

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** 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.

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.

13 YRS - 40 YRS | JULY 12TH | 6:30 PM - 8:30 PM
| MEMBERS - \$10 | PROGRAM MEMBERS - \$15

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

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

TUESDAY AND THURSDAY | 9:30AM - 10:30AM
SATURDAY | 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 7:15 PM - 8:00 PM | \$46 - MEMBERS | \$104 - PROGRAM MEMBERS

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.

12 YRS + | THURSDAYS 4:30 PM - 5:00 PM | GYM 1 | \$16 - MEMBERS | \$37 - PROGRAM MEMBERS

4 YRS - 11 YRS | THURSDAYS 5:00 PM - 5:30 PM | GYM 1 | \$16 - MEMBERS | \$37 - PROGRAM MEMBERS

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

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 6:15 PM - 7:00 PM | \$38 - MEMBERS | \$88 - PROGRAM MEMBERS

ADAPTIVE SOCIAL/LIFE SKILL

SUMMER ADAPTIVE COOKING CLUB | Join us for one or all of the workshops and our summer series. This class is designed for those with special needs to work on the life skill OF food preparation. Join us as we learn to prepare a number of different foods, all while building self confidence and social skills. All classes are a hands on cooking experience and everyone is involved in the cooking.

JUNE 10TH | FABULOUS DESSERTS
JUNE 24TH | QUICK BREAKFASTS

JULY 15TH | LET'S GRILL!
JULY 29TH | TASTY SNACKS

13 YRS + | 6:15 PM - 7:30 PM |
M-P ROOM 1 | \$10 - MEMBERS | \$15 - PROGRAM MEMBERS | PER WORKSHOP

ADAPTIVE PERFORMING ARTS | Do you enjoy acting? Dancing? Telling stories? Expressing yourself and having fun? Then join the KCYMCA Explorers Adaptive Performing Arts Program for a one week adaptive performing arts camp! This will be a great way to try and see if performing arts is for you! 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. Open to anyone with a disability age 13 and up.

AUGUST 5TH - 9TH | 1:30 PM - 3:00 PM | PR2 | \$25 - MEMBERS | \$56 - PROGRAM MEMBERS

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 YMCA.

JULY 27TH | 1:00 PM - 4:00 PM | FREE FOR FAMILIES.

PRE-REGISTRATION REQUIRED BY 7.19.18