



MAKING A DIFFERENCE

At the Y, our goal is to provide programming for children through adults with special needs so that they shine an example of how participating in healthy activities and experiences can result in not only improved physical fitness but also personal growth, fun and friendships.



SPECIAL NEEDS

UPDATED ON: MARCH 17, 2019

ADULTS

BINGO BLAST FOR ADULTS (APY)

This weekly opportunity is for individuals with special needs ages 18 and older. Come join in the fun and socialize with friends! Play the game, listen to music and win some prizes!

Thursdays 5:45-7:00 PM October 18, 2018 – May 2, 2019

Fee: FREE for everyone (No registration required)

AQUATICS

SPECIAL NEEDS INDIVIDUAL SWIM LESSONS (APY, FWY, HVY, NMY)

Lessons are available at each of your local Y's. Please contact the branch Aquatic Department for availability and to schedule a time. Medical forms required.

APY – 920.954.7628

FWY – 920.560.3412

HVY – 920.830.5714

NMY – 920.886.2132

Fee: (7-week Session) Y Members - \$50 General Public - \$75

For Heart of the Valley Y special needs swimming lessons you can register on line. By registering for this class, you are EXPRESSING INTEREST in our Special Needs Swim classes. Everyone is automatically being placed on a wait list that will then be evaluated on a first-come first-serve basis. You will be contacted if there is an available class time for your child for this session.

FITNESS

SATURDAY FUN CLUB– YOUTH SPECIAL RECREATION FITNESS (AGES 7-15) (NMY)

A wellness class for ages 7-15 offering opportunity for fitness training and social learning. Class will be staffed with a 1:4 ratio to accommodate individual special needs. Caregivers and/or family are welcome to attend with the child/children, especially if your child requires 1:1 assistance. Benefits include: motor skill development, increase confidence, improve social skills, improve self-awareness, and brain/body connection. Please wear exercise clothes, gym shoes. Registration is limited to 10, but members on the waiting list will be called when we are notified of weekly absences. In addition, a Special Recreation Yoga class will follow at 10:30 AM. Our staff can transition your child to the class. Registration is required and is limited to 10. There is no fee as this program, it is supported and sponsored by Shannon Kennedy and Bill Shepard. For more information, contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org.

YOGA – YOUTH SPECIAL RECREATION FITNESS (AGES 7-15) (NMY)

A Youth Yoga and Contemplative Art class for ages 7-15. Class features breathing, movement, and awareness development. The many benefits of Yoga include Motor skills development, Sensory integration, improved self-awareness, brain & body connection and encourages calmness and concentration. It is staffed with a 1:4 ratio to accommodate individuals with special needs. Drop off or Caregiver and/or a family member are welcome to attend with child/children and highly recommended if you child is a 1:1. Registration is required and is limited to 10. For more information, contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org. *Follows the session schedule.

PUMP IT UP – YOUTH INCLUSION FITNESS (AGES 7-15 YEARS) (NMY)

This wellness class is for non-special needs, home schooled students and special needs children with cognitive delays or physical challenges. Will learn and workout on different fitness exercise machines (Fit Zone), increase strength, core muscles and agility with obstacle courses. Please wear exercise clothes, gym shoes and bring a water bottle. Registration is required and is limited to 10. For more information, contact Paula Gozner at 886-2101 or pgozner@ymcafoxcities.org. *Follows the session schedule.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Saturday Fun Club	NMY	7-15 years	S	9:00 AM	10:15 AM	FREE	FREE
Pump It Up	NMY	7-15 years	TH	3:45 PM	4:45 PM	FREE	\$60
Youth Yoga	NMY	7-15 years	S	10:30 AM	11:15 AM	FREE	\$45