**FACILITY HOURS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Mon – Fri</td>
<td>5:00 AM – 10:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:30 AM – 8:00 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>7:00 AM – 6:00 PM</td>
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**FALL/WINTER HOLIDAY HOURS**

<table>
<thead>
<tr>
<th>Holiday</th>
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<tbody>
<tr>
<td>Labor Day</td>
<td>Closed</td>
</tr>
<tr>
<td>Christmas Eve</td>
<td>Closed at 3:00 PM</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>Closed</td>
</tr>
<tr>
<td>New Year’s Eve</td>
<td>Closed at 3:00 PM</td>
</tr>
<tr>
<td>New Year’s Day</td>
<td>12:00 – 5:00 PM</td>
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**INCLEMENT WEATHER**

In the event of inclement weather, facility closings and program cancellations will be communicated via updates at ssymca.org, email announcements and notifications on our mobile app. Members and participants can also call the branch at (617) 479-8500 for updates.

**MEMBERSHIP**

Become a South Shore YMCA member today to take advantage of priority registration dates and reduced pricing on program classes in addition to all the great benefits of membership! To learn more about becoming a YMCA member, contact Erik Abboud at eabboud@ssymca.org or 617-479-8500 ext. 4706. Or, visit ssymca.org for details on membership types, rates and benefits.

**FINANCIAL ASSISTANCE**

The South Shore YMCA strives to serve the entire community. Funded by charitable donations to the Y’s Annual Campaign, Financial Assistance is available to those who who cannot afford fees. Assistance is awarded based on the need demonstrated by household income and/or extenuating circumstances and the funds available. For more information contact Patricia Small at 617-479-8500 ext. 4705, or visit ssymca.org for an application.

**ABOUT THIS PROGRAM GUIDE**

This guide contains information about the key programs offered at the Quincy Y. Program flyers with more detailed information on class schedules and rates are available at the Quincy YMCA Welcome Center and online at ssymca.org prior to registration for each program session. You can also register for activities listed in this guide by visiting ssymca.org or the Welcome Center. Please note: not all programs listed in this guide are offered every session.

**OUR SOUTH SHORE YMCA LOCATIONS**

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<th>Address</th>
<th>Phone</th>
<th>Fax</th>
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</thead>
<tbody>
<tr>
<td>SOUTH SHORE YMCA – QUINCY BRANCH</td>
<td>79 Coddington Street, Quincy, MA 02169</td>
<td>(617) 479-8500</td>
<td>(617) 773-9135</td>
</tr>
<tr>
<td>CAMP BURGESS/HAYWARD</td>
<td>5 Stowe Road, Sandwich, MA 02563</td>
<td>(508) 428-2571</td>
<td>(508) 420-3545</td>
</tr>
<tr>
<td>GERMANTOWN NEIGHBORHOOD CENTER</td>
<td>366 Palmer Street, Quincy, MA 02169</td>
<td>(617) 376-1384</td>
<td>(617) 689-8332</td>
</tr>
<tr>
<td>LAURA’S CENTER FOR THE ARTS</td>
<td>97 Mill Street, Hanover, MA 02339</td>
<td>(781) 826-8048</td>
<td>(781) 829-8831</td>
</tr>
<tr>
<td>EMILSON BRANCH</td>
<td>75 Mill Street, Hanover, MA 02339</td>
<td>(781) 829-8585</td>
<td>(781) 829-8831</td>
</tr>
<tr>
<td>EARLY LEARNING CENTER</td>
<td>1075 Washington Street, Hanover, MA 02339</td>
<td>(781) 826-7900</td>
<td>(781) 826-7909</td>
</tr>
<tr>
<td>SOUTH SHORE NATURAL SCIENCE CENTER</td>
<td>48 Jacobs Lane, Norwell MA 02061</td>
<td>(781) 659-2559</td>
<td>(781) 659-5924</td>
</tr>
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**GET CONNECTED**

- **SUBSCRIBE TO OUR NEWSLETTERS**
- **DOWNLOAD OUR MOBILE APP**
- **LIKE US ON FACEBOOK**
- **VISIT SSYMCA.ORG**
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ABOUT THIS PROGRAM GUIDE
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REGISTER ONLINE AT SSYMCA.ORG

PROGRAM CALENDAR

FALL 2016
Sept. 6–Nov. 12
10 Weeks
(9 Sun/Fri; 8 Mon)

WINTER 1 2016–2017
Nov. 13–Jan. 28
10 Weeks
(9 Sun/Mon/Thu/Fri/Sat)

WINTER 2 2017
Jan. 29–April 15
10 Weeks

SAVE THE DATE!
JANUARY 8, 2017

Kick off the New Year with the Y at the 6th Annual Frozen 5K Road Race. Contact Tom Healy at thealy@ssymca.org or ext. 4750, or visit ssymca.org for race details and registration information.

key:

- Y Member registration begins
- Non-member registration begins
- holiday hours/no calendar-based programs
- no calendar-based programs, regular hours
- facility closed

PROGRAM SESSION CLASS OFFERING SCHEDULES AND RATES CAN BE FOUND ONLINE AT SSYMCA.ORG OR AT THE QUINCY Y WELCOME CENTER PRIOR TO REGISTRATION FOR EACH SESSION.
REGISTRATION

OUR POLICIES

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 will be charged the non-member rate.

WAIT LIST POLICY
If a program is full, you may request to be placed on a waitlist. You will make no payment until accepted into the program. The program director will contact you to inform you of your acceptance into the class. Please make sure we have your correct address, email and phone number on file to contact you.

PROGRAM CANCELLATIONS
The YMCA may cancel a class due to unforeseen events, i.e. safety concerns, weather, building closures, etc. The YMCA will make every effort to make up the canceled class; however in the event that a canceled class cannot be made up by the YMCA a system credit will be issued for the canceled class.

CREDITS AND REFUNDS
• If notification of withdrawal is received 48 hours or more prior to first class, a YMCA credit or a full refund will be issued for the full amount of the class minus a $15.00 processing fee.

• If notification of withdrawal is received less than 48 hours prior to the first class, a YMCA credit minus $15 will be issued.

• If notification of withdrawal is received up to the third class, a YMCA credit will be issued minus $15 fee and the cost of classes already held.

• After the 3rd class there will be no refunds given.

• 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.

*A system credit cannot be applied toward membership dues. They can only be used for future program registration.

Please see page 8 for Red Cross Certification Refund Policy.

LATE REGISTRATION AND PRO-RATING:
• 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 due to fixed class costs.

• 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.

REGISTRATION INFORMATION

REGISTRATION DATES
Program Registration for the Fall Session begins:
August 16th for Y Members
August 19th for Non-members

Program Registration for the Winter 1 Session begins:
October 25th for Y Members
October 28th for Non-members

Program Registration for the Winter 2 Session begins:
January 17th for Y Members
January 20th for Non-members

Registration begins at 8:30am on registration start dates.

BEFORE YOU REGISTER
1. Due to high call volume, 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 at the Welcome Center to help facilitate future web registration.

WALK-IN REGISTRATION
Walk-in registration available for both Members and Non-members beginning at 8:30am on the respective registration start dates. To register in person, please visit the Quincy YMCA Welcome Center.

ONLINE REGISTRATION
Both Members and Non-members can register online at ssymca.org beginning at 8:30am on the respective registration start date. To register online visit ssymca.org and click the register online button for instructions on how to set up an online account and browse and register for programs.

LOOK FOR OUR INCLUSION SYMBOL
This symbol indicates a program providing an inclusive and supportive structure for members with diverse abilities. Contact ecasagrande@ssymca.org to discuss needs prior to the first class.
SWIM LESSONS & AQUATICS

YOUTH AQUATICS PROGRAMS

EVALUATIONS ARE REQUIRED!
Evaluations are required PRIOR to registration for all new swimming participants in the PRESCHOOL and YOUTH programs, or those who did not participate in the previous session. Evaluations are not needed for Parent/Child levels.

PARENT/CHILD SWIM LESSONS
These programs include the basics of water safety and swimming skills. A skill evaluation is not required for Parent/Child lessons. All children must wear swim diapers.

WATER BABIES (30 Minute Class)
Ages 6–18 months with a caregiver.

PARENT & TOT (30 Minute Class)
Ages 18 months – 3 years with a caregiver.

PRE-PIKE (30 Minute Class)
Ages 2-5 years years with a caregiver – designed for children & parents who would like to take a Pike class together or for children who are not comfortable being in the water without their parent.

PRESCHOOL SWIM LESSONS
These programs are for children ages 3–5 years.

PIKE (30 Minute Class) - will help children understand basic aquatic safety and learn to be comfortable in the water. Children will be supported by the instructor then gradually learn to swim short distances independently.

EEL (30 Minute Class) - will help children build confidence gradually swimming short distances independently with a focus on learning the basics of front crawl and back crawl.

RAY (30 Minute Class) - will build upon the strokes learned in eel with an emphasis on rotary breathing.

STARFISH (30 Minute Class) - builds on the introductory strokes learned in previous levels and working on stroke technique and an introduction to breaststroke and butterfly.

YOUTH SWIM LESSONS
These programs are for children ages 6–12 years

POLLIWOG (30 Minute Class) - will help children understand basic aquatic safety and learn to be comfortable in the water. Children will be supported by the instructor or using equipment while swimming short distances.

GUPPY (30 Minute Class) - this class will introduce front crawl and back crawl and help children gain confidence in the water.

MINNOW (45 Minute Class) - builds on front crawl with an emphasis on rotary breathing and back crawl. In addition, the class will add an introduction to elementary backstroke and breast stroke. Kids will also be introduced to basic diving skills.

FISH (45 Minute Class) - will be working on stroke refinement, building endurance, and an introduction to butterfly and sidestroke.

FLYING FISH (45 Minute Class) - will work on perfecting stroke technique while building endurance. They will be swimming in 50-100 yard increments, and learning flip turns and starts from the block.

SHARK (45 Minute Class) - works on swimming longer distances and building endurance, they will be swimming in 100-200 yard increments. There is an introduction to competitive swimming including IMs, understanding the pace clock, relays etc.

FLYERS (45 Minute Class 2x Per Week) - The Flyers is a class designed for swimmers who are ready for more than traditional swim lessons, but not quite ready for the full commitment of swim team. Participants will be educated on the elements of all the competitive strokes including starts and turns. Swimmers will improve their strokes and build endurance. Flyers is perfect for anyone in the fish level or higher who wants to learn about swimming competitively.

PRIVATE LESSONS AVAILABLE
Please contact Brooke Hendrick at bhendrick@ssymca.org or 617-479-8500 ext. 4742 for more information.
ADULT AQUATICS PROGRAMS

ADULT SWIM LESSONS

THE BASICS
• For those who consider themselves non-swimmers or even afraid of the water
• Gain basic aquatic skills and swimming strokes
• Water acclimation, and floating will be taught as well as front crawl, back crawl, and elementary backstroke

TECHNIQUE IMPROVEMENT
• For individuals who can complete 15 yards of front and back crawl comfortably
• Improve proficiency in basic aquatic skills of front and back crawl as well as elementary back stroke and side stroke
• A large focus will be on proper breathing in the water

FOR FITNESS
• For individuals who can complete 25 yards of front crawl with a complete understanding of rotary breathing, also confident at 25 yards of back stroke and breast stroke
• Will refine front crawl, back stroke, and breaststroke and turns and build endurance, butterfly will be introduced
• Great for those who want to join our Masters Swim but aren’t ready

FOR MORE INFORMATION on Youth & Adult Aquatics Programs, please contact Felix Hor, Aquatics Director, at fhor@ssymca.org or 617-479-8500 ext. 4741

INCLUSION AQUATICS PROGRAMS

HOPE FISH SWIM - This adaptive aquatics program is ideal for children with Autism or related sensory or social considerations. The focus is on water acclimation and basic swimming skills while promoting peer socialization and cooperative interactions. All participants for this program must go through the Aquatics office to register.

WATER EXERCISE

WARM WATER YOGA - Develop strength and balance with this relaxing form of aquatic exercise. Free yourself from pain and stiffness in the warm and supportive environment of the water. Learn breathing techniques, standing and floating poses, and slow and dynamic stretches.

WATER TAI CHI - Let the soothing water strengthen your body and caress your spirit! A flowing yet powerful sequence of moves, based on Tai Chi, combines breathing with slow, broad movements.
SWIM LESSONS & AQUATICS

AMERICAN RED CROSS CERTIFICATIONS

LIFEGUARD TRAINING - This is a 26-hour nationally recognized certification program for those who wish to become lifeguards. Successful completion of this course provides certification in Lifeguard & CPR for the Professional Rescuer.

Prerequisite requirements:

• Must be 15 years old by the conclusion of the class
• Swim 300 yards continuously (using front crawl and breaststroke).
• Swim 20 yards and retrieve a 10 lb brick from a depth of 9 feet and swim back with it
• Tread water without hands for 2 minutes

LIFEGUARD RE-CERTIFICATION - Students must possess a current certification or one that has not been expired for more than 6 months from date of class. This course will recertify lifeguard and CPR certification. Students must review their course materials prior to the class. You must bring a pocket mask to participate in the class.

WATERFRONT LIFEGUARD CERTIFICATION - Add this to your basic lifeguard certification to be able to guard at beaches. Must hold a current lifeguard certification.

CPR FOR THE PROFESSIONAL RESCUE RE-CERTIFICATION - This class is for those who possess a current CPR for the professional rescuer certification or one that has not been expired for more than a year. Students must review their course materials prior to the class.

COMMUNITY SWIM TEST

Do you need a swim test for boating courses, camps, etc? Contact Felix Hor at x4741 to set up an appointment.

Fees: $10 Member - $15 Non-Member

WATER SAFETY INSTRUCTOR TRAINING - This is a 30-hour nationally recognized certification program for those who wish to become swim instructors. If you’re at least 16 and a proficient swimmer, you can become an American Red Cross Water Safety Instructor and teach swimming lessons.

BABYSITTING COURSE - Are you considering getting a babysitting job to earn extra money or gain experience working with children? Jump start your first business venture by enrolling in the American Red Cross Babysitting course to get the training you need. The class is designed for 11–15 year olds. Learn how to care for infants – 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.

RED CROSS CERTIFICATION REFUND POLICY

There is a 50% non-refundable deposit necessary for all Red Cross classes. All classes must be paid for in full prior to the start of the first class session. If the participant cannot complete the prerequisites for any reason, they are only entitled to a 50% refund of the course, or they may use the full credit towards the next course. If the participant does not pass the course at the conclusion of the course, no refund will be given, but they can use the full credit towards the next course.

For more information on American Red Cross Certification Programs, please contact Felix Hor, Aquatics Director, at fhor@ssymca.org or 617-479-8500 x 4741.
COMPETITIVE SWIMMING

SOUTH SHORE YMCA STRYPERS

The South Shore YMCA Strypers is a USA and YMCA year round competitive swim team offering high quality professional coaching and technique instruction for all ages and abilities. The goal of the Strypers is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

FOR MORE INFORMATION on Youth & Adult Competitive Swimming Programs, please contact Laura Crossman, Asst. Director of Competitive Swimming, at lcrossman@ssymca.org or 781-829-8585 x 8253.

VISIT SSYSTRYPERS.COM FOR MORE DETAILS & UPDATES!

ADULT COMPETITIVE SWIMMING

ADULT MASTERS SWIM – This swimming program helps participants of various ability levels to improve their stroke efficiency (technique) and fitness. Managed by Director of Competitive Swimming and led by a team of experienced and enthusiastic coaches. All are welcome!

COMMUNITY, YOUTH & FAMILY COMMUNITY PROGRAMS

COMMUNITY CENTER PROGRAMS – Do you live in Ward 2, Hough’s Neck or North Quincy? Did you know that the YMCA runs FREE youth programs for 1st – 5th graders on half day Tuesdays at your local community center? For availability and more information, please contact Amy Drinkwater at 617-479-8500 ext. 4718.

BUILDING BRIDGES: ADULT SOCIAL SKILLS GROUP – This program provides an environment for adults with developmental disabilities to socialize and strengthen basic life skills. Instructors with a background in special education lead the group in developing friendship, social and life skills. Group members have opportunities to utilize these skills through the experience of participating in various activities offered within the Y.

LOOK FOR OUR INCLUSION SYMBOL: This symbol indicates a program providing an inclusive and supportive structure for members with diverse abilities. Contact ecasagrande@ssymca.org to discuss needs prior to the first class.
COMMUNITY, YOUTH & FAMILY
YOUTH & FAMILY PROGRAMS

KIDS NIGHT OUT – Includes our youngest members and is a great opportunity for parents to have a night out to see a movie, catch up with friends, or have dinner out, while your kids have fun in a familiar environment. Trained staff will lead through a themed night of a movie, activities, music, and pizza.

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.

BUILDING BRIDGES SOCIAL SKILLS GROUP – FUN is the name of the game in this action-packed social group ideal for kids with Autism Spectrum Disorder, ADD/ADHD or any child who could benefit from social skills coaching. Come join us for an hour of exciting games while working on basic social skills like good sportsmanship, independence and flexibility with an emphasis on “expected” and “unexpected” behaviors. As an added bonus participants will have the unique opportunity to generalize and practice these social skills each week by exploring different areas of the YMCA. Child should be able to participate in a 1:5 ratio.

BUILDING BRIDGES: TEEN SOCIAL SKILLS GROUP – Teen Social Skills Group provides a fun and exciting social opportunity ideal for teens with Autism Spectrum Disorder, ADD/ADHD or any teen who can benefit from social skills coaching. Enthusiastic and experienced instructors provide a place where teens can recognize, practice and feel at ease with everyday social encounters while building confidence and developing friendships. Teens have a unique opportunity to generalize and practice these social skills each week by exploring different areas of the YMCA.

TEEN SATURDAYS – Grades 6-10. Come to the Y on Saturday night to have fun and socialize when we are only open for teens! Every 1st and 3rd Saturday of the month from 7:45 to 10:00 PM.

FOR MORE INFORMATION on Youth & Family Programs, please contact Annie Vraibel atavraibel@ssymca.org or 781-829-8585 x 8232.

FOR MORE INFORMATION on Teen Programs, please contact Phil Gay at philg@ssymca.org or 617-479-8500 x 4712.
ARTS & EDUCATION
YOUTH ARTS PROGRAMS

DANCE

PRE-BALLETT - Ballet Focused, structured yet fun class develops coordination, large motor development, musical and spatial awareness.

BALLETT 1 - Ballet is the basis of all forms of dance. This class introduces ballet technique, terms, barre, and across the floor exercises.

BALLETT 2 - The student will expand knowledge of movement and Ballet terminology, as well as build an understanding of barre and center exercises. *Class is designed for students ages 5+ or those who have successful completed Ballet 1.

VISUAL ARTS

STORYTIME CRAFTS - Introduce your young child to literacy and inspire a life-long love for reading in this interactive class. Each class will include story time and a fun craft based on a new seasonal theme each week. *Caregiver required to attend class with child*

DRAW, PAINT, CREATE - Enjoy making art with a variety of techniques and materials including paint, collage, pastel, pencil and more! Children will develop new skills and have lots of fun.

MESSY MASTERPIECES - Let’s get messy creating and mixing different concoctions! Experiment with paint, different clays and doughs, pastels, etc. If it’s messy, we may do it!

FUNNY PAGES - Learn to create a comic strip as per publication standards with our cartooning specialist. Characters and storylines will be developed, and drawing skills will be refined in this fun and interesting class!

CRAZY CRAFTS - Use a variety of materials to get messy and create exciting craft projects. We will work with an array of materials and mediums, including paint, papier mache, yarn and more. Let your creative side run wild! *Will run during select vacation weeks*

MUSIC

KEYBOARDING - Group lessons. Playful exploration of musical concepts such as steady beat, rhythm, high/low pitch and tempo are explored through keyboard & singing. 2 levels of classes based on age and ability.

MUSIC & ME - Share in the joy of music! Build listening, tonal recognition and rhythmic skills while having fun. Toddlers will have a blast in this high-energy class. *Caregiver required to attend with child*

SING & PLAY - Pre-school aged children will have fun and make new friends in this high energy class! Children will participate in engaging educational activities that focus on music, movement, and creative self-expression. An ideal setting for sensory exploration.

CREATIVE FAMILY FUN

Open to all ages and included in Household Membership! Art-Focused Family Activities. Every Tuesday the Quincy Y offers creative family fun with a variety of arts and crafts projects and sensory activities.

ADULT ARTS PROGRAMS

VISUAL ARTS

ACRYLIC PAINTING - Learn to paint! This is an introduction to the materials and techniques of painting in acrylic for beginning students. Working from direct observation and a variety of subject matter, this class will focus on color and basic concepts of form, light, and composition. Supply list will be provided.

FOR MORE INFORMATION on Youth and Adult Arts & Education Programs, please contact Amy Rochon at arochon@ssymca.org or 617-479-8500 x 4713.
HEALTH, WELL-BEING & FITNESS
YOUTH HEALTH & FITNESS PROGRAMS

“BACK TO BASICS” – Calisthenics, body weight exercises and weight training. Class limited to 8.
CARDIO PLUS – Cardio drills and games
YOUTH YOGA – Kids develop social, sensory and motor skills while learning and practicing a series of yoga poses
YOUTH ZUMBA – Combines dance and fitness in a fun, upbeat environment

PRESCHOOL YOGA – It’s never too early to start with healthy habits. Children will develop social, sensory and motor skills — all while having fun! A typical class includes yoga poses with songs, picture books and games. Similar to adult yoga, the class ends with a rest during which children can explore a feeling of peacefulness.

PERSONAL TRAINING
Individual and Small Group Personal is available for SSYMCA Members. Our certified personal trainers are here to help you achieve your health and fitness goals, and will design an exercise program especially for you. All personal trainers are nationally certified and represent the highest levels of fitness expertise combined with an individualized approach. Rates are based on half hour and hour sessions. Bundled Sessions are also available.

For more information and assistance with choosing a Personal Trainer, call ext. 4761.

ADULT FITNESS PROGRAMS

SPECIALTY CLASSES

BOOT CAMP – Kick start your day! A combination of cardio, strength and agility on the turf field.

HIGH INTENSITY KETTLEBELLS – A great workout to condition the entire body employing high intensity interval training, resistance, and functional training with kettlebells, bodyweight and other modalities.

BARRE PILATES – The YMCA’s Barre Pilates class is a 60 min. 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 techniques, Pilates, and yoga. Light weights, small yoga balls, yoga straps and yoga mats will be used. One of the fastest safest ways to create results by targeting those difficult to tone areas.

INSANITY – Insanity is a revolutionary cardio-based total-body conditioning program based on the principle of MAX Interval Training. Instead of working out moderately with short bursts of intensity, Insanity features longer periods of high-intensity exercise punctuated with short periods of rest. The class is 35 minutes and meets twice a week.

LES MILLS GRIT – High-intensity training (HIIT) is one of the fastest ways to get fit and in shape. Short sharp bursts of effort allow you to reach maximum training zones. Get the up close and personal attention of small group of team training with Les Mills’ GRIT Series. Pre and Post Testing.

RUNNING & TRIATHLON

COUCH TO 5K – An introduction to learning to run a 5K. Safely progress your running technique, distance and speed.

RUN/BIKE/RUN – Leg/cardio cross training great for Triathletes and Duathlon Competitors (75 min)

STRENGTH & STRIDE – Bring more power to your running using drills, intervals and power. Build cardiovascular endurance and strength.

“Y WE RUN” LONG DISTANCE RUNNING CLUB – Run with a group for motivation to train for Marathons and long distance races. Learn to progress through your milestones safely to avoid injuries. There will be special lectures on diet, footwear, strength training, injury treatments, and prevention to help you reach your goal.

FOR MORE INFORMATION on Health, Well-being & Fitness programs, please contact Kim Driscoll at kdriscoll@ssymca.org or 617-479-8500 x 4761.
HEALTH EDUCATION & LIFESTYLE PROGRAMS

HEALTH EDUCATION

HEALTHIER YOU!* - This 6-week nutrition course gives you the information to make healthy food choices, consume appropriate food portions and how to make low-cost meals to keep you and your family healthy!

MY LIFE, MY HEALTH: CHRONIC DISEASE SELF-MANAGEMENT EDUCATION* - This 6-week workshop, developed by Stanford University Medical Center, is an evidence based self-management program that teaches participants how to set and meet personal goals, increase energy level, handle stress and learn to relax, and improve communication with your doctor.

DIABETES MANAGEMENT

YMCA’S DIABETES PREVENTION PROGRAM* - This program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance (the class is one hour in length).

MY LIFE, MY HEALTH: DIABETES SELF-MANAGEMENT EDUCATION* - This 6-week workshop, developed by Stanford University Medical Center, is an evidence based self-management program for those living with or caring for someone with diabetes or pre-diabetes to learn skills to prevent, manage and cope with the disease.

STRUCTURED EXERCISE

CARDIAC TRANSITIONS/ DIABETES - For individuals transitioning from cardiac rehabilitation or living with Diabetes or pre-Diabetes. This class will provide structured workouts based on individual needs. Small group setting provides social support and more concentrated attention from your instructor. Meets two times a week.

YOGA FOR WEIGHT LOSS - This 6-week, 90 minute class is designed to teach participants Yoga for weight loss, strength and length, education in awareness eating, stree relief, healthy whole food education, meditation and visualization techniques, exercise education and offers support in your NEW transformed life.
SPORTS
YOUTH SPORTS PROGRAMS

BASKETBALL CLINICS

AGES 2.5–3 W/ PARENT - Your child will run, bounce the ball, and shoot at the rim with you by their side to help & cheer them on.

AGES 4–6 & AGES 7–11 - Basic fundamentals of basketball. Children will begin learning how to dribble, shoot, pass, rebound, and play defense through a variation of fun games and drills. As classes progress, emphasis will be placed on teaching skills needed for game situations. Skills taught will be proper dribbling, passing, shooting form, defensive techniques, and the importance of sportsmanship while having fun.

T–BALL

AGES 2.5–3 W/ PARENT - Players will have fun running bases, catching, throwing and hitting a homerun with Mom or Dad right by their side.

AGES 4–6 - Children will learn the basics of baseball through fun drills and games. Games and drills will focus on teaching the proper techniques of running the bases, throwing, catching and hitting. Class will also focus on the importance of teamwork and sportsmanship in a fun environment.

SPORTSMANIA

AGES 2.5–3 W/ PARENT - Introduces preschooler’s to the basic skills of a variety of sports such as basketball, soccer, t-ball, and more. Class focuses on self-esteem, hand-eye coordination, team work, and sportsmanship all while having the comfort of their family there with them.

AGES 4–6 & AGES 7–10 - Come meet new friends and some exercise while trying a variety of sports such as, basketball, soccer, floor hockey to name a few. Each day of the week they will spend time learning the basics of sports through fun drills and games.

FLOOR HOCKEY LEAGUE

CO-ED AGES 6–10 - These will be pick-up games, where each week boys and girls of the same age will be place on a team, play games and receive some instruction.

KARATE

PEE WEE (AGES 5–7) - Basic martial arts taught through fun drills. Balance, coordination, kicking and punching drills are learned, along with self-discipline and concentration skills.

BEGINNER (AGES 8–12) - This all-level class is for boys and girls who want to learn the basics or continue to advance their skills in Tae Kwon Do Karate, the Korean form of Martial Arts.

INTERMEDIATE (AGES 7–12) - This is an intermediate class for boys and girls who want to advance their skills in Shorin-Ryu Shobu-Kan Karate.

ADVANCED (AGES 12–18) - Kicking, punching, self-defense and sparring techniques. Students should have prior experience in Karate and/or permission from the instructor.

SOCCER LESSONS

AGES 2.5–3 W/ PARENT - Players will have fun running bases, catching, throwing and hitting a homerun with Mom or Dad right by their side.

AGES 4–6 & AGES 7–10 - Drills will instruct youth with the proper techniques of passing and kicking, and the value of good sportsmanship and teamwork. Fundamental techniques of soccer, with focus on passing, kicking, sportsmanship, teamwork, and fun.

VOLLEYBALL LESSONS

AGES 10–14 - In this fun and fast moving sport, you’ll learn to pass, set, hit, block, and more! The program consists of both practice drills and games each week, and culminates in an all-team Round Robin Tournament for the final session. Sneakers and knee pads are required.

FLAG FOOTBALL LEAGUE

CO-ED AGES 6–10 - These will be pick-up games, where each week boys and girls of the same age will be place on a team, play games and receive some instruction.
ADULT SPORTS PROGRAMS

FOR MORE INFORMATION on Youth and Adult Sports Programs, please contact Tom Healy, Sports & Recreation Director, at thealy@ssymca.org or 617-479-8500 x 4750.

SOCCER LEAGUES

MEN’S SOCCER LEAGUE & CO-ED SOCCER LEAGUE
Must be 19 years or older. Grab your former teammates and come join our Men’s or Co-ed Soccer League.

- Games are played weeknight evenings
- 10 Regular Season Games (Top half of teams will make playoffs)
- Uniform top provided with numbers (all players must have matching uniform tops with different numbers and must be approved by Y)
- Minimum of 5 players; team max 15
- Sign up as a team or as an individual and be placed on team looking for extras
- Includes all official costs

DROP-IN SPORTS PROGRAMS

TABLE TENNIS
Monday’s 7:30pm – 10:00pm
Sunday’s 7:30am – 9:30am

VOLLEYBALL
Tuesday’s 7:00pm – 10:00pm
Saturday’s 6:00pm - 8:00pm
Sunday’s 4:00pm – 6:00pm

BADMINTON
Wednesday’s 7:30pm – 10:00pm
Sunday’s 10:00am – 12:00pm

Drop-in Sports are included for Members and $10 for Non-members.

BASKETBALL LEAGUES

MEN’S BASKETBALL LEAGUE & WOMEN’S BASKETBALL LEAGUE
Must be 19 years or older. Grab your former teammates and come join our Men’s or Women’s Basketball League.

- Games are played weeknight evenings
- 10 Regular Season Games (Top half of teams will make playoffs)
- Uniform top provided with numbers (all players must have matching uniform tops with different numbers and must be approved by Y)
- Minimum of 5 players; team max 12
- Sign up as a team or as an individual and be placed on team looking for extras
- Includes all official costs

SAVE THE DATE!
JANUARY 8, 2017
Kick off the New Year with the Y at the 6th Annual Frozen 5K Road Race. Visit ssymca.org for race details and registration information.

HOOPSTARS UNIFIED BASKETBALL LEAGUE
A unique opportunity for adults with and without disabilities who share the common interest of playing on a basketball team. Team members learn and practice skills together weekly in preparation for an end of the season tournament against other teams from local participating YMCA’s. All involved become part of a program that focuses on abilities, strengths and teamwork. Practices are one hour per week.

FOR MORE INFORMATION on Youth and Adult Sports Programs, please contact Tom Healy, Sports & Recreation Director, at thealy@ssymca.org or 617-479-8500 x 4750.
DID YOU KNOW?
THE Y IS A CHARITY.

As the seasons turn and children head back to school, the Y opens its doors to all to participate in early learning education programs, afterschool enrichment and tutoring opportunities, school-aged childcare programs and more. Our staff assists children from 6 months old through high school in achieving their academic best in safe, positive environments.

The South Shore YMCA is a charity. Dollars raised through charitable gifts to our Change a Life Fund ensure financial assistance and accessibility to programs and services for all.

Learn more about the Y’s mission, community impact and how you can offer support at ssymca.org/donations