

# INCLUSIVE PROGRAMS

**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!

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**SUPPORT CHAMPION | 15 YRS +** | 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.

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**ADAPTIVE FITNESS ORIENTATION | 8 YRS +** | 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

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**ADAPTIVE MOVEMENT THERAPY** | Designed for those that want to get more active, address health/mobility issues, and improve function but have significant health impairments that limit their ability to work with a typical personal trainer. This is designed for someone with a physical or developmental disability, injury, recovery from surgery, etc. These sessions follow the format of our personal training packages. If interested pick up a personal training packet from the welcome center.

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**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. April 12 5:30p-7:30p

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**TEEN/YOUNG ADULT NIGHT OUT | 13 YRS - 40 YRS** | 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. Register by 5/10. Fill out and return an Adaptive Annual Information Form 1 week prior to the event. Event Date | 5/17/19 6:30p-8:30p | Members - \$10 | Program Members - \$15

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## ADAPTIVE AQUATICS

**ADAPTIVE SWIM LESSONS** | Individualized instruction tailored to meet the needs and abilities of each participant. Using one-on-one techniques to create a safe and nurturing water experience for the student, the lessons will be formatted to meet each individual's needs and abilities, working on things such as water safety, basic swim skills and general recreational water activity. Assessment will be done and goals will be determined by the instructor and individual/family. Lesson times will be scheduled with the instructor in order to find a time that works best for each person.

Lessons can be requested by filling out the Adaptive Swim Lesson request form at the Y's Welcome Center or by contacting Steven Kuhn at 574-269-9622 ext. 223.

FOUR 30 MINUTE LESSONS | 3 YRS + | \$60 - MEMBERS | \$88 - PROGRAM MEMBERS

SEVEN 30 MINUTE LESSONS | 3 YRS + | \$104 - MEMBERS | \$152 - PROGRAM MEMBERS

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**SENSORY OPEN SWIM** | 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.

ALL AGES | FREE - MEMBERS | \$2/VISIT - PROGRAM MEMBERS

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**WATER MOTION CLASS** | 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.

13 YRS + | TUESDAY & THURSDAY 9:30 AM - 10:15 AM | FREE - MEMBERS | \$2/VISIT - PROGRAM MEMBERS

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**ADAPTIVE GUIDED LAP SWIM** | For those with special needs that know how to swim. This is a time to work on developing stroke mechanics and work on lap swimming under the guidance of an instructor.

TUESDAY & THURSDAY 7:15 PM - 8:00 PM | \$44 - MEMBERS | \$94 - PROGRAM MEMBERS

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## ADAPTIVE SPORTS

**ADAPTIVE SPORTS OF ALL KINDS** | This weekly sports clinic will focus on different sports each week- learning the components, rules and skills needed for the game. Come learn, practice and have fun. Registration dates | March 18 for Members and March 25 for Program Members. Program Dates | April 8 - May 26

12 YRS + | THURSDAYS 4:30 PM - 5:00 PM | GYM 1 | \$18 - MEMBERS | \$39 - PROGRAM MEMBERS

4 YRS - 11 YRS | THURSDAYS 5:00 PM - 5:30 PM | GYM 1 | \$18 - MEMBERS | \$39 - PROGRAM MEMBERS

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## ADAPTIVE FITNESS

**CARDIO DANCE OFF** | 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.

8 YRS - 15 YRS WITH PARENT OR 16 YRS + WITHOUT | PROGRAM ROOM 2 | FREE - MEMBERS | \$2/VISIT - PROGRAM MEMBERS

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**MINDFUL MOVEMENT** | 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).

3 YRS + | TUESDAYS 9:45 AM - 10:30 AM | FREE - MEMBERS | \$2/VISIT - PROGRAM MEMBERS

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**MUSCLE 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.

13 YRS + | TUESDAY AND THURSDAYS 6:00 PM - 7:00 PM | \$52 - MEMBERS | \$110 - PROGRAM MEMBERS

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## ADAPTIVE SOCIAL/LIFE SKILL

**ADAPTIVE COOKING CLUB** | Come learn to cook! This class is designed for those with special needs to work on the life skill of food preparation. Join us each week as we learn to prepare a variety of different foods, including snacks, simple meals, and desserts all while building self-confidence and social skills. All classes are a hands-on experience and everyone is involved in the cooking!

13 YRS + | MONDAY 6:00 PM - 7:00 PM | MULTI-PURPOSE ROOM 1 | \$26 - MEMBERS | \$55 - PROGRAM MEMBERS

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**ADAPTIVE PERFORMING ARTS** | 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 learn and perform. We will be showcasing our work with a lecture demonstration at the end of May! 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](mailto:apetre@kcymca.org) for more details today.

13 YRS + | WEDNESDAY 5:30 PM - 7:00 PM | MULTI-PURPOSE ROOM 1 | \$28 - MEMBERS | \$59 - PROGRAM MEMBERS