



# 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: NOVEMBER 17, 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! Bingo runs October 5, 2017 through April 26, 2018.

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

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

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

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

A Yoga (breathing, movement, awareness development) and Contemplative Arts class for ages 7-13 (drop off or with a caregiver). 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.

### **SPECIAL RECREATION CYCLING (AGES 14 AND OLDER) (NMY)**

An acceptance for all special needs cycling class for ages 14-adult. Riders need to be able to fit on the bike; seat to pedal is 31 inches. Caregivers are welcome to attend. Everyone who intends to ride must register, including caregivers. For more information, contact Paula Gozner, pgozner@ymcafoxcities.org or 886.2101.

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
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
Special Recreation Cycling	NMY	14 years and older	S	4:00 PM	4:45 PM	FREE	\$30