



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

A PLACE FOR EVERYONE

Inclusive Programming SPRING 2017



Community Resource and Disability Awareness Fair

Don't miss our 1st Annual Community Resource and Disability Awareness Fair on Saturday, March 25, 10:00 a.m.-3:00 p.m. For National Disability Awareness Month we are showcasing several organizations in order to help increase awareness of local, regional, state and national services and resources for those with disabilities. At this event we'll be showcasing:

- Forte Residential
- Kosciusko Community Senior Services
- Kosciusko Special Olympics
- Lighthouse Autism Center
- Magical Meadows
- Turnstone
- Warsaw Community Schools
- WorkOne Disability Job Placement Services

There will be speakers, demonstrations and a variety of activities. Everyone is welcome to attend, it's free and open to all.

A PLACE FOR EVERYONE

In an effort to continue to provide a place for everyone, the Kosciusko Community YMCA employs an Inclusive Programming Coordinator, Anne Petre. Anne brings a great deal of knowledge and previous experience in adaptive programs. She helps us provide new inclusive programs, as well as working with our current programs to provide a safe and welcoming environment for all those with disabilities of any kind for both young and old.

Adaptive Fitness Orientation (age 12 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

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.

4 - 30 minute lessons Members \$75 Program Members \$110
7 - 30 minute lessons Members \$130 Program Members \$190

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 from the Welcome Center 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

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 ages 13 and up. Build strength, increase flexibility and tone your muscles! This program will offer a mix of fun educational health activities and introduce cardio and strength machines. Multi-Purpose Room 1. Wednesdays, 6:00-7:00 p.m.* Y Members: \$18.50 or Program Members: \$23

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. Thursdays, 9:30-10:30 a.m. Y Members: Free Program Members: \$2/visit.

Intro to Yoga/Movement For those with any ability, an introduction to yoga and movement. Program Room 4.
Ages 4-7 Thursdays, 5:00-5:30 p.m.* **Ages 8-12** Thursdays, 5:30-6:00 p.m.* Y Members: \$15 Program Members: \$19.50

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

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, swimming, 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, swim suit/swim diaper/towel if participating in swimming, and a snack/drink just for your child. A completed health form for each child is required. Health forms are available to download at www.kcrespite.org or you may request a form by phone (574-306-7406) or email (info@kcrespite.org). Free to everyone.
April 28, 5:30-7:30 p.m.

Support Champion (Age 15 and up) If you, or someone you know who has a disability, is 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.

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.

* **Spring Session: April 10- May 28 Registration Y Members: March 20 Program Members: March 27**