



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: SEPTEMBER 7, 2017

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 October 5 – April 26

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 – 920.830.5714

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

SATURDAY FUN CLUB– YOUTH SPECIAL RECREATION FITNESS (AGES 7-13) (NMY)

An acceptance for all wellness class for ages 7-13 offering opportunity for fitness training and social learning. Class will be staffed with a 1:4 ratio to accommodate individual special needs. Caregivers and/or family are welcome to attend with the child/children, especially if your child requires 1:1 assistance. Benefits include: motor skill development, increase confidence, improve social skills, improve self-awareness, and brain/body connection. Registration is limited to 10, but members on the waiting list will be called when we are notified of weekly absences. Contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org.

Fall Session 1: September 5-October 22, 2017

Fall Session 2: October 23-December 17, 2017

This is a working document and is subject to change.

(Monday classes prorated for Labor Day)

(No Classes November 20-26, 2017)

YOGA – YOUTH SPECIAL RECREATION FITNESS (AGES 7-13) (NMY)

An acceptance for all Yoga and Contemplative Arts Class for youth with special needs ages 7-13. Class features breathing, movement, awareness development, and will be staffed with a 1:4 ratio to accommodate individual special needs. Caregivers and/or family are welcome to attend with the child/children, especially if your child requires 1:1 assistance. The many benefits of yoga include motor skills development, sensory integration, brain/body connection, and encourages calmness and concentration. Registration is limited to 8, but members on the waiting list will be called when we are notified of weekly absences. 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. 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
Saturday Fun Club	NMY	7-13 years	S	9:00 AM	10:15 AM	FREE	FREE
Pump It Up	NMY	7-13 years	R	3:45 PM	4:45 PM	FREE	\$56
Youth Yoga	NMY	7-13 years	S	10:30 AM	11:15 AM	FREE	\$56

SPORTS

SPORTS "FOR ALL" (AGES 6-15 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 – Session 2	APY	6-15 years	T	5:00 PM	6:00 PM	\$14	\$28

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Martial Arts For All- Session 2	APY	6-11 years	R	4:45 PM	5:30 PM	\$31	\$45

SPECIAL EVENTS

SPECIAL ABILITIES FAMILY NIGHT (APY)

A fun night for families with special needs. Activities available include swimming, gym activities, inflatable obstacle course, quiet zone with activities, art crafts, and more.

Saturday October 21 5:00-9:00 PM

Fee: FREE for everyone (No registration required)