



SUMMER 1 INCLUSIVE PROGRAMS

JUNE 7TH - JULY 18TH



MEMBER SIGN UP: MAY 17TH | COMMUNITY SIGN UP: MAY 24TH

REGISTER ONLINE AT WWW.KCYMCA.ORG OR IN PERSON AT THE PARKVIEW WARSAW YMCA WELCOME CENTER

KOSCIUSKO COMMUNITY YMCA | 1305 MARINERS DR, WARSAW, IN 46582 | 574.269.9622



SUMMER 1 INCLUSIVE CLASSES

SUMMER 1 | JUNE 7TH - JULY 18TH

(YM) YMCA MEMBER SIGN UP | MAY 17TH

(CM) COMMUNITY MEMBER SIGN UP | MAY 24TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MUSCLE UP (CLASS MEETS TWICE A WEEK)	AGES 13 AND UP	\$46	\$104	WELLNESS DESK		6:15 PM-7:15 PM		6:15 PM-7:15 PM	
SENSORY OPEN SWIM	ALL AGES	FREE	\$2 PER VISIT	WARM WATER POOL		9:30 AM-10:30 AM		9:30 AM-10:30 AM	11:30 AM-12:30 PM
ADAPTIVE SWIM LESSONS	ALL AGES	LESSON TIMES ARE SCHEDULED WITH THE INSTRUCTOR FOUR 30 MIN. LESSONS Members \$60 Program Members: \$88 SEVEN 30 MIN. LESSONS Members \$104 Program Members \$152							
MINDFUL MOVEMENT	AGES 6-12	\$16	\$37			5:00 PM-5:30 PM		5:00 PM-5:30 PM	
MINDFUL MOVEMENT	AGES 13+	\$16	\$37			5:40 PM-6:10 PM		5:40 PM-6:10 PM	

INCLUSIVE SPORTS

Did you know that our sports camps and seasons are open to ALL???? If you are interested in your child with diverse abilities trying out and learning about a sport our summer sports camps are a great option for you! If you feel your child needs additional assistance to participate and be successful we can help! We have staff and volunteers who are available to assist your child as needed. Just contact our Inclusive Programming Coordinator, Anne Petre, at apetre@kcymca.org and we can help arrange for someone to accompany your child to the camp(s) that you choose.

INCLUSIVE PROGRAMS

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.

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.

ADAPTIVE SWIM LESSONS 1:1 |

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 Anne

Petre.apetre@kcymca.org

MINDFUL MOVEMENT | Join us for an introduction to yoga and movement. Through a combination of gentle/adaptive poses and calming techniques you will improve your balance, core strength, and awareness.

INCLUSIVE SOCIAL EVENTS

THE BOWLING ALLEY WARSAW | Let's hit some pins and have a blast with friends! Join us for a night of bowling fun! Cost includes bowling, shoe rental, pizza/drinks, and staff oversight.

DATE | JUNE 8TH
TIME | 6:00 PM-8:00 PM
YMCA MEMBERS | \$20
COMMUNITY MEMBERS | \$25

INCLUSIVE OPPORTUNITIES FOR YMCA MEMBERS

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 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 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!

SUPPORT CHAMPION (AGE 18 AND UP) | If you, or someone you know who has a disability, are looking for possible employment opportunities please contact Rachel Hardy. 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 developing a workout plan. Includes a caregiver if needed. By appointment, please sign up at the Wellness Desk.

- Y Members: Free

