INCLUSION PROGRAMS AT SOUTH SHORE YMCA ARE MODIFIED AND UNIFIED

“We are all humans with different abilities and stories to tell. Please listen, be kind and accept me for who I am.”

South Shore YMCA Inclusion Modified Programs are for people with Intellectual or Developmental Disabilities (IDD) — includes DSM-5 diagnosis. Inclusion Modified Programs improve and encourage communication skills, social and emotional development, cooperative interactions, physical well-being, and friendships.

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

EMILSON YMCA
75 Mill Street
Hanover, MA 02339
781-829-8585
The Inclusion mission at the SSYMCA is to provide support and funding for:

- **Inclusion Modified Programs** – for people with Intellectual or Developmental Disabilities (IDD) including DSM-5 diagnosis — offer smaller group sizes with lower participant-to-instructor ratios to ensure each participant receives the 1:1 attention needed to learn and generalize skills to independently and successfully access SSYMCA facilities and programs. Inclusion Modified Programs improve and encourage communication skills, social and emotional development, cooperative interactions, physical well-being and friendships.

- **Unified Programs** – that provide access to all people with or without disabilities with consideration given to reasonable accommodations.

It is our goal for people with IDD to enjoy, unify, and succeed in accessing all our facilities and participating in all our programs.

We understand and welcome the added support of outside organizations, Job Coaches, Program/Residential Aids, 1:1 Direct Support Therapists, Applied Behavior Analysis, Peer Mentors, Special Education Teachers, Paraprofessionals, Personal Care Attendants, and Respite Care Providers.

To learn more about Inclusion programming at the South Shore YMCA, contact 781-829-8585 EXT. 8365 or inclusion@ssymca.org.

Visit ssymca.org/programs or see our Program Guide for dates, times, program details and requirements.

### AQUATICS

**INCLUSION MODIFIED SWIM BASICS** AGES 13+
If you are a non-swimmer and/or afraid of the water, Swim Basics will teach basic front and back swimming and water safety skills.
- Monthly enrollment, year-round.

**HOPE FISH 1** AGES 5-12
This Level 1 Swim Academy program includes safely entering and exiting the pool, wall grab, blowing bubbles, and bobs.
- Monthly enrollment, year-round.

**HOPE FISH 2** AGES 5-12
This Level 2 Swim Academy program helps swimmers focus on basic front and back swimming skills while building on skills learned in Level 1.
- Monthly enrollment, year-round.

**HOPE FISH 3** AGES 5-12
This Level 3 Swim Academy program will teach swimmers to jump in the water, push off the bottom and return safely to the wall to exit the pool while building on skills learned in Level 2.
- Monthly enrollment, year-round.

**INCLUSION UNIFIED OPEN SWIM** ALL AGES
Y members and their families/caregivers are invited to access the Family Pool area together, without interruption, while enjoying the water in a quiet and relaxing environment.
- Monthly enrollment, year-round.

**WAVE RUNNERS SWIM CLUB** AGES 13+
Develop friendships while building strength and endurance through calisthenics, strokes, and continuous swim.
- Monthly enrollment, September-June.
OPEN ACCESS AT ZONEWELLNESS AGES 18+
During this dedicated time, Y members, their caregivers, and aides can access our ZoneWellness facility together, without interruption, while enjoying the space together in a quiet and relaxing environment.
• Sessions available year-round.

HEALTH EDUCATION & LIFESTYLE SESSIONS

UNIFIED SPORTS MANIA AGES 3-6
This non-competitive, instructional based program focuses on the participant learning a variety of different types of recreational sports.
• Sessions September-June.

TRACK TEAM AGES 7+
Build cardio endurance and strength through stretching, calisthenics, run/walk/wheel drills, and basic throwing techniques. This indoor program focuses on the athlete who is preparing for school based or Special Olympics Track & Field programs.
• Monthly enrollment, September - June.

HOOPSTARS UNIFIED BASKETBALL LEAGUE AGES 13+
Joins people of all abilities together to train, develop skills, and build friendships. A tournament will close out program session.
• Sessions September - June.

KARATE ACADEMY AGES 5-12
This co-ed program introduces basic martial arts including: balance, coordination, kicking, and punching.
• Sessions September - June.

UNIFIED SOCCER FUNDAMENTALS AGES 13+
Participants will work to improve skills and fundamentals including dribbling, passing and shooting.
• Sessions September - June.

SPORTS SESSIONS

LOBSTARS TENNIS CLINIC AGES 13+
Learn basic skills and stroke development through a combination of exciting drills, FUNdamental games and match play.
• Sessions September - July.

YOUTH COMPETITIVE SWIM TEAM

SSYMCA STRYPERS - GREEN GROUP AGES 6-18
The SSYMCA Strypers are a year-round competitive swim team participating in both YMCA and USA meets. High quality professional coaching staff train Green Group participants in technique work and skills.
• Contact Tim Anderson at tanderson@ssymca.org for more information.

HEALTH, WELL-BEING & FITNESS SESSIONS

C.A.S.T. FITNESS AGES 13+
Explore interval training with a combination of cardio routines and strength training activities.
• Sessions September - June.

YO CYCLE Ages 13+
Get into shape with general fitness instruction and movement that combine yoga and cycling to improve health and communication with others.
• Sessions September - June.

YOUTH, TEENS, & FAMILY SESSIONS

BUILDING BRIDGES: YOUTH SOCIAL GROUP AGES 7-12
Through games and activities, participants will work on social initiation, communication skills, cooperative interactions and self-regulation.
• Sessions September - June.

BUILDING BRIDGES: TEEN SOCIAL GROUP AGES 13-22
This social group will help participants recognize, practice, and feel at ease with everyday social encounters while building confidence, developing friendships, and having fun in a comfortable relaxed atmosphere.
• Sessions September - June.

BUILDING BRIDGES: ADULT SOCIAL GROUP AGES 22+
Group members will have the opportunity to practice and utilize social skills through the experience of participating in various activities offered through the Y.
• Sessions September - June.

UNIFIED SPORTS MANIA AGES 3-6
This non-competitive, instructional based program focuses on the participant learning a variety of different types of recreational sports.
• Sessions September-June.

ACCESS AFTERNOON CLUB- SOUTH SHORE SUPPORT SERVICES AGES 18+
A program specially designed for people that participate in day programming through South Shore Support Services including: access to the pool, gym and more.
• Contact Laurel Hickey for more information, lhickey@soshoresupport.org.

EXPLORING DISNEY ANIMATION AGES 13+
Improve social and communication skills while exploring the animation behind Disney classic movies.
• Monthly enrollment, year-round.

UNIFIED SOCCER FUNDAMENTALS AGES 13+
Participants will work to improve skills and fundamentals including dribbling, passing and shooting.
• Sessions September - June.

TENNIS SESSIONS

LOBSTARS TENNIS CLINIC AGES 13+
Learn basic skills and stroke development through a combination of exciting drills, FUNdamental games and match play.
• Sessions September - July.
To learn more about Inclusion programming at the South Shore YMCA, contact 781-829-8585 EXT. 8365 or inclusion@ssymca.org.