



# SPECIAL NEEDS SCHEDULE Rappahannock Area YMCA

(As of 2/1/20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		10:00-11:30 (MA) <b>Volunteer Time</b> Teen-Adult Nov-March/Café April-Sept/Garden	9:45-10:45 Pool(SP) <b>Water Exercise</b> Teen-Adult/Aug-May 11:00-12:00 Lobby(KG) <b>Volunteer Time</b> Teen-Adult		Gymnastics Gym(SP)** 9:00-10:00: 3-5 yrs 10:00-11:00: 6-12 yrs 11:00-12:00 Gym(KG) <b>Sensory Gym</b> 12 and under 11:00-12:00 Pool(KG) <b>Special Olympics Swim Team***</b> April-June 13 11:00-12:00 Gym(KG) <b>Zumba</b> Adapted/ Teen-Adult June 20-August	
	11:30-11:55 Cycle(MA) <b>Cycle</b> Adapted Teen-Adult	11:30-12:15 Studio A(MA) <b>Zumba</b> Adapted/Teen-Adult	11:30-12:30 Wellness(MA) <b>Exercise Class</b> Teen-Adult		12:00-1:00 Gym(KG) <b>Special Olympics Basketball Team***</b> Jan-March	12:00-1:30 Tennis(MA) <b>Special Olympics Tennis Team***</b> April - June
				12:30-1:30 Lobby(CA) <b>Adult Art Class</b> Teen-Adult		
1:00-2:00 Wellness(MA) <b>Exercise Class</b> Teen-Adult	1:00-2:00 Lobby(SP) <b>Volunteer Time</b> Teen-Adult	1:00-2:00 Wellness(SP) <b>Exercise Class</b> Teen-Adult	1:00-2:00 Studio A(MA) <b>Volunteer Time</b> Teen-Adult		Gymnastics Studio A(MA)** 12:30-1:30: 3-5 yrs 1:30-2:30: 6-12 yrs	
1:00-2:00 (MA) <b>Volunteer Time</b> Teen-Adult School year/Class 3 Summer/Kidz Zone		1:00-2:00 Class 3(MA) <b>Finding Friends Play Group</b> 2-5 yrs.				3:30-4:30 Pool(MA) <b>Special Olympics Swim Team***</b> Jan-April
	4:30-5:30 Studio B(MA) <b>Young Athletes Special Olympics***</b> 2-7 yrs.				<b>Sensory Friendly Creepy Crawly Carnival</b> October (MA) 1:00-3:00 All Ages	
	4:30-5:30 Studio B(MA) <b>Yoga for Athletes***</b> Ages 2-Adult 2nd Tuesday/Monthly					<b>YMCA branch location key:</b>
7:15-8:30 PT Studio(MA) <b>Special Olympics Ski Team***</b> Oct-Dec				Adapted Swim Lessons* (CA, KG, MA)	<b>Special Needs Dance</b> September (MA) 7:00-9:30 Adult	(CA): Caroline Y (KG): King George Y (MA): Massad Y (SP): Rosner Y

**\*Adapted Swim Lessons Contacts:**

Caroline Y: Jennifer Merritt, jmerritt@family-ymca.org, (804)448-9622 x4021  
 King George Y: Ali, Alexandra Bentz, abentz@family-ymca.org, (540)775-9622 x3020  
 Massad Y: Tom, Thomas Ellis, tellis@family-ymca.org, (540)371-9622 x1034

**\*\*Gymnastics Instructor:** Anna Judd, abgymfun@aol.com, (540)220-8915

**\*\*\*Special Olympics Area 11 Coordinitor:** Tim Doyle, tpdva01@yahoo.com, (540)219-3340

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

**See class descriptions on the back ->**



*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 Open Doors Program if you need to apply for financial assistance for a membership.*

**Adapted Swim Lessons-** (CA, KG, MA). The classes are designed to help with getting comfortable in the water and working at their own level. Check at each branch for age, individual or group lessons, and cost.

**Adult Art Class-** Adult (CA). Creative and fun art projects. All abilities welcome.

**Cycle-** Ages teen-adult (MA). Adapted to the needs and pace of each rider. Non-riders also welcome.

**Exercise Class-** Ages teen-adult (MA, SP). Meet in the Wellness Center. Work on increasing cardiovascular endurance, range of motion, mobility, balance, strength and appropriate social skills. Classes consist of 30 minutes on a cardio machine and 30 minutes with an activity or other exercise such as modified sports and gym activities or modified aerobic classes (boot camp, kickboxing, functional movement, adapted dance and music, lifting weights, etc.). Everyone works at their own pace.

**Finding Friends Play Group-** Ages 2-5 (MA). Held every Wednesday. Active, passive, social, and play time, for children with special needs. Siblings are welcome. Community resources will be available. Team taught by the Y and Paragon Autism Services. No Y membership needed.

**Gymnastics-** Ages 3-5 yrs. and 6-12 yrs. (MA, SP). 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 and cost. All abilities welcome.

**Sensory Friendly Creepy Crawly Carnival-** All ages (MA). Saturday of MA Y Creepy Crawly Event. Quieter, the lights are on and no scary features. Dye/gluten free prize options. See event flyer for cost.

**Sensory Gym-** Ages 12 and younger (KG). Families can come together for play time. Equipment and modified activities provided.

**Special Needs Dance-** Adult (MA). September. Dress up and get escorted down the red carpet. Catered food, giveaways, and great music! See event flyer for more details and cost.

### **Special Olympics (no Y membership needed):**

**Young Athletes Special Olympics-** Ages 2-7 yrs. (MA). This class consists of 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. 2<sup>nd</sup> Tuesday of the month is Yoga (see below).

**Special Olympic Teams-** Ages 8 and older (KG, MA). Teams practice at various times throughout the year.

**Yoga for Athletes-** Ages 2 and older. Held at the MA Y every 2<sup>nd</sup> Tuesday of the month. Learn to stretch and relax with yoga poses. The Young Athletes class joins this class on the 2<sup>nd</sup> Tuesday of the month.

**Volunteer Time** – Ages teen-adult (CA, KG, MA, SP). Volunteers work on many different projects (sanitizing toys, gardening, Y event prep and support, painting projects, cleaning exercise equipment, grounds clean-up, etc.). This program teaches conceptual and practical skills needed for a volunteer or paid job position. Must be able to attend independently or provide an adult attendant to assist.

**Water Exercise** - Ages teen-adult (SP). Fun water aerobics and water movement.

**Zumba-** Ages teen-adult (KG, MA). Modified instruction to get you dancing and moving!