THE BETTER YOU BELONGS HERE
Welcome to the South Shore YMCA! Here at the South Shore Y, we’re far more than buildings and pools and classrooms and camps. We are a charitable organization and a community that nurtures the “better you” in each of our members and program participants, always striving to improve the quality of life for children, individuals and families throughout the 13 communities we serve across the South Shore and beyond. From a small turn-of-the-century building in downtown Quincy to today’s far-reaching collection of branches and program sites, the Y has expanded in size and scope to impact the lives of more than 60,000 local community members each year, making us one of the largest YMCA associations in the country. I hope you will take advantage of all of the membership benefits the South Shore YMCA has to offer that build healthy spirit, mind and body for all. We’re excited to have you as a member of our family!

Sincerely,

Paul J. Gorman
President & CEO, South Shore YMCA
BECOME THE BETTER YOU

The South Shore YMCA is a place where everyone has the opportunity to become their better selves through our wide range of services and programs. All are welcome at the Y, and we have membership plans and financial assistance available to ensure that everyone can truly belong (see page 12).
EXPERIENCE THE VALUE OF A SOUTH SHORE YMCA MEMBERSHIP

The South Shore Y is more than just a place to work out. It’s a supportive community that helps you become a better version of yourself in spirit, mind and body.

LOCATIONS ACROSS THE SOUTH SHORE

You’ll find what you’ve been searching for at our Quincy and Emilson (Hanover) YMCA branches, Zonewellness™ health and wellness center, and our various other program sites and locations across the South Shore.

ACCESS EVERYWHERE

Through your Y membership, you gain access to YMCA locations throughout the United States, providing you with an opportunity to try new classes outside of your home branches, or workout while traveling or commuting to work.

FOR EVERYONE

We believe that our programs and services should be available to everyone – all ages, backgrounds, abilities and incomes. Whether you’re 2 or 102, you’ll find everything you need to become the better you here at the South Shore YMCA!

EMILSON YMCA
75 Mill Street
Hanover, MA 02339 | (781) 829-8585

QUINCY YMCA
79 Coddington Street
Quincy, MA 02169 | (617) 479-8500

ZONEWELLNESS™
141 Longwater Drive, Suite 106
Norwell, MA 02169 | (781) 264-9488

JOIN US!
Visit ssymca.org today!

30-DAY MONEY BACK GUARANTEE
At the Y, we bring families closer together, encourage good health and foster connections through fitness, sports and shared interests. Thousands of children and adults across the South Shore turn to the Y for support, guidance and the resources they need to strengthen and maintain their healthy, happy families. At the Y, you’ll grow stronger together.

ACTIVITIES FOR FAMILY HOUSEHOLD MEMBERS

FREE ON-SITE BABYSITTING & KIDS ACTIVITY CENTERS – Available while you work out at the Quincy and Emilson YMCA branches

KIDS NIGHT OUT & KIDS DAY OUT – Head out for some errands, dinner, or time to yourself while your kids stay and play at the Y

FAMILY PRIME TIME & FAMILY GYM – Dedicated time, games and activities for families to be active together

FAMILY PLAY ZONE (Emilson) – A space devoted to families where children of all ages can play together in a safe, social atmosphere

TEEN NIGHTS (Quincy) – Every Saturday night, teens gather at the Y to play and socialize in a fun, safe and supervised environment

SKY TRAIL® INDOOR ROPES COURSE (Emilson) – Reach new heights with our indoor, adventure-based ropes course for ages 7+ adult

YOUTH STRENGTH & CARDIO TRAINING AND CLASSES – Kids 8+ can learn to safely use equipment and exercise alongside their families. And family classes like Yoga, Grit and Zumba are available each week

FIELD TURF / BASKETBALL COURTS – Unique spaces at each Y branch for everything from shooting hoops to playing soccer
JOIN US!
Visit ssymca.org today!

MEMBERSHIP GUIDE // 5

FAMILY FARM
Providing families with tangible learning experiences and volunteer opportunities in organic farming.

SSC AT LAURA’S CENTER FOR THE ARTS
The South Shore Conservatory is offering a variety of classes and concerts for all ages at SSYMCA’s Laura’s Center for the Arts! SSYMCA members receive a 10% discount. Visit sscmusic.org/lca to learn more.

GYMNASTICS CENTER
Helping kids to safely develop a foundation of skills, improve balance and coordination, and have fun.

SOUTH SHORE NATURAL SCIENCE CENTER
Energizing children and families to learn about the local environment through focused programs, activities and interactive exhibits! Science Center Membership is included for FREE in your Family Household Y Membership!

THE SOUTH SHORE YMCA SWIM ACADEMY
Offering the area’s best in water safety education and recreation, with Swim Lessons from infant to adult, Swim Team for building competitive swimmers, and an extensive series of Water Fitness Options. And with indoor and outdoor pools for every age and ability, the Y is the perfect place for your family to enjoy the water year-round.

Enjoy priority registration and member rates on our programs and activities.

Reduced rates on programs when you sign up for fee-based classes including swim lessons, tennis, gymnastics and more!
STAY HEALTHY IN SPIRIT, MIND AND BODY

With over 100 instructor-led group exercise and aquatics classes offered each week, you’ll always find the right class to keep you motivated.

SPORTS & RECREATION

DROP-IN SPORTS AND OPEN GYM available daily

INDOOR & OUTDOOR POOLS

SKY TRAIL (Emilson)

INDOOR TRACK & FIELD HOUSE (Quincy)

INDOOR TURF FIELD & TURF GYM

TENNIS (Emilson) – With 4 indoor hard courts and 6 indoor clay courts, the SSYMCA premier tennis program is for beginner through experienced players to sharpen skills, make friends and enjoy the game.
FITNESS, HEALTH & WELL-BEING

Full access to our HEALTH & WELL-BEING FACILITIES featuring new, state-of-the-art equipment

Over 30 INDOOR SPIN/CYCLING CLASSES per week

KEISER CARDIOVASCULAR & STRENGTH EQUIPMENT AND FREE WEIGHTS

Over 100 included GROUP EXERCISE CLASSES per week including Yoga, Zumba, Les Mills Body Pump, Body Combat & CXWORKS, and more

3 “GET STARTED” COACHING SESSIONS

PERSONAL TRAINING available to members only at an additional fee

REFORMER PILATES STUDIO

FREE Y WEIGHT LOSS PROGRAM

Access to the SSYMCA’s ZONEWELLNESS™ studio in Norwell

NEW! eGYM STUDIO at the Emilson YMCA offers a "smart," personalized training experience

"PRESCRIBE THE Y” MEDICAL WELLNESS & LIFESTYLE PROGRAMS

CANCER SUPPORT – LiveSTRONG, Staystrong

CARDIAC MAINTENANCE

FALL PREVENTION & SENIOR WELLNESS

WEIGHT MANAGEMENT

DIABETES PREVENTION AND MANAGEMENT

HEALTH EDUCATION

STRUCTURED EXERCISE – Pre-/Post-Operative Care, Parkinson’s & Multiple Sclerosis Indoor Cycling

TOBACCO CESSATION

ACCESS FOR ALL

Our PARTNERSHIP PROGRAM offers those with physical disabilities the support and training partners needed to more fully enjoy fitness and recreation programs at the Y.

INCLUSIVE MODIFIED AND UNIFIED PROGRAMS AND SUPPORT is available for individuals with intellectual or developmental disabilities (IDD) - includes DSM-5 diagnosis.

JOIN US!
Visit ssymca.org today!
Our expansive network of locations across the South Shore ensures that there are multiple convenient sites for you and your family to get fit, have fun, and explore together!
A QUINCY YMCA
79 Coddington Street, Quincy, MA 02169
(617) 479-8500

B EMILSON YMCA
75 Mill Street, Hanover, MA 02339
(781) 829-8585

C EARLY LEARNING CENTER
NORTH QUINCY
1 Heritage Drive, North Quincy, MA 02171
(857) 403-4787

A STATE STREET EARLY LEARNING CENTER – QUINCY
79 Coddington Street, Quincy, MA 02169
(857) 403-4724

D ZONEWELLNESS™
141 Longwater Drive, Suite 106, Assinippi Park
Norwell, MA 02061
(781) 264-9488

E LAURA’S CENTER FOR THE ARTS
97 Mill Street, Hanover, MA 02339
(781) 829-8585 ext 8335

F EARLY LEARNING CENTER – HANOVER
1075 Washington Street, Hanover, MA 02339
(781) 826-7900

G SOUTH SHORE NATURAL SCIENCE CENTER
48 Jacobs Lane, Norwell, MA 02061
(781) 659-2559

H GERMANTOWN NEIGHBORHOOD CENTER
366 Palmer Street, Quincy, MA 02169
(617) 376-1384

F SSYMCA GYMNASTICS CENTER
1075 Washington Street, Hanover, MA 02339
(781) 829-8585 ext 8236

F SSYMCA FAMILY FARM
1075 Washington Street, Hanover, MA, 02339
(781) 659-2559 ext 221

G NATURE CENTER PRESCHOOL – SOUTH SHORE NATURAL SCIENCE CENTER
48 Jacobs Lane, Norwell, MA 02061
(781) 659-2559

SSYMCA RESIDENT CAMPS

I CAMP BURGESS & HAYWARD
75 Stowe Road, Sandwich, MA 02563
(508) 428-2571

SSYMCA DAY CAMPS

B CAMP GORDON CLARK
75 Mill Street, Hanover, MA 02339
(781) 829-8585

J CAMP QUIRK
333 Palmer Street, Quincy, MA 02169
(617) 479-8500

G NATURE ADVENTURES CAMP
48 Jacobs Lane, Norwell, MA 02061
(781) 659-2559

E ARTS CAMP AT LAURA’S CENTER FOR THE ARTS
97 Mill Street, Hanover, MA 02339
(781) 829-8585

B MATCH POINT SUMMER TENNIS ACADEMY CAMP
75 Mill Street, Hanover, MA 02339
(781) 829-8585

JOIN US! Visit ssymca.org today!
Financial assistance is available.

The Y is a nonprofit organization dedicated to strengthening the communities we serve. With a focus on youth development, improving individual health and well-being, and giving back to the community, your participation in the South Shore Y as a member will bring about meaningful change not just within yourself, but in your community, too.

We believe that our membership, programs and services should be available to everyone — all ages, backgrounds, abilities and incomes. Thanks to the generosity of our donors, we are able to offer financial assistance towards membership and programs so that everyone can truly belong. But we can’t do it without you. By donating to the Y, you can help us reach more people in need across the South Shore with our programs and services. Give today at ssymca.org/give For A Better Us.
JOIN US!
Visit ssymca.org today!
JOIN US!

Here at the Y, our mission statement is ‘The Better You Belongs Here.’ We provide a network of safe, vibrant community centers across the South Shore where friends and families of all ages, shapes and sizes can be together to exercise, play games and sports, swim, learn a new skill or develop a new talent. Stop in and see us to learn how you can “become the better you” and get involved at the Y!

SCHEDULE A TOUR

Have questions? Come check us out! Visit us online at ssymca.org to schedule a tour or stop in to one of our branches. Tours for all programs begin at our welcome centers and there is no need to pre-register, just show up!

READY TO BECOME A MEMBER?

Becoming a member of the South Shore YMCA is easy! Join online from anywhere at ssymca.org. When finished, our Membership Team will reach out and welcome you to the Y. OR visit one of our main branches in Quincy or Hanover to sign up in person. We’re open seven days a week, so come in anytime!

FINANCIAL ASSISTANCE IS AVAILABLE

We strive to serve the entire community by providing financial assistance based on individual need. This is made possible by charitable donations made to the YMCA through our annual campaign. Financial assistance may be granted based on the need demonstrated by income and/or ability to pay. Speak with Member Services to learn more.

TO LEARN MORE ABOUT SSYMCA MEMBERSHIP, CONTACT:

Emilson (Hanover) Branch: (781) 829-8585
Quincy Branch: (617) 479-8500
ZoneWellness™ Center: (781) 264-9488
## TYPES OF MEMBERSHIP

<table>
<thead>
<tr>
<th>MEMBERSHIP</th>
<th>MONTHLY RATE</th>
<th>JOINER’S FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FAMILY/HOUSEHOLD</strong></td>
<td>$123</td>
<td>$150</td>
</tr>
<tr>
<td>Up to five individuals living at the same address. One person must be 18 years or older. For Households with more than five individuals, a $20 monthly fee is charged for each additional Household member.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ADULT</strong></td>
<td>$68</td>
<td>$100</td>
</tr>
<tr>
<td>Individual ages 28-64</td>
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<td></td>
</tr>
<tr>
<td><strong>YOUNG ADULT</strong></td>
<td>$46</td>
<td>$50</td>
</tr>
<tr>
<td>Individual ages 23-27</td>
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<td></td>
</tr>
<tr>
<td><strong>JUNIOR</strong></td>
<td>$29 - automatic monthly draft</td>
<td>NONE</td>
</tr>
<tr>
<td>Individual ages 10-22</td>
<td>$39 - month-to-month</td>
<td></td>
</tr>
<tr>
<td><strong>SENIOR</strong></td>
<td>$49</td>
<td>$50</td>
</tr>
<tr>
<td>Individual age 65+</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ZONEWELLNESS™</strong></td>
<td>$39</td>
<td>NONE</td>
</tr>
<tr>
<td>Individuals ages 18 and up</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 30-DAY MONEY BACK GUARANTEE
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.

JOIN US!
Visit ssymca.org today!
THE SOUTH SHORE YMCA
THE BETTER YOU BELONGS HERE

There is only one thing you cannot be tomorrow.

And that’s younger.

You can be stronger, healthier, happier, smarter, kinder. You can be more helpful, more mindful, more respectful, more social, more generous.

You can be better.

Better isn’t dramatic, like a before and after picture on an infomercial. Better happens incrementally; it takes baby steps.

Better is rarely, if ever, a solo journey. It is with the encouragement of family and friends, even total strangers, that you discover how to liberate the better in you. And before long, you realize the very best of better: you become an inspiration for someone else to begin the journey.

The South Shore Y is where the better you belongs. We are far more than buildings and equipment and pools and classrooms and camps, which, not coincidentally, we work to expand and improve every day. We are a community of people who share the same values and philosophy. We don’t just believe you have the will and the ability to be better tomorrow; we know it.

There is a better you waiting impatiently inside of you. Time to let it out, and let it belong.

SCHEDULE A TOUR!
Visit ssymca.org

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