



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PUT A LITTLE SPRING IN YOUR STEP



SPRING PROGRAMS – QUINCY BRANCH

SPRING SESSION RUNS: April 23rd – June 24th, 2017

REGISTRATION BEGINS: Members: April 11th

Non-members: April 14th

Register online at ssymca.org or
in-person at the Welcome Center.



SOUTH SHORE YMCA – QUINCY BRANCH SPRING PROGRAM SESSION – YOUTH AQUATICS & SWIM LESSONS

Spring Session Runs: April 23 – June 24, 2017

Program Registration Begins: Members: April 11, Non-members: April 14

Register online at ssymca.org or visit the Quincy Branch.

Please see Spring/Summer Program Guide for class descriptions and registration policies.

YOUTH SWIM LESSONS

	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 1 Polliwog	8:45 AM	5:05 PM	3:40 PM	3:25 PM	3:30 PM	5:05 PM	8:45 AM
	9:55 AM		6:30 PM	5:20 PM	6:25 PM		9:20 AM
	10:30 AM						9:55 AM
	11:00 AM						10:30 AM
							12:15 PM
Level 2 Guppy	9:20 AM	3:40 PM	3:40 PM	5:55 PM	4:05 PM	4:15 PM	8:45 AM
	11:05 AM	5:40 PM	6:00 PM	6:30 PM	4:40 PM	6:35 PM	9:20 AM
	12:05 PM				6:40 PM		9:55 AM
							10:30 AM
							11:05 AM
							11:40 AM
Level 3 Minnow	8:45 AM	6:15 PM	4:50 PM	4:35 PM	5:15 PM	3:25 PM	8:35 AM
	9:35 AM	7:05 PM	6:20 PM	6:15 PM	7:15 PM	6:15 PM	11:05 AM
	11:40 AM		7:10 PM				11:55 AM
Level 4 Fish	9:35 AM	4:15 PM	7:05 PM	3:55 PM	7:00 PM	5:25 PM	9:25 AM
		6:15 PM		7:05 PM		6:30 PM	10:15 AM
							11:05 AM
							11:55 AM
Level 5 Flying Fish	10:25 AM	4:50 PM		7:05 PM	6:05 PM	4:15 PM	9:25 AM
		7:05 PM					10:15 AM
Level 6 Shark	11:35 AM	6:15 PM	4:20 PM			5:40 PM	11:05 AM

FLYERS SWIM

Sun. 11:15 AM &
Wed. 5:30 PM

Tues. 5:40 PM &
Thurs. 5:15 PM

45 minute class,
2x per week:
\$165 Member/
\$250 Non-member

Level 1 Polliwog

Ages 6 – 12 years
30 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 2 Guppy

Ages 6 – 12 years
30 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 3 Minnow

Ages 6 – 12 years
45 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 4 Fish

Ages 6 – 12 years
45 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 5 Flying Fish

Ages 6 – 12 years
45 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 6 Shark

Ages 6 – 12 years
45 Minute Class
\$111.00 Member/ \$165.00 Non-member

For more information on Youth & Adult Aquatics programs, please contact Felix Hor, Aquatics Director, at fhor@ssymca.org or 617-479-8500 x 4741.

PARENT/CHILD SWIM LESSONS

	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 1 Water Babies	8:45 AM		5:10 PM	9:35 AM			8:10 AM
	9:20 AM						8:45 AM
							9:55 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 2 Parent/Tot	8:45 AM		5:10 PM	9:35 AM			8:10 AM
	9:20 AM						9:20 AM
							10:30 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 3 Pre-Pike	10:30 AM		5:45 PM				11:05 AM
							11:40 AM

Level 1 Water Babies

Ages 6 months - 18 months
30 Minute Class
\$95.00 Member/ \$140.00 Non-member

Level 2 Parent & Tot

Ages 18 months - 3 years
30 Minute Class
\$95.00 Member/ \$140.00 Non-member

Level 3 Pre-Pike

Ages 3 - 5 years
30 Minute Class
\$95.00 Member/ \$140.00 Non-member

PRESCHOOL SWIM LESSONS

	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 1 Pike	8:45 AM	9:35 AM	4:15 PM	9:00 AM	3:30 PM	3:40 PM	8:45 AM
	9:20 AM	10:10 AM	4:50 PM	4:00 PM	4:05 PM	4:50 PM	9:20 AM
	10:30 AM	3:20 PM		4:45 PM	4:40 PM	5:25 PM	9:55 AM
	11:05 AM	4:30 PM		5:55 PM	5:15 PM		10:30 AM
							11:05 AM
							11:40 AM
						11:55 AM	
	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 2 Eel	9:55 AM	9:00 AM	4:15 PM	8:30 AM	3:30 PM	3:40 PM	8:45 AM
	10:25 AM	3:55 PM	6:35 PM	3:35 PM	4:05 PM	4:50 PM	9:20 AM
	11:05 AM	5:05 PM		4:10 PM	5:50 PM	6:00 PM	9:55 AM
	11:40 AM	5:40 PM		4:45 PM			10:30 AM
				6:30 PM			11:05 AM
							11:40 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 3 Ray	9:55 AM	3:40 PM	5:25 PM	5:20 PM	4:40 PM	4:15 PM	9:20 AM
	11:05 AM	5:40 PM					9:55 AM
	11:40 AM						10:30 AM
							11:40 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 4 Starfish	11:40 AM	4:15 PM			6:05 PM		8:50 AM

Level 1 Pike

Ages 3 - 5 years
30 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 2 Eel

Ages 3 - 5 years
30 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 3 Ray

Ages 3 - 5 years
30 Minute Class
\$111.00 Member/ \$165.00 Non-member

Level 4 Starfish

Ages 3 - 5 years
30 Minute Class
\$111.00 Member/ \$165.00 Non-member

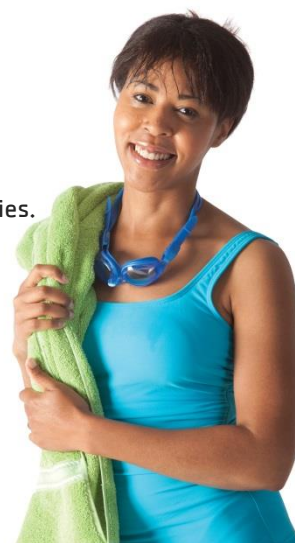
SOUTH SHORE YMCA – QUINCY BRANCH
SPRING PROGRAM SESSION – ADULT AQUATICS & SWIM LESSONS

Spring Session Runs: April 23 – June 24, 2017

Program Registration Begins: Members: April 11, Non-members: April 14

Register online at ssymca.org or visit the Quincy Branch.

Please see Spring/Summer Program Guide for class descriptions and registration policies.



ADULT SWIM LESSONS				
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
The Basics	Sun.	8:45 AM – 9:30 AM	\$98.00	\$146.00
The Basics	Mon.	10:45 AM – 11:30 AM	\$98.00	\$146.00
The Basics	Tues.	7:10 PM – 7:55 PM	\$111.00	\$165.00
The Basics	Wed.	7:05 PM – 7:50 PM	\$111.00	\$165.00
For Fitness	Tues.	8:00 PM – 8:45 PM	\$111.00	\$165.00
Technique Improvement	Tues.	8:00 PM – 8:45 PM	\$111.00	\$165.00
Technique Improvement	Thurs.	6:55 PM – 7:40 PM	\$111.00	\$165.00

For more information on Adult Aquatics programs, please contact Felix Hor, Aquatics Director, at fhor@ssymca.org or 617-479-8500 x 4741.

SOUTH SHORE YMCA – QUINCY BRANCH

SPRING PROGRAM SESSION – ARTS & EDUCATION

Spring Session Runs: April 23 – June 24, 2017

Program Registration Begins:

Members: April 11

Non-members: April 14

Register online at ssymca.org

Please see Spring/Summer Program Guide for class descriptions and registration policies.



DANCE	
	SUN MON TUES WED THURS FRI SAT
Pre-Ballet	9:00 AM
Introduction to Dance	9:45 AM
Pre-Ballet	3:30 PM
Ballet 1	4:00 PM
Ballet 2	4:45 PM

MUSIC	
	SUN MON TUES WED THURS FRI SAT
Music & Me	10:30 AM
Music & Me	10:30 AM
Sing & Play	10:00 AM
Keyboard Explorations	4:00 PM
Beginning Keyboard	4:30 PM

VISUAL ARTS	
	SUN MON TUES WED THURS FRI SAT
Draw, Paint, Create	5:00 PM
Storytime Crafts	11:00 AM
Funny Pages	9:30 AM
Messy Masterpieces	10:30 AM

ADULT	
	SUN MON TUES WED THURS FRI SAT
Acrylic Painting	6:30 PM

SOUTH SHORE YMCA – QUINCY BRANCH

SPRING SESSION – ARTS & EDUCATION PROGRAM RATES

DANCE

Pre-Ballet

Ages 3 – 5
30 Minute Class
\$90.00 Member/ \$135.00 Non-member

Ballet 1

Ages 4 – 6
45 Minute Class
\$117.00 Member/ \$176.00 Non-member

Ballet 2

Ages 5 – 12
60 Minute Class
\$126.00 Member/ \$189.00 Non-member

Introduction to Dance

Ages 4 – 8
60 Minute Class
\$112.00 Member/ \$168.00 Non-member

MUSIC

Music & Me

Ages 1 – 3
45 Minute Class
\$81.00 Member/ \$122.00 Non-member

Sing & Play

Ages 3 – 5
45 Minute Class
\$81.00 Member/ \$122.00 Non-member

Beginning Keyboard

Ages 6 – 11
45 Minute Class
\$117.00 Member/ \$176.00 Non-member

Keyboard Explorations

Ages 4 – 6
30 Minute Class

VISUAL ARTS

Draw, Paint, Create

Ages 5 – 10
60 Minute Class
\$126.00 Member/ \$189.00 Non-member

Funny Pages

Ages 6 – 12
45 Minute Class
\$80.00 Member/ \$120.00 Non-member

Messy Masterpieces

Ages 3 – 6
45 Minute Class
\$96.00 Member/ \$144.00 Non-member

Storytime Crafts

Ages 2 – 5
45 Minute Class
\$108.00 Member/ \$162.00 Non-member

ADULT

Acrylic Painting

Ages 15 – 99
90 Minute Class
\$99.00 Member/ \$149.00 Non-member

For more information on youth and adult Arts & Education Programs, please contact Amy Rochon at arochon@ssymca.org or 617-479-8500 x 4713.

SOUTH SHORE YMCA – QUINCY BRANCH

SPRING PROGRAM SESSION – HEALTH & WELL-BEING

Spring Session Runs: April 23 – June 24, 2017

Program Registration Begins: Members: April 11, Non-members: April 14

Register online at ssymca.org or by visiting the Quincy Branch.

Please see Spring/Summer Program Guide for class descriptions and registration policies.

YOUTH HEALTH & WELL-BEING PROGRAMS

YOUTH CLASSES				
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
"Back To Basics" (Ages 7 - 12)	Fri.	3:30 PM - 4:15 PM	Included*	\$98.00
CardioPLUS 1 (Ages 7 - 12)	Tues.	3:30 PM - 4:15 PM	Included*	\$98.00
CardioPLUS 2 (Ages 7 - 12)	Thurs.	3:30 PM - 4:15 PM	Included*	\$98.00
Pre-School Yoga (Ages 3 - 5)	Tues.	10:30 AM - 11:15 AM	Included*	\$98.00
Pre-School Yoga (Ages 3 - 5)	Tues.	11:30 AM - 12:15 AM	Included*	\$98.00
Youth Yoga (Ages 6 - 12)	Wed.	3:30 PM - 4:15 PM	Included*	\$98.00
Zumba (Ages 7 - 12)	Mon.	3:30 PM - 4:15 PM	Included*	\$87.00

ADULT HEALTH & WELL-BEING PROGRAMS

WELLNESS CLASSES				
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
Barre Pilates	Thurs.	6:30 PM - 7:30 PM	\$90.00	\$135.00
Barre Pilates	Sat.	10:00 AM - 11:00 AM	\$80.00	\$120.00
Fall Prevention (Fit4Ever)	Mon. Wed.	10:00 AM - 11:00 AM	Included*	\$135.00
Fall Prevention (Fit4Ever)	Tues. Thurs.	10:00 AM - 11:00 AM	Included*	\$135.00
Qi Gong	Thurs.	12:00 PM - 1:00 PM	Included*	\$81.00
Senior Exercise	Mon. Tues. Thurs.	9:45 AM - 10:30 AM	Included*	\$135.00
Tai Chi	Tues.	7:00 PM - 8:00 PM	Included*	\$81.00
Tai Chi	Wed.	4:00 PM - 5:00 PM	Included*	\$81.00
Tai Chi	Thurs.	11:00 AM - 12:00 PM	Included*	\$81.00
Tai Chi	Fri.	4:00 PM - 5:00 PM	Included*	\$81.00

STRUCTURED EXERCISE CLASSES				
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
Cardiac Transitions/Conquer Diabetes	Tues. Thurs.	9:00 AM - 10:00 AM	Included*	\$162.00

*Included Program classes require Registration.

ADULT HEALTH & WELL-BEING PROGRAMS



RUNNING/ TRIATHLON CLASSES

CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
RUN/BIKE/RUN	Wed.	6:00 PM - 7:15 PM	Included*	\$ 122.00
Strength & Stride	Mon.	6:30 PM - 7:30 PM	\$ 80.00	\$ 120.00
2017 Long Distance Running	Sat.	8:00 AM - 9:00 AM	Included*	\$ 120.00

SPECIALTY CLASSES

CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
High Intensity Kettlebells	Sat.	8:00 AM - 8:45 AM	\$ 80.00	\$ 104.00
Insanity	Mon. Wed.	6:00 AM - 6:45 AM	Included*	\$ 216.00
Les Mills GRIT	Mon. Wed. Fri.	8:15 AM - 9:45 AM	Included*	\$ 216.00
ZumbaSTRONG	Tues. Thurs.	5:00 PM - 5:45 PM	Included*	\$ 216.00

*Included Program classes require Registration.

For more information on youth and adult Health & Well-being programs, please contact Kim Driscoll, Health & Well-being Director, at kdriscoll@ssymca.org or 617-479-8500 x 4761.

SOUTH SHORE YMCA – QUINCY BRANCH

SPRING PROGRAM SESSION – YOUTH SPORTS

Spring Session Runs: April 23 – June 24, 2017

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SOCCER LESSONS							
	SUN	MON	TUES	WED	THURS	FRI	SAT
Ages 2.5-3 w/ Parent				5:00 PM		5:00 PM	8:30 AM
				6:00 PM		6:00 PM	9:30 AM
							10:30 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Ages 4-6				5:00 PM		5:00 PM	8:30 AM
				6:00 PM		6:00 PM	9:30 AM
							10:30 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Ages 7-11				5:00 PM		5:00 PM	8:30 AM
				6:00 PM		6:00 PM	9:30 AM
							10:30 AM

Ages 2.5-3 w/ Parent

30 Minute Class

\$72.00 Member/ \$108.00 Non-member

Ages 4-6

45 Minute Class

\$81.00 Member/ \$122.00 Non-member

Ages 7-11

45 Minute Class

\$81.00 Member/ \$122.00 Non-member

YOUTH T-BALL							
	SUN	MON	TUES	WED	THURS	FRI	SAT
Ages 3-6			5:00 PM	5:00 PM			

Ages 3-6

45 Minute Class

\$72.00 Member/ \$108.00 Non-member

VOLLEYBALL LESSONS							
	SUN	MON	TUES	WED	THURS	FRI	SAT
Ages 10-14			5:00 PM				
			6:00 PM				

Ages 10-14

45 Minute Class

\$80.00 Member/ \$120.00 Non-member

*

FLAG FOOTBALL (CO-ED)

Ages 6-10

SUN	MON	TUES	WED	THURS	FRI	SAT
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6:00 PM

Ages 6-10

60 Minute Class

\$80.00 Member/ \$120.00 Non-member

BASKETBALL LESSONS

Ages 2.5-3 w/ Parent

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:00 PM		5:00 PM		8:30 AM
		6:00 PM		6:00 PM		9:30 AM
						10:30 AM

Ages 4-6

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:00 PM		5:00 PM		8:30 AM
		6:00 PM		6:00 PM		9:30 AM
						10:30 AM

Ages 7-11

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:00 PM		5:00 PM		8:30 AM
		6:00 PM		6:00 PM		9:30 AM
						10:30 AM

Ages 2.5-3 w/ Parent

30 Minute Class

\$72.00 Member/ \$108.00 Non-member

Ages 4-6

45 Minute Class

\$81.00 Member/ \$122.00 Non-member

Ages 7-11

45 Minute Class

\$81.00 Member/ \$122.00 Non-member

SPORTS MANIA

Ages 4-6

SUN	MON	TUES	WED	THURS	FRI	SAT
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5:00 PM

Ages 4-6

45 Minute Class

\$72.00 Member/ \$108.00 Non-member

KARATE

Pee Wee

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:15 PM				9:00 AM

Beginner

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:45 PM				9:35 AM

Intermediate

SUN	MON	TUES	WED	THURS	FRI	SAT
		6:00 PM				10:25 AM

Advanced

SUN	MON	TUES	WED	THURS	FRI	SAT
		6:45 PM				11:15 AM

Pee Wee

Ages 5-7

30 Minute Class

\$115.00 Member/ \$173.00 Non-member

Beginner

Ages 8-12

45 Minute Class

\$126.00 Member/ \$190.00 Non-member

Intermediate

Ages 7-12

45 Minute Class

\$142.00 Member/ \$213.00 Non-member

Advanced

Ages 12-18

60 Minute Class

\$142.00 Member/ \$213.00 Non-member

For more information on Youth Sports programs, please contact Tom Healy, Sports & Recreation Director, at thealy@ssymca.org or 617-479-8500 x 4750.

SOUTH SHORE YMCA – QUINCY BRANCH

SPRING YOUTH & FAMILY PROGRAMS



Spring Session Runs: April 23 – June 24, 2017

Program Registration Begins: Members: April 11, Non-members: April 14

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KIDS NIGHT OUT					
THEME	DATE	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
April Fools	April 1	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Circus	April 8	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Finding Dory	April 15	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Fling into Spring	April 22	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Kung Fu Panda	May 6	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Brave	May 13	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Brother Bear	May 20	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Memorial Day	May 27	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Bee Movie	June 3	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Flag Day	June 10	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Nemo	June 17	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Summer Kick Off	June 24	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00
Bundle	ALL ABOVE DATES	Sat.	5:00 PM – 8:00 PM	\$180.00	\$240.00

BUILDING BRIDGES					
THEME	DAY	TIME	MEMBER RATE	NON-MEMBER RATE	
Building Bridges (Ages 6-9)	Sat.	11:00 AM – 12:00 PM	\$60.00	\$80.00	
Building Bridges (Ages 10-13)	Sat.	9:30 AM – 10:30 AM	\$60.00	\$80.00	
Teen Social Group (Part of Building Bridges)	Fri.	7:00 PM – 8:30 PM	\$90.00	\$90.00	

TUTORING AT THE YMCA!

The Y provides one-on-one tutoring lessons for students in math, language arts, and science. We will provide your student with extra support or enrichment in the areas of math and literacy through instruction tailored to meet their individual needs. Book your child's half hour lesson today! Call ext. 8232 for Tutoring details.

Fees:

Member: \$20 per ½ hour; \$35/hour

Non-member: \$25 per ½ hour; \$45/hour

Bundled Session Pricing is Available

FAMILY GYM PLAYGROUP

Join Family Gym with other parents and children for a morning of structured play, fun, and social time while working to build the 5 pillars that support a healthy family home: EAT HEALTHY, PLAY, EVERY DAY, TIME TOGETHER, UNPLUG and SLEEP WELL. Every child's parent or caregiver needs to be actively involved in the group.

Mon – Fri 10:30 AM – 12:00 PM

Fees:

Included with Household Membership

Non-member: \$7 per class, per child, payable on a drop-in basis

BIRTHDAY PARTIES

Come Celebrate Your Special Day at the Y!

Host your next birthday party at the South Shore YMCA – You pick the date, we bring the fun! We offer fun and unique birthday party experiences at the Quincy Y - with a wide variety of party themes, state-of-the-art facilities and party enhancement options, we'll work with you to design the perfect party for your child. All parties are led by our trained birthday party staff and games and activities are tailored to your child's interests.

For more information, please contact Pamela Holland at 617-479-8500 ext. 4716 or pholland@ssymca.org.



FRIDAY PRIME TIME @ THE QUINCY Y

Fridays 5:00 – 8:00 PM

A variety of family activities are hosted each Friday night at the Quincy Y. Enjoy meeting other families as well as trying new activities together!

Locations: Field House, 5:00 – 8:00 p.m. and Pool, 6:30 – 10:00 p.m.

Included with Household Membership



CREATIVE FAMILY FUN

Tuesdays 3:00 – 4:00 PM

Each Tuesday, the Quincy Y offers creative family fun with a variety of arts and crafts projects and sensory activities.

Locations: Art Room

Included with Household Membership

For more information on Youth & Family Programs, please contact Annie Vraibel at avraibel@ssymca.org or 781-829-8585 x 8232.