



# MAKING A DIFFERENCE

At the Y, our goal is to provide programming for children through adults with special needs so that they shine an example of how participating in healthy activities and experiences can result in not only improved physical fitness but also personal growth, fun and friendships.



## SPECIAL NEEDS

UPDATED ON: AUGUST 26, 2016

### ADULTS

#### BINGO BLAST FOR ADULTS (APY)

This weekly opportunity is for individuals with special needs ages 18 and older. Come join in the fun and socialize with friends! Play the game, listen to music and win some prizes!

Thursdays 5:45-7:00 PM

**Fee: FREE for everyone** (No registration required)

### AQUATICS

#### SPECIAL NEEDS INDIVIDUAL SWIM LESSONS (APY, FWY, HVY, NMY)

Lessons are available at each of your local Y's. Please contact the branch Aquatic Department for availability and to schedule a time. Medical forms required.

APY – 920.954.7628

FWY – 920.560.3412

HVY – 920.830.5707

NMY – 920.886.2132

**Fee: (7-week Session) Y Members - \$50 General Public - \$75**

For Heart of the Valley Y special needs swimming lessons you can register on line. By registering for this class, you are EXPRESSING INTEREST in our Special Needs Swim classes. Everyone is automatically being placed on a wait list that will then be evaluated on a first-come first-serve basis. You will be contacted IF there is an available class time for your child for this session. VERY IMPORTANT: Be sure the phone number of the person registering for this class is correct on your online YMCA account. Go to the My Account tab which will allow you to update information in your file, as well as your family member's file.

#### ADAPTIVE OPEN SWIM (HVY)

This is an open swim opportunity with no registration needed.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adapted Open Swim	HVY	11-14 years	M	NOON	1:00 PM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	T	1:00 PM	2:30 PM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	R	1:00 PM	2:30 PM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	F	10:00 AM	11:00 AM	FREE	\$3
Adapted Open Swim	HVY	11-14 years	F	1:00 PM	2:30 PM	FREE	\$3

### FITNESS

#### FRIDAY NIGHT FUN CLUB – YOUTH INCLUSION FITNESS (AGES 7-13 YEARS) (NMY)

An acceptance for all wellness class for ages 7-13 (drop off or with a caregiver) that offers opportunities for wellness training and social learning. Class will be staffed with a 1:4 ratio to accommodate individuals with special needs. Registration is limited to 8 participants. For more information contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org.

#### PUMP IT UP – YOUTH INCLUSION FITNESS (AGES 7-13 YEARS) (NMY)

This program is for non-special needs and special needs children with cognitive delays or physical challenges.

**Fall Session 1: September 6-October 23, 2016**

**(Monday classes prorated for Labor Day)**

**Fall Session 2: October 24-December 18, 2016**

**(No Classes November 21-27, 2016)**

This is a working document and is subject to change.

Learn to use Fit Zone machines, increase strength and core muscles. Follows the 7-week session schedule.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Friday Night Fun Club - NEW	NMY	7-13 years	F	6:30 PM	8:30 PM	FREE	e-pass
Pump It Up	NMY	7-13 years	R	3:45 PM	4:45 PM	FREE	e-pass

## SPORTS

### SPORTS "FOR ALL" (AGES 6-11 YEARS) (APY)

NEW! Led by Sports Director, Colin Specht, each class will focus on a specific sport or gym game. Participants should bring along a buddy to help support them throughout each class, as well as a water bottle. Great for building strength in coordination.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sports For All	APY	6-11 years	T	4:30 PM	5:15 PM	\$14	\$28
Sports For All	APY	12-15 years	T	5:30 PM	6:15 PM	\$14	\$28

## MARTIAL ARTS

### MARTIAL ARTS "FOR ALL" (AGES 6-11 YEARS) (APY)

NEW! Led by Sports Coordinator, Ryan Shanklin. A sport that teaches physical and mental control, flexibility, grace, balance and endurance. Punches, blocks, and kicks designed for self-defense will be taught. Participants should bring along a buddy to help support them throughout each class. This class is great to create self-awareness and control while having fun and working on social skills. Uniforms and/or TKD t-shirts can be purchased at Appleton YMCA lower lobby desk.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Martial Arts For All	APY	6-11 years	R	4:45 PM	5:30 PM	\$31	\$45