INCLUSIVE CLASSES WINTER 1

WINTER 1 | JANUARY 4TH - FEBRUARY 21ST

(YM) YMCA MEMBER SIGN UP | DECEMBER 7TH

(CM) COMMUNITY MEMBER SIGN UP | DECEMBER 14TH

(LO) LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
INCLUSIVE ART AND CRAFT CLUB	AGES 13 AND UP	$26	$55	MULTI-PURPOSE ROOM 2	6:30 - 7:30 PM				
VIRTUAL ART AND CRAFT CLUB | SUPPLIES PROVIDED	AGES 8 - 12 INDIVIDUALS WITH DIVERSE ABILITIES AGES 8 AND ABOVE	$26	$55	FACEBOOK LIVE	6:30 - 7:30 PM				
VIRTUAL ART AND CRAFT CLUB | PROVIDE YOUR OWN SUPPLIES	AGES 8 - 12 INDIVIDUALS WITH DIVERSE ABILITIES AGES 8 AND ABOVE	$14	$28	FACEBOOK LIVE	6:30 - 7:30 PM				
SENSORY OPEN SWIM	ALL AGES	FREE	$2 PER VISIT	WARM WATER POOL		9:30 - 10:30 AM		9:30 - 10:30 AM	11:30 - 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							
INCLUSIVE PERFORMING ARTS (14 WEEK PROGRAM)	AGES 13 AND UP	$69	$129	MULTI-PURPOSE ROOM 2			5:30 - 7:00 PM		
MUSCLE UP (CLASS MEETS TWICE A WEEK)	AGES 13 AND UP	$46	$104	WELLNESS DESK		6:15 - 7:15 PM		6:15 - 7:15 PM	

INCLUSIVE CLASSES

INCLUSIVE ART & CRAFT CLUB | Join us as we explore the Arts! During this class we will be experiencing different mediums of arts and crafting to create different pieces! Come use your senses and engage in creative creation! All classes are a hands-on experience and everyone is involved!

VIRTUAL ART AND CRAFT CLUB | The YMCA's new Virtual Art Class is designed for children 8-12 and individuals with diverse abilities 8 and older and will allow for families to participate in an amazing Art Class from the comfort of their own home! Once registered participants will be asked to join the YMCA's Virtual Art Facebook Group. All live streamed classes will take place there. You can follow along live or view the videos at a later date.

There are two options for registration:

- **VIRTUAL ART | SUPPLIES PROVIDED |** BEFORE CLASSES START YOU WILL BE ABLE TO COME TO THE YMCA AND PICK UP ALL THE SUPPLIES YOU WILL NEED FOR ALL 7 VIRTUAL ART CLASSES
- **VIRTUAL ART | PROVIDE YOUR OWN SUPPLIES |** WE WILL SEND YOU A LIST OF THE SUPPLIES YOU WILL NEED TO PARTICIPATE IN ALL 7 VIRTUAL ART CLASSES.

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

INCLUSIVE PERFORMING ARTS | Do you or your child like to perform, dance, make music, move, create, express themselves and have fun? Join The Explorers as we learn and explore different performance styles and begin the creation of our own original pieces of work. The fall session is a time of learning and exploration in performance. Our Winter & Spring sessions focus on the development and practice of our annual showcase. If you're interested in volunteering to help with this program, please contact Anne Petre at apetre@kcymca.org for more details today.

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.

INCLUSIVE SOCIAL EVENTS

Let's Explore our Community! Join the Y as we meet and partake in fun things in our community. For those with diverse abilities ages 14+. Must Register 2 weeks prior to the event.

MOVIE NIGHT! | JANUARY 22ND, 5:30-8:00 PM | Come hang out with your friends and Y staff for a movie night at the Y! Join us for dinner, a movie, snacks, and fun with friends!

- Members $15
- Program Members $20

GAME NIGHT! | MARCH 12TH, 5:30-8:00PM | Do you love games? Board games? Card games? Oversized games? Any kind of game? Then bring your friends and join us for an amazing game night, dinner, and snacks at the Y!

- Members $15
- Program Members $20

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