



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A PLACE FOR EVERYONE

Inclusive Programming  
Fall 2018



## A PLACE FOR EVERYONE

### Inclusion Help

If you are unsure whether or not to have yourself or your child with a disability participate in a program, please contact us. Anne Petre is available to discuss specific needs to determine the safest fit and to communicate those needs to the instructor of any class. Contact her at [apetre@kcymca.org](mailto:apetre@kcymca.org) or 574-269-9622.

**Y BUDDIES!** – Does your child need an extra hand to participate in our classes, sports or activities? Contact Anne Petre at [apetre@kcymca.org](mailto:apetre@kcymca.org) or pick up a form at the Welcome Center to inquire about having a Y Buddy come alongside your child and help them participate in whatever it is they are interested in doing at the Y! Based on availability, we will match your child with a buddy who will be a 1:1 support for them during the program or class they are wanting to participate in. Interested in becoming a Y Buddy? Contact Anne or pick up a volunteer application today to get involved in making the difference in the life of a child here at our Y!

**Private Swim Lessons/Private Aquatic Exercise for those with disabilities (Ages 3 and up)** Following our current structure of private lessons, an adaptive trained aquatics instructor will be assigned to all participants with any disabilities. During these lessons we will work through an assessment to determine the specific needs and goals of both caregiver and participant. Based on the assessment, we will work toward those goals, being mindful of the specific needs of each individual. Private lessons can be requested by filling out the request form at the Y's Welcome Center or by contacting Steven Kuhn at 574-269-9622 ext. 223. Four 30 min. lessons: Members \$75 Program Members: \$110  
Seven 30 min. lessons Members \$130 Program Members \$190

**Support Champion (Age 15 and up)** If you, or someone you know who has a disability, are looking for possible employment opportunities please contact Steven Kuhn at 574-269-9622 ex. 223. Our Inclusive Programming Coordinator will work with those with any disability during and after the hiring process to make sure they are best equipped and prepared for the tasks asked of them. Employment opportunities are not guaranteed and require the typical hiring process.

**Adaptive Fitness Orientation (Age 8 and up)** For those with any disability looking to get more active and fit by learning to use Wellness Center equipment and develop a workout plan under the instruction of a Recreational Therapist. Includes a caregiver if needed. By appointment, please sign up at the Wellness Desk. Y Members: Free

**Teen/Young Adult Night Out (Ages 14-40)** Join us for a fun night of socialization with friends! Come play games, do arts and crafts, dance and sing to karaoke, eat dinner and more! It will be a fun time to hang out with friends, make new friends and have a night of fun at the Y. Parents and caregivers can enjoy an evening of respite as those attending have fun in a safe environment. Open to anyone with a disability ages 14-40. Please pick up an Adaptive Annual Information Form from the Welcome Center and turn it back in at least one week prior to the event. **September 21, 6:00-8:00 p.m. and November 16, 6:00-8:00 p.m.** Y Members: \$8 Program Members: \$10

**Take-a-Break Respite Program** Parents and caregivers of those with special needs, come and Take-A-Break! Drop your child **ages 3-13** off at the Take-A-Break Respite program at the Parkview Warsaw YMCA. Take-a-Break program is a partnership between the Kosciusko Community YMCA, Joe's Kids, Right to Life of North Central Indiana, and local churches. Held periodically throughout the year each event offers 2 hours of programming and fun for those with special needs including crafts, games, sports and other activities. Each event is planned and staffed by the Y's Inclusive Programming Coordinator, Anne Petre, other experienced adults, passionate Grace College students and trained healthcare professionals. Knowing your child is well taken care of, please take this time to shop, nap or whatever feels good to you. Call for more information or to register: 574-306-7406 or e-mail: [info@kcrespite.org](mailto:info@kcrespite.org). Please be sure to bring any diapering needs, special equipment and a snack/drink just for your child. A completed health form for each child is required. It is available to download at [www.kcrespite.org](http://www.kcrespite.org) or request by phone (574-306-7406) or email ([info@kcrespite.org](mailto:info@kcrespite.org)). Free to everyone. Please register by a week prior to the event. **September 22, 1:30-3:30 p.m. and December 7, 5:30-7:30 p.m.**

**CheerAbilities (Age 5+)** Fall Competitive Cheer Team for those with special needs. October 2019-March 2019. One day a week practice and 2 competitions. More information in the YMCA's Warsaw Legacy Elite Cheer Team Parent Handbook. Ask at the Welcome Center. Contact Tonya Douglass ([twelsh@kcymca.org](mailto:twelsh@kcymca.org)) or Anne Petre ([apetre@kcymca.org](mailto:apetre@kcymca.org)) with questions at 574-269-9622. **Registration and Meet the Coaches, Saturday, October 6, 9:30 a.m.**

**Adaptive Gymnastics Clinic (Ages 4-12)** is an opportunity for those with special needs to have an introduction to gymnastics using simple exercises that will help build self-confidence, life and motor skills while learning age and skill appropriate gymnastics skills through a safe and secure environment. Gymnasts will be divided into groups according to age and skill level. Contact Tonya Douglass ([twelsh@kcymca.org](mailto:twelsh@kcymca.org)) or Anne Petre ([apetre@kcymca.org](mailto:apetre@kcymca.org)) with questions at 574-269-9622. **Saturday, October 13, 9:30-11:00 a.m.**

**SibShop** is meant to nurture the siblings of a person who has a disability. Sibshops are pedal-to-the-metal events where kids **ages 7-12** will meet other sibs, have fun, laugh, talk about the good and not-so-good parts of having a sib with special needs, play some great games, learn something about the services their brothers and sisters receive and have some more fun. **Saturday, October 20, 10:30 a.m.-1:00 p.m. Members \$8 Program Members \$10**

**\*See the Fall 2018 Program Catalog for more Inclusive Programs**

Contact Anne Petre at [apetre@kcymca.org](mailto:apetre@kcymca.org) or 574-269-9622 with any questions.