



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

A PLACE FOR EVERYONE

Inclusive Programming Spring 2018

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 is available to discuss specific needs to determine the safest fit and to communicate those needs to the instructor of any class.

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. 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 or request by phone (574-306-7406) or email (info@kcrespite.org). Free to everyone. **April 21, 1:30-3:30 p.m.**



Y BUDDIES! – Does your child need an extra hand to participate in our classes, sports or activities? Contact Anne Petre at 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!

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Sensory Open Swim (All ages) Use this time in the Warm Water pool to enjoy the pool with fewer distractions, lower noise and a less crowded environment. Includes a caregiver if needed. Warm Water Pool. **Saturdays, 11:30 a.m.–12:30 p.m.**
Y Members: Free Program Members: \$2/visit.

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

Pop Up Sensory Room (Age 3 and up) Drop in to experience tactile toys, dark tents, a sensory swing, weighted products and more. This is a time for those that need/desire a sensory environment to come in and experience. An Inclusive Instructor will facilitate the sensory experience. Program Room 4. **Tuesday, 4:15–5:15 p.m.*** Free.

Mindful Movement (Ages 3 and up) – Join us for an introduction to yoga and movement. Through a combination of adaptive poses and calming techniques you will improve your balance, core strength, and awareness. (Parent/Caregiver must stay with children under 13) Multi-Purpose Room 1. **Wednesdays, 10:15–11:00 a.m.*** Free

Adaptive Swim Lessons (Age 3–5 and 6–10) Designed for children with special needs, these small group swim lessons are for children who may not be able to participate in a traditional swim class because of learning disabilities, physical limitations, developmental delays, or sensory issues. With the needs of each individual in mind, the goal of these lessons is to provide basic water instruction and water safety skills to help children become the best swimmers they can be. An Adaptive Swim Lesson Information sheet can be picked up at the Welcome Center and must be filled out and returned at least 3 days before the class begins. **Tuesdays, 5:00–6:00 p.m.*** Y Members: \$33 Program Members: \$69

Adaptive Active Kids (Ages 3–7 and 8–12) Join us for a fun exercise class designed to keep you moving and build a foundation for physical fitness! We will emphasize body awareness, functional movements, and balance. Activities will include obstacle courses, boot camp style circuits, dance fitness, and more! Gym 1. **Ages 3–7: Thursday, 4:30–5:00 p.m. and Ages 8–12: Thursday, 5:00–5:30 p.m.** Y Members: \$28 Program Members: \$59

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

Cardio Dance Off! (Ages 8–15 with a parent, age 16 and up) Join us for a fun upbeat and easy to follow cardio dance class! In this class you will get that heart rate pumping while learning fun dance moves in an easy to follow and laid back format. Easy Beginner Fitness Level. Program Room 2. **Thursdays, 10:30 a.m.–11:15 a.m.*** Free.

Muscle Up (Ages 13 and up) Looking for a way to meet people, learn about health and get in a workout? This adaptive health and fitness class is designed for individuals with special needs. Build strength, increase flexibility and tone your muscles! This program will offer an introduction to cardio and strength machines, personalized coaching, individualized assistance, and group accountability! Meet at the Wellness Desk. Meets twice a week, **Tuesday & Thursday at 11:30 a.m. or 6:00 p.m.*** Y Members: \$37.75 Program Members: \$73.75

Water Motion Class (Ages 13 and up) Using the freedom water can provide, a trained instructor will lead participants in a variety of activities to get those with any disability in motion. Includes a caregiver if needed. Warm Water Pool. **Tuesday and Thursday, 9:30–10:30 a.m.*** Y Members: Free Program Members: \$2/visit.

Chair Volleyball Great for upper body mobility and joint flexibility. Enhances muscle tone, reflexes, hand-to-eye coordination and endurance. Played with a beach ball and a five foot high net. Gym 1. **Thursday, 9:00–10:00 a.m.** Y Members: Free

Adaptive Performing Arts (Age 13 and up) Do you or your child with special needs (of any kind) like to perform, dance, make music, move, create, express themselves and have fun? Join us as we begin the creation of our own original pieces of work. We will be showcasing our work with a lecture demonstration at the end of this session! This program is for anyone with a disability age 13 and up. If you're interested in volunteering to help with this program, please contact Anne Petre at apetre@kcymca.org for more details today. Multi-Purpose Room 1. **Wednesdays, 5:30–7:00 p.m.*** Y Members: \$15 Program Members: \$19.50

Yoga and Sensory Experience (Age 13 and up) This class will start with some focused yoga and stretching in a simple easy to follow format. Then it will transition into a time of sensory exploration using items from our Pop Up Sensory Room. Program Room 4 **Tuesdays, 9:15–10:15 a.m.*** Y Members: Free Program Members: \$2/visit.

Social Skills Cafe (Ages 13 and up) A time to participate in a variety of different activities- games, arts & crafts, sports, cooking, etc.- with the purpose of building social skills and communication while doing something fun. Open to anyone with or without a disability. Multi-Purpose Room 1. **Mondays, 6:00–7:00 p.m.*** Y Members: \$6/session Program Members: \$11/session

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.

* **Spring:** April 9–May 27 **No classes:** April 2–8 or May 28–June 3

ALL AGES / 3 AND UP

YOUTH

AGE 13 AND UP