



# ADAPTIVE & INCLUSIVE PROGRAMMING

## SPRING PROGRAM SESSION:

April 15 – June 2, 2024

No Class Monday, May 27, 2024 – Monday classes are prorated

### STAFF CONTACTS

ACY – Jen Oaks Health & Fitness Coordinator P 920.702.2316 E [joaks@ymcafoxcities.org](mailto:joaks@ymcafoxcities.org)

APY – Roxanne Lee Aquatics Director P 920.954.7640 E [rlee@ymcafoxcities.org](mailto:rlee@ymcafoxcities.org)

APY – Renae Johnson, Camp Hope/Camp Inspiration Director P 920.209.0680 E [renaejohnson@ymcafoxcities.org](mailto:renaejohnson@ymcafoxcities.org)

FWY – Alicia Lutgen, Early Childhood Coordinator P 920.560.0428 E [alutgen@ymcafoxcities.org](mailto:alutgen@ymcafoxcities.org)

HVY – Mindy Arneson Aquatics Coordinator P 920.830.5707 E [marneson@ymcafoxcities.org](mailto:marneson@ymcafoxcities.org)

NMY – Susan Christel Health & Fitness Director P 920.886.2127 E [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org)

OGY – Cindy Baumgartner Health & Fitness Coordinator P 920.560.0001 E [cbaumgartner@ymcafoxcities.org](mailto:cbaumgartner@ymcafoxcities.org)

Adaptive & Inclusive Programming at the Y is a partnership with families and individuals. The focus is to provide individuals, with unique abilities, access to programs and activities in a safe, fun atmosphere that encourages self-sufficiency, socialization and staying active.

The Y provides a chance to experience the joys and benefits that come from successful immersion into a program where they can learn, thrive, and grow. It is our priority to ensure all members have access to our facilities, programs, and services.

### FAMILY TIME

Our family nights are all about having fun. We welcome all individuals with unique abilities and their families for a FREE evening of games, activities, crafts, and fun. It's the perfect opportunity to strengthen your relationship and meet other families. Please watch our social media page for any scheduled family nights and for more information.

### FITNESS

#### **FUN CLUB– YOUTH ADAPTIVE AND INCLUSIVE WELLNESS CLASS (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. Drop off or Caregiver 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 and gym shoes. Registration is limited to 8, but members on the waiting list will be called when we are notified of weekly absences. For more information, please contact Susan Christel at [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org) or 920-886-2127.

## **SWIMMING**

### **SWIMMING (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 – 920.830.5707

NMY – 920.886.2132

**Fee: (7-week Session) Y Members - \$65 General Public - \$99**

For Heart of the Valley Y, if you are interested in Adapted Individual Swim Lessons, please register online for the 'Adapted Swim Waitlist'. The aquatics department will contact you when there is an opening in the program.