



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

# **A PLACE FOR EVERYONE**

## **Inclusive Programming Summer 2018**

### **Family Fun Day**

An afternoon of fun at the YMCA for families who have an individual with special needs as a part of their family. Come join us for games, snacks, arts and crafts, swimming and more. Come meet and socialize with other families, enjoy time together as a family and have fun at the Y! Pick up a Family Fun Day registration form from the Welcome Center and turn it in by July 11 to sign up. Free for families.

**Saturday, July 21, 1:00-4:00 p.m.**

### **Summer Camps**

All of our summer camps in gymnastics, sports, and fitness have an Adaptive Track. See our summer camp flyer for more information.

### **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.

**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!



## A PLACE FOR EVERYONE

ALL AGES /3 AND UP

**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.

**Adaptive Swim Lessons (Ages 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! Outside. **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 (Age 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 (Age 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.

**Social Skills Cafe (Ages 13 and up)** A time to participate in a variety of different activities- games, crafts, sports, cooking- 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, 6:15-7:15 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.

**Adaptive Performing Arts Camp (Age 13 and up)** Do you or your child with special needs like to perform, dance, make music, move, create, express yourselves and have fun? Join us for a two-week performing arts camp! We will be exploring Improv and Performance Arts, how to perform a piece and how to begin the creation of our own original works. We will be showcasing our work in a lecture demonstration at the end of camp. The camp is for anyone with a disability age 13 and up. Program Room 2. **July 17-19 and 24-26 1:30-3:00 p.m.** Y Members: \$15 Program Members: \$19.50

**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. **June 22 and August 10, 6:30-8:30 p.m.** Y Members: \$8 Program Members: \$10

YOUTH

AGE 13 AND UP

\* **Summer 1:** June 4-July 15 **Summer 2:** July 16-August 26 **No classes:** May 28-June 3, July 4, or August 17-September 3