SOUTH SHORE YMCA
FALL PROGRAMS 2020
A WHOLE NEW WORLD TO EXPLORE

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

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

REGISTRATION BEGINS SEPTEMBER 1, 2020
ssymca.org/register

FALL SESSION (13-WEEKS)
September 13 – December 20

MEMBER PREFERRED RATES South Shore YMCA Members receive preferred rate of 30% off programs

FINANCIAL ASSISTANCE is available so that everyone can participate. Call us for assistance and information.

COVID-19 SAFETY GUIDELINES See ssymca.org/covid for COVID-19 safety guidelines and protocols. All programs are non-contact with hand washing, sanitizing, physical distance and dedicated groups in place, according to state, local and CDC guidelines to keep you safe. Face masks required for anyone ages 2+, except in pools.
PROGRAM REGISTRATION & POLICIES

FALL 2020 SESSION DATES
September 13, 2020 – December 20, 2020

REGISTRATION DATES
Registration begins Tuesday, September 1, 2020 for members and the general public for Fall 2020 session.

ONLINE REGISTRATION
To register online, visit ssymca.org/programs and select the Register button. Before you register, you’ll be prompted to create or log in to a SSYMCA online account.

WALK-IN REGISTRATION
To register in person, please visit the Emilson YMCA or Quincy YMCA Welcome Center. Registration for both South Shore YMCA Members and the public begins at 8:30am on the registration start date, with the exception of Powers Aquatics parent/child swim lessons, which fall on a staggered schedule (see below).

PHONE REGISTRATION
Call the Emilson YMCA at (781) 829-8585 or Quincy YMCA at (617) 479-8500 and ask for our Welcome Center.

BEFORE YOU REGISTER
FOR PHONE & WALK-IN REGISTRATIONS: Please confirm your birth date and email address with the Welcome Center team to help facilitate your registration.

FOR ONLINE REGISTRATIONS: If this is your first time registering online, please visit ssymca.org and click “LOGIN” from the top navigation bar and follow instructions to create a new SSYMCA online account prior to registration.

NEW REGISTRATION FOR POWERS AQUATICS PARENT/CHILD SWIM LESSONS
• Registration for new Swim Academy Powers Aquatics parent/child swim lessons will take place online only on a staggered schedule. See “Swim Academy” section of this guide for details and the schedule below.
• All newcomers to Powers Aquatics ages 2 months to 36 months will register for the NEWBIES program on Saturday, September 5 between 7pm and 8pm for members, 8pm-10pm for all.
• Register online at symca.org/swim/powers-aquatics

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FALL 2020 SESSION HOLIDAYS & NON-PROGRAM DAYS

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XX holiday hours / no calendar-based programs
XX no calendar-based programs, regular hours
XX YMCA closed – no programs

MEMBER RATES

South Shore YMCA members enjoy special rates of 30% off most SSYMCA programs. Group exercise classes are included in membership for free. Membership must be current throughout the entire program session/season to receive member rates. To enjoy membership rates for your children, each child must be part of your active Family/Household or Adult + 1 South Shore YMCA membership. Should your membership expire or terminate during the program, you will be charged the non-member public rate for the remainder of your program.

Prices in this guide are subject to change. Visit ssymca.org/register for current offerings and prices.

WAITLIST

If a program is full, you may request to be placed on the waitlist. You will make no payments until accepted into the program. The program director will inform you of your acceptance into the program, so be sure we have your correct contact info. POWERS AQUATICS: There is no waitlist available for Powers Aquatics swim lessons.
CANCELLED PROGRAMS/CLASSES
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, in the event a class cannot be made up there will be no refund. After the first week of programming, classes without sufficient enrollment numbers may be cancelled.

LATE REGISTRATION & PRORATING
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. A $10 flat prorate allowance will be applied to the registration fee after the 2nd week of classes.

CREDITS & REFUNDS
If notification of withdrawal is received within 48 hours or more prior to the first session date, a YMCA credit or a full refund will be issued for the full amount of the program minus a $15 processing fee. If notification of withdrawal is received less than 48 hours before the first session date, a YMCA credit minus $15 will be received. If notification of withdrawal is received up to the third session date, a YMCA credit will be issued minus the $15 fee and the cost of sessions already held. After the third session date, there will be no refunds or credits 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. System credit cannot be applied towards membership dues, only future program registration.

CHILD SUPERVISION
Children under the age of 10 must be accompanied by an adult while in the facility.

INCLEMENT WEATHER
In the event of inclement weather, facility closings and/or program cancellations will be communicated via updates at ssymca.org, email announcements, and notifications on our mobile app. You may also call the program location for updates.

COVID-19 SAFETY GUIDELINES & PROTOCOLS
We’ve prepared a safe environment for our members and program participants, with new guidelines for facility and equipment use. We have restructured our facilities for healthy physical distancing, have ample access to hand sanitizer and sanitizer stations, and significant disinfecting of equipment and activity areas throughout the day. Face masks are required for anyone over the age of 2 years old, with the exception of pools.

To protect one another, every time you visit the Y, you be asked to self-certify that the following is true before entering our facilities:

- I have not had a cough or fever for 14 days
- I have been Covid-19 symptom-free for 14 days
- I agree to maintain physical distancing wherever possible
- I agree to clean any equipment I touch immediately after use
- I agree to wear my own mask/mouth & nose covering during my visit
- I will sanitize my hands upon arrival and during my visit

See ssymca.org/COVID for details on our safety policies and guidelines.
SWIM ACADEMY SWIM LESSONS

NEW POWERS AQUATICS PARENT/CHILD LESSONS

AGES 2 MONTHS – 6 YEARS

FALL SESSION: September 14 – December 2020

CONTACT: powersaquatics@gmail.com

REGISTER: ssymca.org/swim/powers-aquatics between 9/1 and 9/5. See REGISTRATION SCHEDULE BELOW

Powers Aquatics is now part of the South Shore YMCA Swim Academy! The trusted, highly effective parent-child technique developed by Kristen Seaton is now available at the South Shore YMCA Swim Academy. Start your child as young as 2 months old and keep them learning through 6 years old. Set a course for a lifelong love of swimming, learning and improving.

Powers Aquatics – Inclusive Parent/Child Swim Lessons: These classes are run as parent/child classes and we have 4 levels of this program. M $168 | NM $252

- Inclusive – Newbies (2 Months – 3 Years Old)
- Inclusive – Level 1 (2 Months – 4 Years Old)
- Inclusive – Level 2 (15 Months – 4 Years Old)
- Inclusive – Level 3 (Age 25 Months – 4 Years Old)

Powers Aquatics – Adaptive Parent/Child Swim Lessons: This program is designed for children who need their curriculum modified or adapted to meet their needs. M $168 | NM $252

- Adaptive Level 1 Age: 2 Years – 5 Years
- Adaptive Level 2: Age: 2 Years – 5 Years

Powers Aquatics – Little Crushers: These classes are run with no parent in the water (just the instructor), parents are not allowed on the pool deck during class, we have 2 levels of this program. M $224 | NM $336

- Little Crushers – Level 1: Ages 3 & 4
- Little Crushers – Level 2: Ages 5 & 6

REGISTRATION DATES FOR POWERS AQUATICS PARENT/CHILD (STAGGERED BY LEVEL)

Register online at symca.org/swim/powers-aquatics

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**SWIM ACADEMY YOUTH LESSONS** | AGES 4–12

Register at ssymca.org/swimlessons

**M $168 | NM $252**

For children who have completed Powers Aquatics or are looking to begin swim lessons for the first time at age 4 or older, our Swim Academy is designed to build confident swimmers for life! Swimmers start at the level that is right for them and advance to the next level at their own pace.

**Fall Session:** September 14 – December 2020

- Level 1: 4–12 years
- Level 2: 4–12 years
- Level 3: 4–12 years
- Level 4: 4–12 years

**SWIM ACADEMY STROKE SCHOOL & SWIM SQUAD** | AGES 6–12

Register at ssymca.org/swimlessons

**M $168 | NM $252**

In Stroke School and Swim Squad, swimmers will begin to learn more competitive and advanced techniques to build strength, endurance and skills that can start them on a path to competitive swimming.

**Fall Session:** September 14 – December 2020

- Stroke School Level 5: Ages 6–12 years
- Stroke School Level 6: Ages 6–12 years
- Mini Strypers: Ages 6–12 years
- Swim Squad: Ages 6–12 years

**SWIM ACADEMY TEENS & ADULTS LESSONS** | AGES 11+

Register at ssymca.org/swimlessons

**Fall Session:** September 14 – December 2020

**M $168 | NM $252**

- Platinum: Ages 11–18 years
- The Basics: 13+
- Technique Improvement: 13+
Sports & Recreation

Sports restore our spirits and energy and build confidence. And for many of us, they’re the foundation of active living and rewarding relationships. Our Y is thrilled to bring back sports for our community, following all safety guidelines to keep kids active and safe. Maximum Class Size = 10 per class.

**FALL SESSION:** September 13 – December 2020  
**LOCATION:** Quincy YMCA field house

**RATES:** South Shore Y Members enjoy 30% preferred rate on programs. M = Member, NM = Non-Member

**REGISTER:** To register online visit ssymca.org/register

**KARATE (QUINCY YMCA)**

Students can continue to learn the skills of karate while keeping safe at the Y! Karate is non-contact and taught with physical distancing in practice at all times. Smaller group classes require a minimum number of students to run. Students are required to wear masks.

- **Pee Wee:** Basic martial arts taught through fun drills.
- **Beginner:** All-level class to learn the basics.
- **Intermediate:** Advance your skills in Shorin-Ryu Shobu-Kan Karate.

**CLASS** | **AGE** | **DAY** | **TIME** | **FEE (Member/Non-Member)** | **DURATION**
---|---|---|---|---|---
Pee Wee | 5–7 | Monday | 5:00–5:30pm | M $214 | NM $321 | 30 Mins
Pee Wee | 5–7 | Saturday | 9:00–9:30am | M $214 | NM $321 | 30 Mins
Beginner | 8–12 | Monday | 5:30–6:15pm | M $241 | NM $362 | 45 Mins
Beginner | 8–12 | Saturday | 9:35–10:25am | M $241 | NM $362 | 45 Mins
Intermediate | 7–12 | Tuesday | 6:00–6:45pm | M $241 | NM $362 | 45 Mins
Intermediate | 7–12 | Saturday | 10:25–11:10am | M $241 | NM $362 | 45 Mins
Advanced | 12–18 | Tuesday | 6:45–7:45pm | M $279 | NM $418 | 60 Mins
Advanced | 12–18 | Saturday | 11:15am–12:15pm | M $279 | NM $418 | 60 Mins

**SPORTS MANIA (QUINCY YMCA)**

Ages 4–6 Introduces preschoolers to basic skills of sports such as basketball, soccer, t-ball, and more. Class focuses on self-esteem, hand-eye coordination, teamwork and sportsmanship while having the comfort of their family there with them. Game play to be determined by Youth Sport Restrictions and Guidelines.

- Saturday 9am | 45 minutes | M $195 NM $293

Ages 7–10 Will work on age appropriate skills and drills of sports such as basketball, soccer, t-ball, and more. Class focuses on self-esteem, hand-eye coordination, teamwork, and sportsmanship. Game play to be determined by Youth Sport Restrictions and Guidelines.

- Saturday 10am | 45 minutes | M $195 NM $293

**SOCCER LESSONS (QUINCY YMCA)**

Ages 7–10. Kids work on soccer skills and drills to help continue to learn and enjoy the game. Focuses on skill development, self-esteem, coordination, teamwork, and sportsmanship. Game play to be determined by Youth Sport Restrictions and Guidelines.

- Saturday 11am | 45 minutes | M $195 NM $293

**BASKETBALL CLINIC (QUINCY YMCA)**

Ages 7–10. Kids work on basketball skills and drills to continue learning and loving the game. Focused on skill development, self-esteem, coordination, teamwork, and sportsmanship. Game play to be determined by Youth Sport Restrictions and Guidelines.

- Thursday 4:30pm | 45 minutes | M $195 NM $293

**FIELD GAMES (QUINCY YMCA)**

This program will feature a mix of socially distanced different camp games such as capture the flag, dodgeball and gaga ball.

- Monday 4:30pm | 45 minutes | M $195 NM $293

**SPORTS GALORE (QUINCY YMCA)**

Ages 3–5. Come meet new friends and get some exercise while trying a variety of sports. Kids will be introduced and play a variety of games throughout class. Sports will include soccer, basketball, t-ball and many more.

- Friday 10am | 45 minutes | M $195 NM $293
NATURE-BASED STEM ENRICHMENT PROGRAMS

South Shore Natural Science Center’s experienced environmental educators will support learning through hands-on nature-based experiences and explorations. Curriculum will reflect and tie to the Massachusetts STE standards.

LOCATION: South Shore Natural Science Center, 48 Jacobs Lane, Norwell, MA

REGISTER: ssymca.org/STEM

GRADES K-1

- Mondays, September 21 – November 16 (*8 Weeks) (1:00-3:00pm) M $265 | NM $315
  *No Class Indigenous Peoples Day
- Wednesdays, September 23 – November 18 (*8 Weeks) (9:30-11:30am) M $265 | NM $315
  *No Class Veterans Day
- Thursdays, September 24 – November 19 (9 Weeks) (9:30-11:30am) M $295 | NM $345
- Fridays, September 24 – November 19 (9 Weeks) (1:00-3:00pm) M $295 | NM $345

GRADES 2-3

- Mondays, September 21 – November 16 (*8 Weeks) (8:30-11:00am) M $325 | NM $375
  *No Class Indigenous Peoples Day
- Tuesdays, September 22 – November 17 (9 Weeks) (1:00-3:30pm) M $363 | NM $413
- Thursdays, September 24 – November 19 (9 Weeks) (12:30-3:00pm) M $363 | NM $413
- Fridays, September 24 – November 19 (9 Weeks) (8:30-11:00am) M $363 | NM $413

GRADES 4-6

- Tuesdays, September 22 – November 17 (9 Weeks) (9:30am – 12:30pm) M $405 | NM $455
- Wednesdays, September 23 – November 18 (*8 Weeks) (12:30 – 3:30pm) M $360 | NM $410
  *No Class Veterans Day
ART @ LAURA’S CENTER FOR THE ARTS

REGISTER: Visit ssymca.org/register FALL SESSION: September 14 – December 19, 2020
LOCATION: Laura’s Center for the Arts CONTACT: Chris Crossen 781-829-8585 x8400, ccsills@ssymca.org
RATES: South Shore Y Members enjoy 30% preferred rate on programs.

VIDEO AND PHOTOGRAPHY

INTRODUCTION TO FILMMAKING (TEENS AGES 13-21)
Learn the basics of filmmaking using our Canon Rebel cameras to film and edit your first full video in this 2-day intensive course. Develop your abilities as a filmmaker - write a script, storyboard, film and edit them together in our brand-new iMac lab on Adobe Premiere. Produce your own content and post online for all to see. Instructor: Christopher Cross
- Thursday - 6pm-7:30pm | M $250 NM $305

INTRODUCTION TO PHOTOGRAPHY (TEENS AGES 13-21)
Move beyond your smartphone and get behind our Canon Rebels. Learn how to setup the perfect shot, snap pictures and prepare them to show the world with Adobe Photoshop. Create original pieces of work and recreate legendary photographs. Are you ready to smile and pose? No experience necessary! Instructor: Christopher Cross
- Wednesday - 6pm-7:30pm | M $250 NM $305

INTRODUCTION TO PHOTOGRAPHY (ADULT PROGRAM)
Move beyond your smartphone and get behind our Canon Rebels. Learn how to setup the perfect shot, snap your pictures and prepare them to show the world with Adobe Photoshop. Create original pieces of work and recreate legendary photographs. Instructor: Christopher Cross
- Tuesday - 6pm-7pm | M $250 NM $305

THEATRE PROGRAMS

TEEN ACTING WORKSHOPS (AGES 13-21) This series is designed to further a young actor’s training. Each session will focus on an aspect of acting utilizing specific methods and tools that will boost any young actors’ understanding and ability. No experience necessary! Instructor: Matthew Maggio
- Week 1 Movement for the Actor
- Week 2 Using the Method: Intro to Stanislavsky & Meisner
- Week 3 Using Substitution: Actors’ Emotional/Physical Recall
- Week 4 Acting Shakespeare
- Week 5 Improv and Comedy
- Week 6 Speech and Dialect
- Week 7 Scene Study: Putting it all Together

Member Price (One Time) $175.00 | NM $260.00

TECHNICAL THEATRE WORKSHOP (AGES 10-18)
Come learn how to improve your craft in the technical theatre world. Join instructor Christopher Cross and a variety of other local theatre people and learn the basics of lighting, set construction, costume design, and more. Improve your craft within SSYMCA Laura’s Center for the Arts space. No experience necessary!
- Tuesdays - 5pm-6pm
- M $120 NM $150

DANCE PROGRAMS

IMPROVISATION DANCE CLASS WITH KAYLEE (AGES 8-12)
Minimum 3 years dance experience suggested. Good with the music? Got rhythm? Come learn how to make use of your talent. Learn advanced moves and develop your own dance routines.
- Tuesday 4pm-5pm
- Member Price (One Time) $175 | NM $260.00

LEARN TO FREESTYLE DANCE (AGES 8-12) From school dances to TikTok videos, come and learn the basics of these dances. Enhance your skills and learn how to do all the latest dance trends. Impress your friends with your brand-new skills.
- Tuesday 5:15pm-6:15pm
- Member Price (One Time) $175 | NM $260

FAMILY DANCE CLASS (ALL AGES) Bring the whole family and learn together. Learn the latest dance trends, wedding favorites and more. Family dance is your chance to create group routines to practice at home or compete for who is the best dancer.
- Tuesday 6:30pm-7:30pm
- Member Price One Time $175 | NM $260.00

Meet Instructor Kaylee Millis (IG @impavido)
Kaylee finished top 5 on So You Think You Can Dance Season 14, touring and performing across the country all season. Trained in a variety of dance styles, Kaylee fused them together to create her own unique style, performing in several street crews while growing up in the Boston dance scene. Kaylee also danced with Janet Jackson at the Billboard Awards.
YOUTH/JUNIOR TENNIS

FALL SESSION: September 13 – December 2020

RATES: South Shore Y Members enjoy 30% preferred rate on programs. M= Member, NM = Non-Member

REGISTER: To register online visit ssymca.org/tennis, choose your program and click the “Register” button.

LITTLE CHAMPS (ages 4–5): Fun-filled introduction to tennis with smaller courts and foam balls. Features stroke development, games played to music, and hand-eye coordination drills.

- Monday 4:00-4:45pm, M $210, NM $315
- Wednesday 4:00-4:45pm, M $210, NM $315
- Friday 4:00-4:45pm, M $195, NM $293
- Saturday 9:15-10:00am: M $195, NM $293

RED BALL (ages 6–7): RB1: This format uses specialized equipment and short court dimensions. Players use the red ball (25% of yellow regulation ball compression) on a 36-foot court. RB2: Players must understand basic rules, be proficient in basic strokes, have rally skills, and serve consistently with success on a 36-ft court.

- Red 1 Wednesday 5:00- 6:00P, M $280 NM $420
- Red 1 Friday 5:00 – 6:00P M $260 NM $390
- Red 1 Saturday 10:00 – 11:00A M $260 NM $390
- Red 2 Wednesday 5:00 – 6:00P M $280 NM $420
- Red 2 Friday 5:00 – 6:00P M $260 NM $390
- Red 2 Saturday 10:00 – 11:00A M $260 NM $390

ORANGE BALL (ages 8–10): OB1: Introduction to the basics of stroke production, rules, and ball control using the orange ball (50% of yellow regulation ball) on a 60-foot court. OB2: Players must know basic strokes, sustain at least short rallies, serve, and understand the rules well enough to play points on a 60-foot court.

- Orange 1 Monday 4:00 – 5:00P M $280 NM $420
- Orange 1 Friday 5:00 – 6:00P M $260 NM $390
- Orange 1 Saturday 11:00A – 12:00P M $260 NM $390
- Orange 2 Monday 5:00 – 6:00P M $280 NM $420
- Orange 2 Friday 5:00 – 6:00P M $260 NM $390
- Orange 2 Saturday 12:00 – 1:00P M $260 NM $390

GREEN BALL AGES 11–18: GB1: Intro to the basics of stroke production, rules and ball control using green dot balls (75% of regular compression) on a full, 78-foot court. GB2: Placement is contingent on evaluation. Must be able to cover the entire court with proper and consistent movement skills, ball recognition, forehands, backhands, and serves.

- Green 1 Tuesday 4:00 – 5:00P M $280 NM $420
- Green 1 T & Th 4:00 – 5:00P M $486 NM $729
- Green 1 Thursday 4:00 – 5:00P M $260 NM $390
- Green 1 Saturday 11:00A – 12:00P M $260 NM $390
- Green 2 Monday 3:30 – 5:00P M $420 NM $630
- Green 2 M & F 3:30 – 5:00P M $729 NM $1094
- Green 2 M & S Varies M $729 NM $1094
- Green 2 Friday 3:30 – 5:00P M $390 NM $585
- Green 2 F & S Varies M $702 NM $1053
- Green 2 Sun & T Varies M $378 NM $567
- Green 2 Saturday 12:00 – 1:30 P M $390 NM $585
- Ladder* Saturday 2:00 – 3:00P M $176 NM $264

*Green Ladder with 2 clinics: M $0 / NM $0

HIGH SCHOOL AGES 13–18: For teens looking to play High School tennis that are new to the game

- Sunday 10:30A – 12:00P M $420 NM $630
- HS Tennis Clinic Su & Th Varies M $729 NM $1094
- HS Tennis Clinic Thursday 3:30 – 5:00P M $390 NM $585

PLAYER DEVELOPMENT CLINICS 1 & 2 (ages 13–18): For more experienced players, with PDV1 focused on proper technique, singles and doubles strategies and learning to play live ball, while PDV2 is for more advanced players working on strokes and strategy

- PDV1 Clinic 1 Sun 12:00 – 1:30P M $420 NM $630
- PDV1 Clinic 1 Sun T & Th Varies M $984 NM $1476
- PDV1 Clinic 1 Sun & T Varies M $756 NM $1134
- PDV1 Clinic 1 Sun & Th Varies M $729 NM $1094
- PDV1 Clinic 1 Tues 5:00 – 6:30P M $420 NM $630
- PDV1 Clinic 1 T & Th 5:00 – 6:30P M $729 NM $1094
- PDV1 Clinic 1 Thursday 5:00 – 6:30P M $390 NM $585
- PDV2 Clinic 2 Sunday 12:00 – 1:30P M $390 NM $585
- PDV2 Clinic 2 Su, T & Th Varies M $984 NM $1476
- PDV2 Clinic 2 Su & T Varies M $756 NM $1134
- PDV2 Clinic 2 Su & Th Varies M $729 NM $1094
- PDV2 Clinic 2 Tuesday 3:30 – 5:00P M $420 NM $630
- PDV2 Clinic 2 T & Th 3:30 – 5:00P M $729 NM $1094
- PDV2 Clinic 2 Thursday 3:30 – 5:00P M $390 NM $585

REGISTER ONLINE SSYMCA.ORG/PROGRAMS
JUNIORS SINGLES LADDER AGES 13–18: Competitive match play for the player development level with the opportunity to move up and down a ladder based upon results. New match schedule is emailed and posted in lobby each week.

- Sunday 1:30 – 2:30P M $189 NM $284
- Junior Singles Ladder with 2 clinics: M $0 NM $0

TOURNAMENT TRAINING AGES 13–18: Run by high performance coaches, this clinic is designed to test and improve our top-rated juniors. Must have a USTA ranking to take part. Contact Sr. Tennis Director Bob Carroll for admission: bcarroll@ssymca.org

- Tuesday 4:00 – 6:30P M $700 NM $1050
- T &Th 4:00 – 6:30P M $1215 NM $1823
- Thursday 4:00 – 6:30P M $650NM $975

ADULTS

ADULT BEGINNER CLINICS AGES 18+: Stay in shape or simply discover the joy of tennis. These clinics cover the basics with an emphasis on FUNdamentals. Level 1 is for first-time players. Level 2 for players with limited experience

- Level 1 Monday 6:00 – 7:00P M $280 NM $420
- Level 1 Tuesday 12:00 – 1:00P M $280 NM $420
- Level 1 Wednesday 10:30 – 11:30A M $280 NM $420
- Level 1 Thursday 11:00A – 12:00P M $260 NM $390
- Level 1 Saturday 10:00 – 11:00A M $260 NM $390
- Level 2 Mon 10:30 – 11:30A M $280 NM $420
- Level 2 Mon 7:00 – 8:00P M $280 NM $420
- Level 2 Tuesday 12:00 – 1:00P M $280 NM $420
- Level 2 Th or Sat 11:00A – 12:00P M $260 NM $390

ADULT INTERMEDIATE & ADVANCED CLINICS AGES 18+: Work on stroke and strategy development but still play games. Combines 45 minutes of drills and 45 minutes of match play

LEVEL 2.5
- Monday 6:30 – 8:00P M $420 NM $630
- Thursday 9:00 – 10:30A M $390 NM $585
- Saturday 9:30 – 11:00A M $390 NM $585

LEVEL 3.0–3.5
- Monday 9:00 – 10:30A 6:30 – 8:00P M $420 NM $630
- Thursday 12:00 – 1:30P 7:00 – 8:30P M $390 NM $585
- Wednesday 7:30 – 9:00P M $420 NM $630
- MEN’S 4.0+ Monday 8:00 – 9:30P M $420 NM $630

DRILL & PLAY CLINICS AGES 18+: Work on stroke and strategy development but still play games. Combines 45 minutes of drills and 45 minutes of match play.

- Doubles 2.5–3.0 Thurs 11:00A-12:30P M $390 NM $585
- Doubles NTRP 3.0–3.5 Tues 9:00-10:30A M $420 NM $630
- Singles NTRP 3.5+ Thurs 12:00 – 1:30P M $390 NM $585

LEAGUE PLAY AGES 18+: The South Shore YMCA tennis leagues for men and women gives players all across the area the chance to get in the game!

- Ladies Doubles NTRP 3.0+ Fri 9:00–10:30A M $182 NM $273
- Mens Singles NTRP 3.5–4.5 Sun 6:30–8:00P M $280 NM $420

SPECIALTY CLINCS

ALL CLINICS LEVEL 3.0–3.5, EXCEPT SIDE BY SIDE, WHICH IS LEVEL 2.5–3.5

SERVE IT UP: The most important stroke is often the least practiced. Learn to use a variety of serves, from slice and flat to topspin.

- Friday 12:00 – 12:45P M $195 NM $293

HIGH FIVE: Master volleys and overheads in this clinic

- Friday 12:45 – 1:30P M $195 NM $293

CONTINENTAL COMBO: Take both HIGH FIVE and Serve IT UP clinics and receive a discount

- Friday 12:00 – 1:30P M $351 NM $527

SIDE BY SIDE: Utilizing the variety of shots provided by our new ball machine, our staff pro will coach players from THEIR side of the court for a unique and more personal interaction

- Friday 11:00A – 12:00P M $260 NM $390
**GYMNASTICS**

**REGISTER:** To register online visit ssymca.org/gymnastics and click “Register” button.

**FALL SESSION:** September 14 – December 19, 2020

**LOCATION:** ALL gymnastics programs take place at South Shore YMCA Gymnastics Training Center 1075 Washington St, Hanover, MA.

**CONTACT:** For more information contact Andrea Millis, Gymnastics Director at amillis@ssymca.org 781-829-8585 ext. 8236

**GROUP CLASSES, PRIVATE/SEMI-PRIVATE LESSONS:**
The South Shore Y offers private group opportunities for playgroups, families, homeschoolers, etc. Call us to set up a convenient class time for your group. 5 children minimum. Call to learn more!

**RATES:** South Shore Y Members enjoy 30% preferred rate on programs.

**COVID-19 SAFETY:** We follow USA Gymnastics, local and CDC rules to keep gymnasts safe.

**PARENT AND CHILD – 13 weeks**
45 minutes | Ages 1 – 3 | M $252.00 NM $377.00
This fun, interactive themed class is for Parents/Caregivers & Children. Your child will develop balance, strength, and confidence while exploring the gym and all it has to offer.
- Thurs, Fri, Sat 10 am – 10:45

**ROLLERS – 13 weeks**
45 minutes | Ages 3-4 | M $260 NM $390
A fun-filled class that introduces the fundamentals of gymnastics through age appropriate circuits on each event. Young gymnasts will develop hand-eye coordination and enhance motor development as well as learning the basics: taking turns, following directions and being respectful of others.
- Tues 1:30-2:15pm, Thurs, Fri & Sat 11:00a-11:45am

**TINY TUMBLERS – 13 weeks**
55 minutes | Ages 4 – 6 | M $300 NM $450
For our youngest gymnasts who are ready to move out of pre-school class and develop core gymnastics skills!
- Tues 11-11:55am
- Tues 12:15 - 1:10p
- Wed 1:00p-1:55p
- Thurs, Fri & Sat 12:00pm - 12:55

**BEGINNER – 13 weeks**
1 hour | Ages vary by class | M $340 | NM $510
Gymnasts will learn basics and improve motor skills, balance, strength and flexibility on all apparatus.
- Mon,Tues 4:15 - 5:15 ages 6-8
- Tues 4:15 - 5:15 ages 8 – 10
- Thurs 4:15-5:15 ages 5 – 7
- Sat 1:15 -2:15 ages 6 – 8

**ADV BEGINNER – 13 weeks**
1 hour | Ages vary/class | M $340 NM $510
Gymnasts continue to build skills beyond Beginner.
- Mon 4:15 - 5:15 ages 8 – 12
- Sat 1:15 – 2:15 ages 8 – 12

**LIL NINJA and NINJA PLUS – 13 weeks**
45 minutes | M $268 NM $402
Strength, conditioning, balance are developed with small groups, circuits and mini obstacle courses.
- Wed 3:30 - 4:15p age 5–7
- Fri 3:00 – 3:45p age 5–7
- Wed 4:30p - 5:15p ages 8 plus
- Fri 4:00 - 4:45p ages 8 plus

**NEW! BACK TUMBLING CLASS**
45 minutes $100
Learn back handspring, back tucks. Must have back walkovers. May sign up month to month. Ages vary by class.

**TEAM**
- TEAM | All ages | Monday, Tues, Wed, Thurs 5:30pm - 8:00p
- TEAM | All ages | Friday 5pm - 7pm
- PRE-TEAM | ALL ages | Monday 4:30-6:00pm

**TEAM FOR MEMBERS ONLY BY INVITATION.** Inquire by contacting amillis@ssymca.org, 781-829-8585 ext. 8236
HEALTH & WELL-BEING

REGISTER ONLINE OR IN-PERSON ANYTIME
SSYMCA.ORG/REGISTER | EMILSON YMCA (781) 829-8585 | QUINCY YMCA (617) 479-8500

PERSONAL TRAINING (MEMBERS ONLY)

TRAIN WITH THE BEST! Our caring, certified personal training staff at the South Shore Y is here to provide the one-to-one attention you need to set and achieve your fitness goals. Personal trainers provide the motivation, support and a personal plan needed for you to succeed in fitness. Whatever your goal or interest, our trainers are here to help you become the better you.

**LOCATION:** Emilson Y, Quincy Y

**COST:** Members only

- 1st time client package: 6 Pack, ½ hour sessions $149
- 1 hour $60
- 3 Pack, 1 hour $168
- 6 Pack, 1 hour $312
- 12 Pack, 1 hour $576
- 3 Pack, ½ hour $99
- 6 Pack, ½ hour $186
- 12 Pack, ½ hour $336

PRIVATE PILATES REFORMER SESSIONS (MEMBERS/EMILSON ONLY)

Using the classic Pilates Reformer apparatus, participants kneel, stand and sit, using body weight and fluid motions to create a balanced body and strong core. Our Pilates Reformer sessions will strengthen and lengthen your entire body. Private instruction as well as groups of 2–4 are available.

**LOCATION:** Emilson YMCA

**COST:** Members only

- 1 hour private $70
- 3 Pack, 1 hour private $198
- 6 Pack, 1 hour private $372
- 12 Pack, 1 hour private $696
- Duet, 1 hour $40 per person
- Duet, 1 hour, 6 Pack, $216 per person
- Duet, 1 hour, 12 Pack, $396 per person
- Trio, 1 hour, 6 Pack, $168 per person
- Trio, 1 hour, 12 Pack, $324 per person

BOOTCAMPS

Check out ssymca.org/programs for details on bootcamps that you can join at the Y or from home this fall! Details coming soon!
CONTACT US

SOUTH SHORE YMCA LOCATIONS
Visit ssymca.org/contact/staff-directory for the latest department and location contacts.

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

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

CAMP BURGESS/HAYWARD
5 Stowe Road, Sandwich, MA 02563 | (508) 428-2571

SOUTH SHORE YMCA GYMNASTICS CENTER
1075 Washington Street, Hanover, MA 02339 | (781) 829-8585 ext 8236

GERMANTOWN NEIGHBORHOOD CENTER & FOOD PANTRY
366 Palmer Street, Quincy, MA 02169 | (617) 376-1384

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

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

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

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

SOUTH SHORE YMCA.
The Better You Belongs Here

ssymca.org