



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FALL INCLUSION OFFERINGS -2017 (Sept 10 - Nov 18)

QUINCY				
	Program	Age	Day	Time
YOUTH/TEEN	Music & Me	1-2 years	MON or TUES	10:30 AM
	Sing & Play	3 - 5 years	THURS	10:00 AM
	Messy Masterpieces	3-6 years	SAT	10:30 AM
	Zumba	7-12 years	MON	3:30-4:15 PM
	Preschool Yoga	3-5 years	TUES	10:30AM or 11:30AM
	Youth Yoga	6-12 years	WED	3:30 PM
	Cardio Plus	7-12 years	TUES or THURS	3:30-4:15 PM
	Hopefish Swim	3 - 9 years	SAT	12:15 PM & 12:55 PM
	Supported Birthday Parties	Children up to 12 years	WEEKENDS	Call to schedule
	Teen Saturdays	Grades 6-10	SAT (starts 10/7)	7:45-10:00PM
	Building Bridges: Teen Social Skills Group	12 - 18 years	FRI	7:00 - 8:30 PM
	Building Bridges: Social Skills Group	6 - 9 years	SAT (starts 9/30)	11:00 AM - 12:00 PM
		10 - 13 years	SAT (starts 9/30)	9:30 - 10:30 AM
	Tutoring at the YMCA!	School aged	BY APPOINTMENT	Call to schedule
ADULT	Partnership Program	18+	DAILY	CALL TO SCHEDULE
	SPRINT	18+	THU (10 wks starts 9/21)	6:00 - 7:00 PM
	Wheelchair Basketball Clinic	18+	WED (starting 11/8)	6:00 - 7:30 PM
	Building Bridges: Adult Social Skills Group	18+	MON & WED (starts 9/18)	6:00:00 -8:00 PM
FAMILY	Family Swim	Child & Adult	FRI	6:00-9:00 PM
	Family Prime Time	Child & Adult	FRI	5:00 - 8:00 PM
	Family Gym Playgroup	Child & Adult	MON-FRI	10:30 AM - 12:00 PM

EMILSON				
	Program	Age	Day	Time
YOUTH/TEEN	Baby Beethovens	6 weeks - 18 months	WED (LCA)	10:00 AM
	Little Artists	18 months - 4 years	TUE (LCA)	10:00 AM
	Music & Me	18 months - 3 years	MON or TUE (LCA)	10:00 AM
	Line Dancing	16+	THU	6:00 PM
	Supported Birthday Parties	Children up to 12 years	WEEKENDS	Call to schedule
	Tutoring at the YMCA!	School aged	DAILY	Day/Eve
	Hopefish Swim	3 - 9 years	SAT	12:10 PM or 12:45 PM
	Teen Adaptive Fitness	13-21 years	SATS	12:30-1:30 PM
	Adaptive Fitness & Fun	7 - 14 years	MON or WED	4:00 PM
	Lobstars - Adaptive Tennis Clinic	12+ (through adult)	SUN	12:00 PM (advanced)
		12+ (through adult)	WED	3:00 PM (advanced) 4:00 PM (beginners)
	NEW! Strypers Swim Team	6-18 years	MON & THU (starts 9/7)	6:45pm (MO) 5:45pm (TH)
	Teen Night	10 - 15 years	1st & 3rd FRIDAY'S	7:00 PM - 9:30 PM
	Building Bridges Social Skills Groups	7 - 9 years	SAT (starts 9/30)	9:30 AM
4 - 6 years		SAT (starts 9/30)	11:00 AM	
	10 - 13 years	WED (starts 9/27)	5:00 PM	
ADULT	Open Volleyball	18+	WED	6:00 - 7:00 PM
	Line Dancing	16+	THU (LCA)	6:00 PM
	Wheelchair Tennis Clinic	12+	Starting in November	1:00-3:00 PM
	NEW! Strypers Swim Team	6-18 years	MON & THU (starts 9/7)	6:45pm (MO) 5:45pm (TH)
	Exploring Disney Animation	18+	9/24, 10/15, 11/5	3:00 - 5:00 PM
	Lobstars - Adaptive Tennis Clinic	12+	SUN	12:00 PM (advanced)
12+		WEDS	3:00 PM (advanced) 4:00 PM (beginners)	
Partnership Program - Land	18+	DAILY	CALL TO SCHEDULE	
FAMILY	Family Prime Time		SAT & SUN (ELC)	12:00 - 4:00 PM
	Inclusion Open Swim	Children and/or Teens with an adult	SUN	1:00 PM - 2:00 PM
	Family Gym Playgroup		WED & FRI	10:30 AM - 12:00 PM
	Friday Night Family Night		FRI	5:00 - 7:00 PM

*These offerings provide an inclusive environment ideal for designated populations (see program guides for more details)  
They are either led by a staff member with experience in inclusion or the format is conducive to promotion of inclusion.*

**QUESTIONS? Contact Lisa Drennan, Association Director of Inclusion: [ldrennan@ssymca.org](mailto:ldrennan@ssymca.org)**

ELC = Early Learning Center  
LCA = Laura's Center for the Arts