



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 9, 2018

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 11, 2018 – April 25, 2019

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.

FITNESS

SATURDAY FUN CLUB– YOUTH SPECIAL RECREATION FITNESS (AGES 7-15) (NMY)

A wellness class for ages 7-15 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. Please wear exercise clothes, gym shoes. Registration is limited to 10, but members on the waiting list will be called when we are notified of weekly absences. In addition, a Special Recreation Yoga class will follow at 10:30 AM. Our staff can transition your child to the class. Registration is required and is limited to 10. There is no fee as this program is supported and sponsored by Shannon Kennedy and Bill Shepard. For more information contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org.

*Follows the session schedule.

YOGA – YOUTH SPECIAL RECREATION FITNESS (AGES 7-15) (NMY)

A Youth Yoga and Contemplative Art class for ages 7-15. Class features breathing, movement, and awareness development. The many benefits of Yoga include Motor skills development, Sensory integration, improved self-awareness, brain & body connection and encourages calmness and concentration. It is staffed with a 1:4 ratio to accommodate individuals with special needs. Drop off or Caregiver and/or a family member are welcome to attend with child/children and highly recommended if you child is a 1:1. Registration is required and is limited to 10. For more information contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org.

*Follows the session schedule.

PUMP IT UP – YOUTH INCLUSION FITNESS (AGES 7-15 YEARS) (NMY)

Fall Session 1: September 10-October 28, 2018

Fall Session 2: October 29-December 23, 2018

This is a working document and is subject to change.

(No classes November 19-25)

This wellness class is for non-special needs, home schooled students and special needs children with cognitive delays or physical challenges. Will learn and work-out on different fitness exercise machines (Fit Zone), increase strength, core muscles and agility with obstacle courses. Please wear exercise clothe, gym shoes and bring a water bottle. Registration is required and is limited to 10. For more information contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org. *Follows the session schedule.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Saturday Fun Club	NMY	7-15 years	S	9:00 AM	10:15 AM	FREE	FREE
Pump It Up	NMY	7-15 years	TH	3:45 PM	4:45 PM	FREE	\$60
Youth Yoga	NMY	7-15 years	S	10:30 AM	11:15 AM	FREE	\$45

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)