
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<tr>
<td>Outdoor Center</td>
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<td>Towels available for rental – $1.00</td>
</tr>
<tr>
<td>Cardiovascular equipment (ages 13–22)</td>
<td>Activity Center/Lounge/Center</td>
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<tr>
<td>Selectorized strength equipment</td>
<td>Locker rooms</td>
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<tr>
<td>Free-weights (ages 13–22)</td>
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</tbody>
</table>

### YOUTH MEMBERSHIP** (Ages 0–9) includes:

This membership is available to children of Adult Full Members. A benefit of this Membership is priority registration for classes (before Non-Members), plus use of facility with the Adult Member**. This membership is available to children 0–9 years old with the following guidelines: A parent/guardian age 16 or older MUST be IN the facility while the Youth Member uses designated supervised areas; adult member must be with the youth in unsupervised areas.

**Children ages 0–9 may only join with an adult member

<table>
<thead>
<tr>
<th>2 Indoor pools</th>
<th>6 clay tennis courts; 4 Hard tennis courts (add'l fee—Non-Prime Time only)</th>
<th>Reduced rate on all classes and priority registration dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity Center/Lounge/Center</td>
<td>Boy’s &amp; Girl’s Locker rooms</td>
<td>Towels available for rental – $1.00</td>
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<tr>
<td>Outdoor Center</td>
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<tr>
<td>Full court basketball</td>
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</table>

### Additional Features

<table>
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<tr>
<th>2 Indoor pools</th>
<th>Activity Center</th>
<th>Lounge</th>
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<tbody>
<tr>
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<td>Activity Center/Lounge/Center</td>
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<tr>
<td>Boy’s &amp; Girl’s Locker rooms</td>
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<tr>
<td>Strength Training &amp; New Cardio Equipment available after required training (ages 7–12)</td>
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<tr>
<td>Select Exercise &amp; Well-being Classes for Members (ages 7–9)</td>
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*The term "household" refers to members living at the same address.*
**MEMBERSHIP RATES & INFORMATION**  
**SOUTH SHORE YMCA • EMILSON BRANCH**

**Full Privilege Membership Rates:** *(Rates are subject to change with a 30 day notice.)  *(Rates apply to new joining members as of April 1, 2014)*

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE:</th>
<th>MONTHLY RATE*</th>
<th>JOINER’S FEE</th>
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<tbody>
<tr>
<td>Junior (10–22 years)</td>
<td>$25 with automatic monthly withdrawal</td>
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<td>$35 without automatic monthly withdrawal</td>
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<tr>
<td>Young Adult (23–27 years)</td>
<td>$42</td>
<td>$50</td>
</tr>
<tr>
<td>Adult (28–64 years)</td>
<td>$66</td>
<td>$100</td>
</tr>
<tr>
<td>1 Adult / 1 Youth (0–9 years)**</td>
<td>$91</td>
<td>$100</td>
</tr>
<tr>
<td>Senior (65+ years)</td>
<td>$43</td>
<td>$50</td>
</tr>
<tr>
<td>Senior Couple (65+ years)</td>
<td>$86</td>
<td>$50</td>
</tr>
<tr>
<td>Household***</td>
<td>$110</td>
<td>$150</td>
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</table>

* The monthly rate is an ongoing membership that is paid through an automatic withdrawal from a bank account or credit card. To stop the withdrawals, simply fill out our cancellation form stating that you would like to terminate your membership. **30 days notice is required. ANNUAL MEMBERSHIPS ARE NON-REFUNDABLE**

**Children age 0–9 may only join with an adult.**

**Initial Method of Payment:** Cash, Check, MasterCard, VISA, American Express or Discover.

A voided check, savings, or credit card information is needed to initiate subsequent bank draft monthly payments.

**Financial Assistance Available:** Please contact Jane at ext. 8308 for an application.

**For information on corporate memberships or additional information:** Call Laurie at ext. 8269.

**Joiner’s Fee** The fee can be paid in full at the time of enrollment or, for Adult or Household Memberships, the joiner’s fee may be spread out over a concurrent 3-month period.

**Activation Fee** A $25 Activation Fee (in lieu of a Joiner’s Fee) will be charged to past Full Members who have previously paid a Joiner’s Fee.

**Satisfaction Guaranteed** Within 30 days of joining the SOUTH SHORE YMCA, if you are not completely satisfied with your membership, we will refund your joiner’s fee and any membership dues paid.

**Financial Assistance**

The SOUTH SHORE YMCA strives to serve the entire community. Financial Assistance is available to those who cannot afford fees. Assistance is awarded based on the need demonstrated by household income and/or extenuating circumstances and the funds available. Monies used to fund Financial Assistance are made possible through charitable donations to our Annual Support Campaign. Contact Jane Fallon at 781-829-8585, ext. 8308 or visit [ssymca.org](http://ssymca.org) for an application.

**Facility Hours**

<table>
<thead>
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<th>Day</th>
<th>Time</th>
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<tr>
<td>Monday–Friday</td>
<td>5:00 a.m. – 10:00 p.m.*</td>
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<td>Saturday</td>
<td>6:30 a.m. – 8:00 p.m.*</td>
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<tr>
<td>Sunday</td>
<td>7:00 a.m. – 6:00 p.m.*</td>
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* There may be scheduled programs that are held before or after these published times. Only those registered for the program will be allowed in the building.

**Holidays**

<table>
<thead>
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<th>Holiday</th>
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<tbody>
<tr>
<td>Thanksgiving</td>
<td>6:00 a.m. – 11:00 a.m.</td>
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<tr>
<td>Christmas</td>
<td>Closed</td>
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<tr>
<td>New Year’s Day</td>
<td>12:00 p.m. – 5:00 p.m.</td>
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<tr>
<td>Easter</td>
<td>Closed</td>
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<tr>
<td>Memorial Day</td>
<td>6:00 a.m. – 12:00 p.m.</td>
</tr>
<tr>
<td>4th of July</td>
<td>Quincy Closed;</td>
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<td></td>
<td>EMILSON YMCA Outdoor Center Only:</td>
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<td>10:00 a.m. – 5:00 p.m.</td>
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<td>Labor Day</td>
<td>Closed</td>
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**For Building Closings and Class Cancellations:** Please dial (781) 829-8585, extension 8319.

**Member Responsibilities:**

- All YMCA members are required to present their Membership ID Key Tag at the member service desk prior to entering the facility.
- Membership ID Key Tags are non-transferable.
- A Membership ID Key Tag can be purchased for $2.00 if you have lost yours.
- The South Shore YMCA is not responsible for lost or stolen items.
SOUTH SHORE YMCA LOCATIONS

SOUTH SHORE
NATURAL SCIENCE CENTER

48 Jacobs Lane, Norwell, MA 02061
Call 781-659-2559, visit our website at southshorenaturalsciencecenter.org or email us at ssnsc@ssymca.org

Celebrating over 50 Years in Environmental Education, the South Shore Natural Science Center, a SOUTH SHORE YMCA Organization, is sited on 30 acres surrounded by 200 acres of town conservation/recreation land consisting of meadows, woodlands and a pond.

Open to the public year-round, 7 days a week: Mon – Sat: 9:00 a.m. – 5:00 p.m., Sun: 11:00 a.m. – 4:00 p.m.

Nature Center Preschool
“Learning Through Nature”

Open Enrollment for the 2014/2015 school year
2.9 – 5+ years

Contact Preschool Director Diane Thureson to learn more about our unique nature curriculum, at dthureson@ssymca.org or 781-659-2559, ext. 216

Did you know? South Shore YMCA Full Family Membership includes membership at the South Shore Natural Science Center—Stop by and explore today!

Nature Center Preschool
June Vacation Week Program

Our unique vacation week program for children ages 3 through 6 at the South Shore Natural Science Center is a partnership between experienced Nature Center Preschool Teachers and knowledgeable Science Center Naturalists! Teachers and Naturalists combine their talents to facilitate children’s discovery of the animals and habitats in their own backyard. Sign up for a whole week or individual days.

Please send your child to the program with a peanut/nut free/dairy free snack and lunch and appropriate dress for indoor /outdoor exploration!

All sessions are 9:00 a.m.-12:30 p.m.;
$33/day Full Member; $38/day Non-member

extended day!
12:30-2:00 p.m. additional $15/day
Contact Diane Thureson, Preschool Director, at dthureson@ssymca.org

Vacation Program Themes:
Life Under a Log: June 9-13
Through outdoor exploration, art and more, we will explore what kinds of animals can live under a log—there’s an entire ecosystem under there!

Underground Mammals: June 16-21
In week two, we will be discovering burrowing mammals that live right in our backyard!

Norwell Farmers’ Market at the South Shore Natural Science Center
The place to go for local organic produce, bread, cheeses, grass-fed meats and more! Market highlights also include music and kids’ activities.

Fridays, 2:00–6:30 p.m. (beginning June 13th)

Family
Drop-in Programs

Tales from the Wild
Join us for a half hour of nature themed story-telling that will delight young listeners. Extend your stay to explore the EcoZone, and observe the sights and sounds of summer in the woods and trails.

Fridays, 10:30 a.m. (30 minutes)
Free with Admission

Feed the Animals
Come watch the Naturalist on Duty feed the animals!

Saturdays, 10:00 a.m. (30 minutes)
Free with Admission

Meet an Animal
Have a close up visit with one of SSNSC’s animals.

Saturdays, 2:00 p.m. (30 minutes)
Free with Admission

Parents & Tots Nature Walk
(60 minutes) Ages 5 & Under with Caregiver
We will explore the outdoors and investigate the changes during the summer season. Take a leisurely guided walk with your tot to discover wonders in the woods, field, and pond. Dress for the weather.

Fees: $5 Full Member; $7 Non-member; caregivers and infants under 1 free
Drop-in Wed 9:45-10:45 a.m.
July 2 – August 27

Discovery Weeks
Throughout the summer, join us for special interactive exhibits and activities in the Ecozone to discover the wonders of our world (and beyond!) Every 3 weeks there is a new subject to explore.

Insects – June 22-July 12
Ocean – July 13-August 2
Astronomy – August 3-August 23
Free with Admission

Summer Discovery Day
Drop by for an outside discovery day at the Science Center! Join us for a day of hands-on discovery, a summer scavenger hunt, and more! We’ll be ready for fun, rain or shine, come dressed to enjoy and explore in the summer weather!

Saturday July 26th, 10:00 a.m. – 2:00 p.m.
Free with Admission
Youth Programs

Animal Tails (90 minutes) Ages 3.5-5 years
Join us in the afternoon for outstanding nature stories, crafts and activities. Meet live animals, explore the EcoZone, and enjoy walks in the summer woods.
Fees: $75 Full Member; $90 Non-member
Mondays, 1:00-2:30 p.m.
July 7-August 11

Muck & Slime Safari (90 minutes)
Ages 4 & up, accompanied by an adult
Jacobs Pond is a thriving world of living things. Discover what plants and animals live there by exploring the water and shore of Jacobs Pond with dip nets, buckets and magnifiers. Meet pond animals in the EcoZone and find out how they depend on the pond and each other to survive.
Fees: $10/Family/Full Member; $15/family/Non-member
Wednesday, July 9, 1:30-3:00 p.m.

Find the Lost Lady Bugs! (90 minutes)
A family program, suitable for all ages
Cornell University scientists are on the lookout for native ladybugs in your backyard and in the wild places across the United States, and they need our help! As "Citizen Scientists" we'll learn about ladybugs then we'll head out in search of them, record our findings, and submit them on www.lostladybug.org. (Feel free to bring an iPad and/or digital camera for your family to use.)
Fees: $10/Family/Full Member; $15/family/Non-member
Saturday, July 12, 9:30-11:00 a.m.

Sprouts (60 minutes) Ages 4-7
Meet the chickens, plant, dig, harvest, taste, and create in the Children’s Garden this summer—there’s so much to do and learn as the garden grows and thrives in the warm summer weather. Let your child explore the garden as you explore the Norwell Farmer’s Market.
Fees: (per class)
$10 Full Member; $13 Non-member
Fridays, 3:30-4:30 p.m.
July 11: Eggs From Our Feathered Barnyard Friends
July 25: Make a Home for Helpful Garden Critters
August 8: Plant a Mini Salad Garden
August 22: Bees are a Flower’s Best Friend

Farmer for a Day (2 hours) Ages 7-11
Discover the life of a farmer as we care for a flock of laying hens, grow vegetables, and design and build a garden structure. Pack your lunch to eat before we end the morning and we’ll enjoy a side item you’ve harvested that day. We’ll investigate, build, dig, and taste our way to a better understanding of how the farm is a unique habitat. (Please dress for the weather, pack a peanut-free lunch and bring a water bottle)
Fees: $60 Full Member; $80 Non-member
Saturdays, 10:00am-12:00pm
Summer Session 1: July 12, 19, 26
Summer Session 2: August 2, 9, 16

Hike Jacob’s Pond Trail (2 hours)
Suitable for families with children age 5 and up. Meet at the Jacob’s Pond parking lot.
Bring your family and join a naturalist for a guided hike to explore the wonders of Jacob’s Pond. Discover why the pond is here, where the boulders came from, and what animals call this area home as well as other important questions. Trails are uneven so bring your boots.
Fees: $10/family/Full Member, $15/family/Non-mbr
Saturday, August 9, 9:30-11:30 a.m.

Beneath the Starry Sky
Ages 5 & up
Join us for the Greatest Show Above Earth! Every year during the second week in August, the Perseid Meteor Showers dazzle the observers with shooting stars. Spend an evening with us learning about this amazing phenomenon, scanning the skies for meteors, and using our telescopes to look at planets and stars. The evening program includes s’mores and stories around the campfire. Overnighters will also enjoy a hearty breakfast followed by a morning hike.
Fees: Program:
$7 Full Member, $10 Non-member, per person
Overnight: $18 Full Member, $25 Non-Member, per person
Friday, August 8
Program Portion: 7:30-9:30 p.m.
Overnight: 7:30 p.m. - 9:00 a.m.

Little Farmers, Big Table
(90 minutes) Children ages 7 and up.
Do you know where your food comes from? In this world of fast, preprocessed foods, it’s difficult to find truly healthy meals. The only way to be sure your foods don’t contain preservatives, GMOs, or downright unhealthy ingredients is to take control and get in the kitchen yourself! Join us for a farm to table series empowering children to learn more about the origins of their favorite foods and rediscover the lost art of “cooking green.” Fee includes all ingredients.
Fees: $20 Full Member/ $25 Non-member
Fridays, 4:00-5:30 p.m.
Class 1: June 20
Class 2: July 18
Class 3: August 15

Adult Programs

Photographing Acadia National Park
Have you ever caught the sunset at Bass Harbor Head Lighthouse, or the sunrise at Otter Cliffs? How about the fall foliage on the Bubbles? Or first light from the top of Cadillac Mountain? Have you ever had the popovers at the Jordan Pond House? All of these opportunities and more are available on our first ever fall digital nature photography trip to Acadia National Park on Maine’s Mount Desert Island. Our director of education, John Galluzzo, will be joined by professional nature photographer Greg Lessard for this three-day digital photography adventure.
Fees: $375
A $75 non-refundable, non-transferable deposit is required at the time of registration. No cancellation refunds will be issued 6 weeks prior to the program unless we can fill your space. Single supplement $90. Full fee covers all transportation, lodging and park entry fees. Payment in full is required by September 17, 2014. Contact John Galluzzo at jgalluzzo@ssymca.org for an itinerary.
Friday, October 17—Sunday, October 19

Events:

Rainforest Reptile Show (60 minutes) Recommended for ages 3 and up.
Join our favorite herpetologist, Michael Ralbovsky of Rainforest Reptile Shows and learn all about reptiles. At the end of the show, you may hold an alligator — if you dare! Beat the summer heat and enjoy this fun and educational family show in air conditioned comfort. Call 781-659-2559 for tickets.
Fees: $7 Full Member; $10 Non-member
Wednesday, July 2
Two shows: 1:00 and 3:00 p.m.

33rd Annual Martha B. Twigg “Through the Garden Gate” Garden Tour
Visit several of the prettiest gardens in Norwell, Scituate and Cohasset. The Science Center’s annual Garden Tour features private gardens on the south shore and demonstrates how home-owners can enhance the beauty of their properties with flowers, shade plants, fruit trees, vegetable gardens and unique water features. Ticket sales support the Center’s environmental education programs.
Tickets: $18 Full Member; $20 Non-member in advance; $25 day of event
Wednesday, July 16, 10:00 a.m. to 6:00 p.m.

Save the Date
38th Annual Corn Festival!
Popular with families across the region, the Corn Festival is an annual event celebrating the fall harvest, and natural and cultural heritage of New England.
Sat, Sept. 13 and Sun, Sept. 14
SOUTH SHORE YMCA LOCATIONS CONT.

SOUTH SHORE YMCA EARLY LEARNING CENTER

Early Childhood Education promotes hands on learning, exploration, and exciting activities to enhance school readiness skills!

Infant, Toddler, Preschool and Private Kindergarten

Programs include: Full Day, School Day, and Half-Day

Location: 1075 Washington St., Hanover, MA 02339 Tel: (781) 826-7900

- Hours of operation: 6:30 a.m. – 6:30 p.m.
- Routine and structured classroom learning centers
- Critical thinking opportunities to promote school readiness
- Enrichment programs (Swim, Yoga, Fit and Fun programs included!)
- Kidzone indoor playground
- High Scope Curriculum
- Outdoor activities

Visit our Hanover Early Learning Center website at ssymca.org and contact Jamee Beaudry, Early Learning Center Director, at jbeaudry@ssymca.org for more information or to schedule a tour.

GERMANTOWN NEIGHBORHOOD CENTER

The Germantown Neighborhood Center: Building Destinies

At the Germantown Neighborhood Center, we’ve been transforming lives for more than three decades. Our educational and social programs benefit the community in myriad ways. Located in the heart of one of Quincy’s largest public housing developments, The Germantown Neighborhood Center serves residents of low-income, many of them single-parent households. With the support and guidance of the South Shore YMCA, we promote people of all ages and backgrounds to manifest their destinies.

Youth Programs: Fun With A Focus

In a safe and supportive environment, children develop strategies for life long positive outcomes and leadership roles. Our After School Programs include Sports Blast, Fun Size Fitness, Reading Round-Up, Dancing Divas, Girl Scouts, Teen Success, cooking and more. Our state-of-the-art Music Club House is a recording facility with musical instruments and instruction to enrich children’s creative spirits. Students benefit from on-site tutoring. School vacation camps in February, April and in the summer provide structure, friendship and fun.

Adult Avenues: Education and Empowerment

Education and personal strength are the keys to reversing the cycle of generational poverty. Our Family Life Long Learning Center has developed targeted programs including GED instruction, adult literacy, cooking and nutrition and other wellness-based classes. Our Women’s Programs confront the challenges of family communication and domestic violence while providing support for solutions and forging the bonds of friendship. Childcare and dinner are often provided, making participation much easier. Our Food Pantry takes a multi-faceted approach to combatting local hunger and poor nutrition. Healthier families means a healthier community.

At The Germantown Neighborhood Center, our neighbors develop the skills and confidence to redefine not just their goals, but themselves.

For more information, please visit ssymca.org/Germantown, call 617-376-1384 or discover us first hand at 366 Palmer Street in Quincy, MA 02169.

Come Feel the Spirit at CAMP BURGESS & HAYWARD

Established in 1928, the South Shore YMCA Camp Burgess for boys and Hayward for girls are located on Cape Cod, just one hour south of Boston, and situated on over 300 acres of forests, meadows and sparkling freshwater ponds. Camp offers a variety of enriching programs throughout the year appealing to all ages and interests.

Summer 2014

NOW ACCEPTING REGISTRATIONS!!

Camp Burgess for boys & Camp Hayward for girls
1 & 2-week traditional overnight camp sessions, ages 7–16

Counselor-In-Training Program, age 16

Teen Adventure at Camp Burgess & Hayward
Travel, Outdoor Leadership & Service Learning, ages 12–17

If you are a former camper, CIT, staff member, parent of a camper or community member, then you are a Friend of Camp Burgess & Hayward! Join us as we come together for a fun-filled afternoon, complete with a campfire, cookout and beach party!

For more information, and to register as a Friend of Camp Burgess & Hayward, visit campburgessandhayward.com/reunion/

Offered each Memorial Day and Labor Day weekend – held at Camp Burgess on Cape Cod

We operate a wide range of programs and activities from early morning until late evening, including archery, climbing and arts & crafts, etc. Evening activities include the famous Family Camp Beach Party and Barbecue followed by a campfire with songs and skits. The weekend includes accommodations, programs and meals. Cabin prices starting at $385

Camp Burgess & Hayward
75 Stowe Road • Sandwich MA 02563 Tel (508) 428-2571
Learn more at campburgessandhayward.com
### Executive Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Ext.</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director</td>
<td>Dan Berry</td>
<td>8257</td>
<td><a href="mailto:dberry@ssymca.org">dberry@ssymca.org</a></td>
</tr>
<tr>
<td>Associate Executive Director</td>
<td>Lisa Gallagher</td>
<td>8227</td>
<td><a href="mailto:lgallagher@ssymca.org">lgallagher@ssymca.org</a></td>
</tr>
</tbody>
</table>

### Aquatics Department

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Ext.</th>
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</thead>
<tbody>
<tr>
<td>Senior Aquatics Director</td>
<td>Jill McCusker</td>
<td>8238</td>
<td><a href="mailto:jmccusker@ssymca.org">jmccusker@ssymca.org</a></td>
</tr>
<tr>
<td>Assistant Aquatics Director</td>
<td>Tom Roffey</td>
<td>8243</td>
<td><a href="mailto:troffey@ssymca.org">troffey@ssymca.org</a></td>
</tr>
<tr>
<td>Swim Lesson Coordinator</td>
<td>Steve Aniolot</td>
<td>8242</td>
<td><a href="mailto:saniolot@ssymca.org">saniolot@ssymca.org</a></td>
</tr>
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</table>

### Fine & Performing Arts Department

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Ext.</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Senior Director of Fine &amp; Performing Arts</td>
<td>Kimberly LaCroix</td>
<td>(781) 826-8048</td>
<td><a href="mailto:klacroix@ssymca.org">klacroix@ssymca.org</a></td>
</tr>
<tr>
<td>Assistant Director of Fine &amp; Performing Arts</td>
<td>Beth Gilmore</td>
<td>(781) 826-6791</td>
<td><a href="mailto:bgilmore@ssymca.org">bgilmore@ssymca.org</a></td>
</tr>
<tr>
<td>Performing Arts Coordinator</td>
<td>Tyler Cavanagh</td>
<td>(781) 826-6791</td>
<td><a href="mailto:tcavanagh@ssymca.org">tcavanagh@ssymca.org</a></td>
</tr>
</tbody>
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### Before/After School Care Department

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>School Age Childcare Director</td>
<td>Jamie Farrell</td>
<td>8262</td>
<td><a href="mailto:jfarrell@ssymca.org">jfarrell@ssymca.org</a></td>
</tr>
<tr>
<td>Childcare Administrator</td>
<td>Kim Crespi</td>
<td>(781) 826-7907</td>
<td><a href="mailto:kcrespi@ssymca.org">kcrespi@ssymca.org</a></td>
</tr>
<tr>
<td>Childcare Business Director</td>
<td>Kathy Crompton</td>
<td>(781) 264-9447</td>
<td><a href="mailto:kcrompton@ssymca.org">kcrompton@ssymca.org</a></td>
</tr>
</tbody>
</table>

### Business Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Ext.</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Senior Finance Administrator</td>
<td>Leanne Hale</td>
<td>8330</td>
<td><a href="mailto:lhale@ssymca.org">lhale@ssymca.org</a></td>
</tr>
</tbody>
</table>

### Facility Department

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Facilities Director</td>
<td>Erik Paulson</td>
<td>8234</td>
<td><a href="mailto:epaulson@ssymca.org">epaulson@ssymca.org</a></td>
</tr>
</tbody>
</table>

### Health & Well-being Department

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Health &amp; Well-being Director</td>
<td>Katelyn Szafir</td>
<td>8228</td>
<td><a href="mailto:kszafr@ssymca.org">kszafr@ssymca.org</a></td>
</tr>
<tr>
<td>Assistant Health &amp; Well-being Director</td>
<td>Kyle Britton</td>
<td>8341</td>
<td><a href="mailto:kbritton@ssymca.org">kbritton@ssymca.org</a></td>
</tr>
<tr>
<td>Senior Group Exercise Director</td>
<td>Kristen Noonan</td>
<td>8300</td>
<td><a href="mailto:knoonan@ssymca.org">knoonan@ssymca.org</a></td>
</tr>
<tr>
<td>Partnership Program and Volunteer Director</td>
<td>MaryEllen Olson</td>
<td>8322</td>
<td><a href="mailto:molson@ssymca.org">molson@ssymca.org</a></td>
</tr>
</tbody>
</table>

### Membership Department

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Senior Director of Member Services</td>
<td>Laurie Fournier</td>
<td>8269</td>
<td><a href="mailto:lfournier@ssymca.org">lfournier@ssymca.org</a></td>
</tr>
<tr>
<td>Assistant Director of Member Services &amp; Financial Assistance</td>
<td>Jane Fallon</td>
<td>8308</td>
<td><a href="mailto:jfallon@ssymca.org">jfallon@ssymca.org</a></td>
</tr>
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</table>

### Program Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Director of Day Camps</td>
<td>Brendan Casey</td>
<td>8249</td>
<td><a href="mailto:bcasey@ssymca.org">bcasey@ssymca.org</a></td>
</tr>
<tr>
<td>Camp Gordon Clark Information Line</td>
<td></td>
<td>8400</td>
<td></td>
</tr>
<tr>
<td>Director of Competitive Swimming</td>
<td>Tim Mulvihill</td>
<td>8304</td>
<td><a href="mailto:tmulvihill@ssymca.org">tmulvihill@ssymca.org</a></td>
</tr>
<tr>
<td>Assistant Director of Competitive Swimming</td>
<td>Laura Crossman</td>
<td>8253</td>
<td><a href="mailto:lcrossman@ssymca.org">lcrossman@ssymca.org</a></td>
</tr>
<tr>
<td>Gymnastics Director</td>
<td>Regina Rozzi</td>
<td>8236</td>
<td><a href="mailto:rrrozzi@ssymca.org">rrrozzi@ssymca.org</a></td>
</tr>
<tr>
<td>Sports &amp; Recreation Director</td>
<td>Linda Montoya</td>
<td>8260</td>
<td><a href="mailto:lmontoya@ssymca.org">lmontoya@ssymca.org</a></td>
</tr>
<tr>
<td>Sports &amp; Recreation Program Coordinator</td>
<td>Chere Marrese</td>
<td>8349</td>
<td><a href="mailto:cmarrese@ssymca.org">cmarrese@ssymca.org</a></td>
</tr>
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### Tennis Department

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<tr>
<th>Position</th>
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<tbody>
<tr>
<td>Senior Director of Tennis</td>
<td>Bob Carroll</td>
<td>8229</td>
<td><a href="mailto:bcarroll@ssymca.org">bcarroll@ssymca.org</a></td>
</tr>
<tr>
<td>Assistant Director of Tennis</td>
<td>Brandon Benbenek</td>
<td>8267</td>
<td><a href="mailto:bbenbenek@ssymca.org">bbenbenek@ssymca.org</a></td>
</tr>
<tr>
<td>Tennis Administrative Assistant</td>
<td>Maureen Ahl</td>
<td>8263</td>
<td><a href="mailto:mahl@ssymca.org">mahl@ssymca.org</a></td>
</tr>
</tbody>
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### Youth & Family Department

<table>
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<tr>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>Youth &amp; Family and Teens Director</td>
<td>Peter Gallagher</td>
<td>8232</td>
<td><a href="mailto:pgallagher@ssymca.org">pgallagher@ssymca.org</a></td>
</tr>
<tr>
<td>Birthday Party Coordinator</td>
<td>Kathleen Eckland</td>
<td>8365</td>
<td><a href="mailto:keckland@ssymca.org">keckland@ssymca.org</a></td>
</tr>
<tr>
<td>Youth &amp; Family Coordinator</td>
<td>Jackie Arena</td>
<td>8375</td>
<td><a href="mailto:jarena@ssymca.org">jarena@ssymca.org</a></td>
</tr>
</tbody>
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