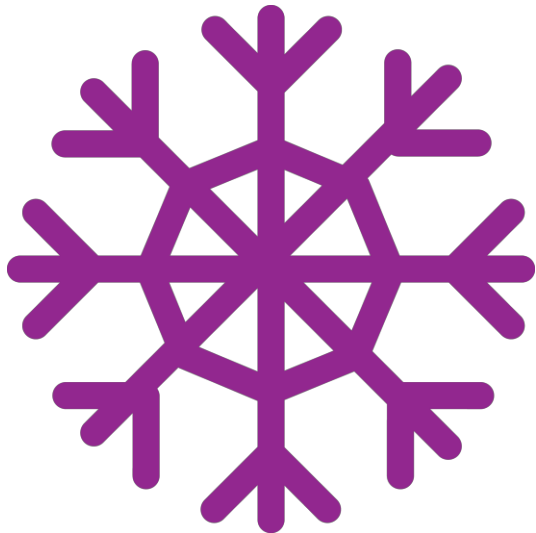




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2 SESSION GUIDE



WINTER 2 SESSION RUNS:
January 29th – April 15th, 2017

REGISTRATION BEGINS:
Members: January 17th
Non-members: January 20th

SOUTH SHORE YMCA – QUINCY BRANCH

Register online at ssymca.org or by visiting the Quincy YMCA.
For class descriptions, please view our Fall/Winter Program
Guide.



SOUTH SHORE YMCA – QUINCY BRANCH

WINTER 2 PROGRAM SESSION – YOUTH AQUATICS & SWIM LESSONS

Winter 2 Session Runs: January 29 – April 15, 2017

Program Registration Begins: Members: January 17, Non-members: January 20

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

Please see Fall/Winter Program Guide for class descriptions and registration policies.

FLYERS SWIM

Sun.
11:15 AM – 12:00 PM

Wed.
5:30 – 6:15 PM

2x per week:
\$183 Member/
\$278 Non-member

YOUTH SWIM LESSONS

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

Level 1 Polliwog

Ages 6 - 12 years
30 Minute Class
\$123.00 Member/ \$183.00 Non-member

Level 2 Guppy

Ages 6 - 12 years
30 Minute Class
\$123.00 Member/ \$183.00 Non-member

Level 3 Minnow

Ages 6 - 12 years
45 Minute Class
\$123.00 Member/ \$183.00 Non-member

Level 4 Fish

Ages 6 - 12 years
45 Minute Class
\$123.00 Member/ \$183.00 Non-member

Level 5 Flying Fish

Ages 6 - 12 years
45 Minute Class
\$123.00 Member/ \$183.00 Non-member

Level 6 Shark

Ages 6 - 12 years
45 Minute Class
\$123.00 Member/ \$183.00 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		5:25 PM	9:00 AM			8:45 AM
	9:20 AM						9:55 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 2 Parent/Tot	8:45 AM		5:25 PM	9:00 AM			9:20 AM
	9:55 AM						10:30 AM
	SUN	MON	TUES	WED	THURS	FRI	SAT
Level 3 Pre-Pike	10:30 AM		6:00 PM				11:05 AM

Level 1 Water Babies

Ages 6 months - 18 months
30 Minute Class

\$105.00 Member/ \$155.00 Non-member

Level 2 Parent & Tot

Ages 18 months - 3 years
30 Minute Class

\$105.00 Member/ \$155.00 Non-member

Level 3 Pre-Pike

Ages 3 - 5 years
30 Minute Class

\$105.00 Member/ \$155.00 Non-member

PRESCHOOL SWIM LESSONS

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

Level 1 Pike

Ages 3 - 5 years
30 Minute Class

\$123.00 Member/ \$183.00 Non-member

Level 2 Eel

Ages 3 - 5 years
30 Minute Class

\$123.00 Member/ \$183.00 Non-member

Level 3 Ray

Ages 3 - 5 years
30 Minute Class

\$123.00 Member/ \$183.00 Non-member

Level 4 Starfish

Ages 3 - 5 years
30 Minute Class

\$123.00 Member/ \$183.00 Non-member

SOUTH SHORE YMCA – QUINCY BRANCH
WINTER 2 PROGRAM SESSION – ADULT AQUATICS & SWIM LESSONS

Winter 2 Session Runs: January 29 – April 15, 2017

Program Registration Begins: Members: January 17, Non-members: January 20

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

Please see Fall/Winter Program Guide for class descriptions and registration policies.



ADULT SWIM LESSONS					
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE	
The Basics	Sun.	9:35 AM – 10:20 AM	\$123.00	\$183.00	
The Basics	Mon.	10:45 AM – 11:30 AM	\$123.00	\$183.00	
The Basics	Mon.	7:05 PM – 7:50 PM	\$123.00	\$183.00	
The Basics	Tues.	7:10 PM – 7:55 PM	\$123.00	\$183.00	
The Basics	Wed.	7:05 PM – 7:50 PM	\$123.00	\$183.00	
The Basics	Thurs.	6:50 PM – 7:35 PM	\$123.00	\$183.00	
Technique Improvement	Tues.	7:10 PM – 7:55 PM	\$123.00	\$183.00	
Technique Improvement	Wed.	11:50 AM – 12:35 PM	\$123.00	\$183.00	
Technique Improvement	Thurs.	7:05 PM – 7:50 PM	\$123.00	\$183.00	
For Fitness	Tues.	8:00 PM – 8:45 PM	\$123.00	\$183.00	

MASTERS SWIM SCHEDULE:

MONDAY & WEDNESDAY:
5:30 – 6:30 AM

TUESDAY & THURSDAY:
7:00 – 8:00 PM

MASTERS SWIM		
CLASS	MEMBER RATE	NON-MEMBER RATE
Masters Swim – 1 x per week	\$70.00	\$90.00
Masters Swim – 2 x per week	\$85.00	\$105.00
Masters Swim – 3 x per week	\$105.00	\$125.00

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

WINTER 2 PROGRAM SESSION – ARTS & EDUCATION

Winter 2 Session Runs: January 29 – April 15, 2017

Program Registration Begins:

Members: January 17

Non-members: January 20

Register online at ssymca.org

Please see Fall/Winter Program Guide for class descriptions and registration policies.



DANCE		SUN	MON	TUES	WED	THURS	FRI	SAT
Introduction to Dance	9:45 AM							
Pre-Ballet	9:00 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							



February Vacation Week – Crazy Crafts
Ages 6-12
Tuesday – Friday, 10:00 AM – 12:00 PM

\$60 Member/\$90 Non-member

SOUTH SHORE YMCA – QUINCY BRANCH

WINTER 1 SESSION – ARTS & EDUCATION PROGRAM RATES

DANCE

Introduction to Dance

Ages 4 - 8
60 Minute Class
\$140.00 Member/ \$210.00 Non-member

Pre-Ballet

Ages 3 - 5
30 Minute Class
\$100.00 Member/ \$150.00 Non-member

Ballet 1

Ages 4 - 6
45 Minute Class
\$130.00 Member/ \$195.00 Non-member

Ballet 2

Ages 5 - 12
60 Minute Class
\$140.00 Member/ \$210.00 Non-member

MUSIC

Music & Me

Ages 1 - 3
45 Minute Class
\$90.00 Member/ \$135.00 Non-member

Sing & Play

Ages 3 - 5
45 Minute Class
\$90.00 Member/ \$135.00 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
\$99.00 Member/ \$149.00 Non-member

VISUAL ARTS

Draw, Paint, Create

Ages 5 - 10
60 Minute Class
\$140.00 Member/ \$210.00 Non-member

Funny Pages

Ages 6 - 12
45 Minute Class
\$100.00 Member/ \$150.00 Non-member

Messy Masterpieces

Ages 3 - 6
45 Minute Class
\$120.00 Member/ \$180.00 Non-member

Storytime Crafts

Ages 2 - 5
45 Minute Class
\$120.00 Member/ \$180.00 Non-member

ADULT

Acrylic Painting

Ages 15 - 99
90 Minute Class
\$110.00 Member/ \$165.00 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

WINTER 2 PROGRAM SESSION – HEALTH & WELL-BEING

Winter 2 Session Runs: January 29 – April 15, 2017

Program Registration Begins: Members: January 17, Non-members: January 20

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

Please see Fall/Winter Program Guide for class descriptions and registration policies.

YOUTH HEALTH & WELL-BEING PROGRAMS

YOUTH CLASSES				
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
CardioPLUS 1 (Ages 7 - 12)	Tues.	3:30 PM - 4:15 PM	Included*	\$ 108.00
CardioPLUS 2 (Ages 7 - 12)	Thurs.	3:30 PM - 4:15 PM	Included*	\$ 108.00
"Back To Basics" (Ages 7 - 12)	Fri.	3:30 PM - 4:15 PM	Included*	\$ 108.00
Pre-School Yoga (Ages 3 - 5)	Tues.	10:30 AM - 11:15 AM	Included*	\$ 108.00
Pre-School Yoga (Ages 3 - 5)	Tues.	11:20 AM - 12:05 AM	Included*	\$ 108.00
Youth Yoga (Ages 6 - 12)	Wed.	3:30 PM - 4:15 PM	Included*	\$ 108.00
Zumba (Ages 7 - 12)	Mon.	3:30 PM - 4:15 PM	Included*	\$ 108.00

ADULT HEALTH & WELL-BEING PROGRAMS

WELLNESS CLASSES				
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
Barre Pilates	Thurs.	6:30 PM - 7:30 PM	\$ 100.00	\$ 150.00
Barre Pilates	Sat.	10:00 AM - 11:00 AM	\$ 100.00	\$ 150.00
Fall Prevention (Fit4Ever)	Mon. Wed.	7:00 AM - 8:00 AM	Included*	\$ 150.00
Fall Prevention (Fit4Ever)	Mon. Wed.	10:00 AM - 11:00 AM	Included*	\$ 150.00
Fall Prevention (Fit4Ever)	Tues. Thurs.	8:00 AM - 9:00 AM	Included*	\$ 150.00
Fall Prevention (Fit4Ever)	Tues. Thurs.	10:00 AM - 11:00 AM	Included*	\$ 150.00
High Intensity Kettlebells	Sat.	8:00 AM - 8:45 AM	\$ 100.00	\$ 130.00
Qi Gong	Thurs.	12:00 PM - 1:00 PM	Included*	\$ 90.00
Senior Exercise	Mon. Tues. Thurs.	9:45 AM - 10:30 AM	Included*	\$ 150.00
Tai Chi	Tues.	7:00 PM - 8:00 PM	Included*	\$ 90.00
Tai Chi	Wed.	4:00 PM - 5:00 PM	Included*	\$ 90.00
Tai Chi	Thurs.	11:00 AM - 12:00 PM	Included*	\$ 90.00
Tai Chi	Fri.	4:00 PM - 5:00 PM	Included*	\$ 90.00

STRUCTURED EXERCISE CLASSES				
CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
Cardiac Transitions/Conquer Diabetes	Tues. Thurs.	9:00 AM - 10:00 AM	Included*	\$ 180.00

*Included Program classes require Registration.

ADULT HEALTH & WELL-BEING PROGRAMS



RUNNING/ TRIATHLON CLASSES

CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
Strength & Stride	Mon.	6:30 PM - 7:30 PM	\$90.00	\$135.00
RUN/BIKE/RUN	Wed.	6:00 PM - 7:15 PM	Included*	\$135.00
2017 Long Distance Running	Sat.	8:00 AM - 9:00 AM	Included*	\$120.00

SPECIALTY CLASSES

CLASS	DAY	TIME	MEMBER RATE	NON-MEMBER RATE
Insanity	Mon. Wed.	6:00 AM - 6:45 AM	Included*	\$240.00
Les Mills GRIT	Mon. Wed. Fri.	8:15 AM - 9:45 AM	Included*	\$240.00
ZumbaSTRONG	Tues.	5:00 PM - 6:00 PM	Included*	\$135.00

*Included Program classes require Registration.

KEISER INDOOR CYCLING CERTIFICATION

Saturday, March 4th

10:30 AM - 4:30 PM

Quincy YMCA

Registration Fee: \$100 Member/\$150 Non-member

(Please contact Kristen Noonan at knoonan@ssymca.org or ext. 8300 to register)

Indoor cycling remains one of the hottest trends in the fitness industry. This is a great workshop whether you want to become a certified instructor or just want to bring your next class to a higher level of knowledge.

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

WINTER 2 PROGRAM SESSION – YOUTH SPORTS

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

Please see Fall/Winter Program Guide for class descriptions and registration policies.

Winter 2 Session Runs: January 29 – April 15, 2017

Program Registration Begins: Members: January 17, Non-members: January 20

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

\$80.00 Member/ \$120.00 Non-member

Ages 4-6

45 Minute Class

\$90.00 Member/ \$135.00 Non-member

Ages 7-11

45 Minute Class

\$90.00 Member/ \$135.00 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

\$80.00 Member/ \$120.00 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

\$90.00 Member/ \$135.00 Non-member

FLAG FOOTBALL (CO-ED)							
	SUN	MON	TUES	WED	THURS	FRI	SAT
Ages 6-10				6:00 PM			

Ages 6-10

60 Minute Class

\$80.00 Member/ \$120.00 Non-member

BASKETBALL LESSONS

BASKETBALL 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

\$80.00 Member/ \$120.00 Non-member

Ages 4-6

45 Minute Class

\$90.00 Member/ \$135.00 Non-member

Ages 7-11

45 Minute Class

\$90.00 Member/ \$135.00 Non-member

SPORTS MANIA

Ages 4-6 (5 weeks)*

SUN	MON	TUES	WED	THURS	FRI	SAT	
		5:00 PM					

Ages 7-11 (5 weeks)*

SUN	MON	TUES	WED	THURS	FRI	SAT	
		6:00 PM					

Ages 4-6 (5 Weeks)*

45 Minute Class

\$44.00 Member/ \$66.00 Non-member

*Runs 1/30-3/6

Ages 7-11 (5 Weeks)*

45 Minute Class

\$44.00 Member/ \$66.00 Non-member

*Runs 1/30-3/6

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

\$128.00 Member/ \$191.00 Non-member

Beginner

Ages 8-12

45 Minute Class

\$158.00 Member/ \$237.00 Non-member

Intermediate

Ages 7-12

45 Minute Class

\$158.00 Member/ \$237.00 Non-member

Advanced

Ages 12-18

60 Minute Class

\$158.00 Member/ \$237.00 Non-member

HOOPSTARS UNIFIED BASKETBALL LEAGUE - Ages 18+

Thursdays, 7:00 – 8:00 PM

\$65 Member / \$90 Non-member

A unique opportunity for teens with and without disabilities who share a common interest of basketball. Team members practice together weekly in preparation for an end of the season tournament in March. Season runs 8 weeks starting week of January 11th. Ideal for teens with developmental and/or intellectual disabilities.

Interested Peer Mentors please contact Lisa Drennan x 3119.

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

WINTER 2 YOUTH & FAMILY PROGRAMS



Winter 2 Session Runs: January 29 – April 15, 2017

Program Registration Begins: Members: January 17, Non-members: January 20

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

Please see Fall/Winter Program Guide for class descriptions and registration policies.

KIDS NIGHT OUT						
THEME	DATE	DAY	TIME	MEMBER RATE	NON-MEMBER RATE	
Penguin Party	February 4	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
Valentine's Night	February 11	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
Luau	February 18	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
Wacky Tacky	March 4	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
Toy Story	March 11	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
Jungle Book	March 18	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
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	
Polar Express	February 25	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
March Madness	March 25	Sat.	5:00 PM – 8:00 PM	\$15.00	\$20.00	
Winter 2 Bundle	ALL ABOVE DATES	Sat.	5:00 PM – 8:00 PM	\$135.00	\$180.00	

BUILDING BRIDGES					
THEME	DAY	TIME	MEMBER RATE	NON-MEMBER RATE	
Building Bridges	Sat.	9:30 AM – 10:30 AM	\$110.00	\$150.00	
Building Bridges	Sat.	11:00 AM – 12:00 PM	\$110.00	\$150.00	
Teen Social Group (Part of Building Bridges)	Fri.	7:00 PM – 8:30 PM	\$101.00	\$101.00	
Teens: Exploring Disney Animation 2/5	Sun. Feb 5th	3:00 PM – 5:00 PM	\$10.00	\$15.00	
Teens: Exploring Disney Animation 3/5	Sun. March 5th	3:00 PM – 5:00 PM	\$10.00	\$15.00	

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 FAMILY NIGHTS @ 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, 6:00 – 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.