



Special Needs Schedule Rappahannock Area YMCA

(As of 2/9/18)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:00-12:00 (MA) Volunteer Time Teen-Adult	9:45-10:45 (SP) Water Exercise Teen-Adult		Gymnastics (SP) 9:00-10:00: 3-5 yrs 10:00-11:00: 6-12 yrs	
10:30-11:30 (KG) Exercise Class Teen-Adult	10:30-11:30 (MA) Exercise Class Teen-Adult		10:30-11:30 (KG) Exercise Class Teen-Adult		11:30-12:30 (KG) Special Olympic Swim Team March-June	
			11:30-12:30 (MA) Volunteer Time Teen-Adult		11:30-12:30 (KG) Special Olympic Swim Team Sept-Nov	
					11:45-12:30 (KG) Adapted Zumba Teen-Adult Starts 12:00-1:00 3/17/18	
1:00-2:00 (MA) Exercise Class Teen-Adult	1:00-2:00 (SP) Volunteer Time Teen-Adult Starts 3/6/18	1:00-2:00 (SP) Exercise Class Teen-Adult	1:00-2:00 (MA) Exercise Class Teen-Adult		12:00-1:00 (KG) Sensory Gym 12 and under Starts 3/17/18	12:00-1:30 (MA) Special Olympic Tennis Team April-June
1:00-2:00 (MA) Volunteer Time Teen-Adult					1:00-2:00 (KG) Special Olympic Basketball Team Dec-March	
1:00-2:00 (CA) Exercise Class Teen-Adult					Gymnastics (MA) 12:30-1:30: 3-5 yrs 1:30-2:30: 6-12 yrs	3:30-4:30(MA) Special Olympic Swim Team Jan-April
5:30-6:30 (MA) Build and Create (Sensory Friendly) 2nd and 4th Mondays 5-12 yrs	4:30-5:30 (MA) Special Olympics 2-7yrs				1:00-3:00 (MA) Sensory Friendly CreepyCrawlyCarnival October	YMCA BRANCH LOCATION KEY (CA)Caroline Y (KG): King George Y (MA): Massad Y (SP): Ron Rosner Y
7:15-8:30 (MA) Special Olympic Ski Team Oct-Dec					Adapted Swim Lessons See contacts below*	

***Adapted Swim Lessons Contacts:**

Caroline Y: Heather Hale, hhale@family-ymca.org, (804)448-9622 x4021
 King George Y: Ali Bentz, abentz@family-ymca.org, (540)775-9622 x3020
 Massad Y: Valerie Wiss, vwiss@family-ymca.org, (540)371-9622 x1019

Special Needs Coordinator: Anyisia Alhanati, aalhanati@family-ymca.org or (540)371-9622 x1039