

# 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!

---

**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.

---

**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

---

**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.

---

# INCLUSIVE SPECIAL EVENTS!

**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. The 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. Register and return an Annual Information Form to the Welcome center 1 week prior to the event.

SATURDAY OCTOBER 5 FROM 1:30 PM - 4:30 PM  
AND FRIDAY DECEMBER 6TH FROM 5:30 PM - 8:00 PM | 3 - 13 YRS OLD | \$10 - MEMBER | \$15 - COMMUNITY MEMBER | MAX OF \$30 PER FAMILY

---

**SIBSHOP** | Meant to nurture the sibling of a person who has a disability. Sibshops are held at the metal events where kids ages 7 - 12 will

meet other sibs, have fun, laugh, talk about the good and not so good parts of having a sib with special needs, play some great games, learning something about the services their brothers and sisters receive and have some more fun.

SATURDAY OCTOBER 5 FROM 1:30 PM - 4:30 PM | 7 - 13 YRS OLD | \$10 - MEMBER | \$15 - COMMUNITY MEMBER | MAX OF \$30 PER FAMILY

---

**TEEN/YOUNG ADULT NIGHT OUT** | 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. Fill out and return an Adaptive Annual Information Form 1 week prior to the event.

FRIDAY SEPTEMBER 27 FROM 6:00 PM - 8:30 PM | 14 - 40 YRS OLD | \$10 - MEMBER | \$15 - COMMUNITY MEMBER

# ADAPTIVE AQUATICS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

**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 - COMMUNITY MEMBERS

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

## ADAPTIVE SPORTS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

**ADAPTIVE ACTIVE KIDS** | 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!

THURSDAY FROM 4:30 PM - 5:00 PM | 3 - 7 YRS OLD | \$22 - MEMBERS | \$42 - COMMUNITY MEMBERS

THURSDAY FROM 5:00 PM - 5:30 PM | 8 - 12 YRS OLD | \$22 - MEMBERS | \$42 - COMMUNITY MEMBERS

## ADAPTIVE FITNESS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

**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.

THURSDAYS FROM 10:30 AM - 11:15 AM | 8 YRS - 15 YRS WITH PARENT OR 16 YRS + WITHOUT | PROGRAM ROOM 2 | FREE - MEMBERS | \$2/VISIT - COMMUNITY MEMBERS

**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.**

TUESDAY AND THURSDAYS FROM 6:15 PM - 7:00 PM | 13 YRS + | \$32 - MEMBERS | \$63 - COMMUNITY MEMBERS

**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 - COMMUNITY MEMBERS

TUESDAY AND THURSDAY FROM 9:30 AM - 10:30 AM | SATURDAY FROM 11:30AM - 12:30PM

**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.

TUESDAYS & THURSDAYS FROM 7:15 PM - 8:00 PM | \$30 - MEMBERS | \$59 - COMMUNITY MEMBERS

# ADAPTIVE FITNESS CONT.

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

**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.

THURSDAYS FROM 9:45 AM - 10:30 AM | All AGES (PARENT OR CAREGIVER MUST STAY WITH CHILDREN UNDER 13) | FREE - MEMBERS | \$2/VISIT - COMMUNITY MEMBERS

# ADAPTIVE SOCIAL AND LIFE SKILLS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS  
REGISTRATION DATES | FALL 2: OCTOBER 4 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS  
PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

**ADAPTIVE COOKING AND NUTRITION** | Come learn to cook and make healthy choices! This class is designed for those with special needs to work on the life skill of food preparation.

MONDAYS FROM 6:00 PM - 7:00 PM | AGES 13 AND UP | \$30 - MEMBERS | \$59 - COMMUNITY MEMBERS | MULTI PURPOSE ROOM 1

**ADAPTIVE PERFORMING ARTS** | Do you or your child with special needs (of any kind) like to perform, dance, make music, move, create, express yourselves and have fun? Join us as we learn, create new works, and perform! This program is for anyone with a disability age 13 and up. If you are interested in volunteering to help with this program, please contact Anne Petre at [apetre@kcymca.org](mailto:apetre@kcymca.org) for more details.

WEDNESDAYS FROM 5:30 PM - 7:00 PM | AGES 13 AND UP | \$32 - MEMBERS | \$63 - COMMUNITY MEMBERS | MULTI PURPOSE ROOM 1

