



## ***Explanation of classes, activities and sports for individuals with intellectual and/ or developmental disabilities:***

*EXERCISE CLASSES AND ACTIVITIES ARE FREE TO Y MEMBERS AND A \$5 DROP-IN FEE FOR NON-MEMBERS. ADAPTED SWIM LESSONS AND GYMNASTICS HAVE MEMBERSHIP AND NON-MEMBERSHIP RATES (CHECK EACH BRANCH). SPECIAL OLYMPICS IS FREE AND A Y MEMBERSHIP IS NOT NEEDED. [Ask about the Y's special needs membership rate.](#)*

**Exercise Class**- Ages teen-adult. Goals and benefits include: cardiovascular endurance, increased range of motion, better mobility, better balance, increased strength and appropriate social skills. Classes consist of modified sports and gym activities, modified aerobic classes (boot camp, kickboxing, functional movement, adapted dance and music, lifting weights, etc.).

**Adapted Zumba**- Ages teen-adult. Held at the KG Y. Modified dance instruction to get you moving and grooving!

**Sensory Gym**- Ages 12 and younger. Held at the KG Y. Families can come together for play time. Equipment and modified activities provided.

**Water Exercise** - Ages teen-adult. Held at the SP Y. Fun water aerobics and water movement.

**Adapted Swim Lessons**- The classes are designed to work with the swimmer wherever they are, helping to get them comfortable in the water and swimming as much as they are able. Check at each branch for group and individual lessons.

**Gymnastics**- Ages 3-5 yrs. and 6-12 yrs. Learn & practice on various balance beams, mats, horizontal bar & mini-trampolines. Fun and games! Activities may vary per branch. Check the branch for next session dates. All abilities welcome.

**Build and Create**- Ages 5-12. Held on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays at the MA Y. Join in the fun working independently or as a team to construct towers and structures of all imaginations. Materials used will be legos, mega blocks, pool noodles, tubes and more. All levels of abilities welcome! Sensory Friendly.

**Sensory Friendly Creepy Crawly Carnival**- All ages. Held on the Saturday of the Massad branch Creepy Crawly Event in October from 1:00-3:00. A quieter carnival with the lights on and no scary features. Die and gluten free prize options.

**Volunteer Time** – Ages teen-adult. Volunteers work on many different projects helping the Y. Examples of volunteer work: sanitizing toys, working in the garden, Y event prep and support, cleaning inside the Y, grounds clean-up outside the Y. This program teaches conceptual and practical skills needed for a volunteer or paid job position.

### **Special Olympics:**

**Young Athletes Special Olympics**- Ages 2-7 yrs. Held at the MA Y. This class consists of the children who are too young to compete in Special Olympics. The coach offers the same sport that Special Olympics is offering at that time of the year. No Y membership needed.

**Special Olympic Teams**- Teams practice at various Y locations throughout the year. No Y membership is needed to participate.