



YMCA AT PABST FARMS

2022 FALL PROGRAMS

SESSION DATES:

FALL I: August 28th - October 22nd

FALL II: October 23rd - December 17th

www.glcymca.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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Visit our website for the following:

- Special Events
- Spiritual Development
- Swim Lessons



FALL I SESSION

AUGUST 28 - OCTOBER 22



FALL II SESSION

OCTOBER 23 - DECEMBER 17

The Y will be closed on Mon, September 5th for Labor Day and Thurs, November 24th for Thanksgiving

REGISTRATION DATES:

Y Member program registration is going on now for Fall I & II Sessions!

Y Member Swim Lesson Registration :

- **Fall I Session:** August 10, 2022
- **Fall II Session:** October 5, 2022

Community Participant Registration:

Program Registration

- **Fall I Session:** August 10, 2022
- **Fall II Session:** October 5, 2022

Swim Registration

- **Fall I Session:** August 17, 2022
- **Fall II Session:** October 12, 2022

CONNECT WITH US



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Website:
www.glcymca.org



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pabstfarmsmemberservices@glcymca.org

Y MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

TO REGISTER FOR ADULT FITNESS, click here

CLASS NAME	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT
Pilates Mat	\$75/\$110				8:00-9:00am		
Power Up	\$55/\$100	9:45-10:45am					
Power Up Plus	\$70/\$160	8:45-9:45am		8:45-9:45am			
Guard Up Start Up	\$75/\$100	11:30-12:30pm					10:30-11:30am
Guard Up	\$80			10:45-11:45am		10:45-11:45am	
Couch to 5K (Offered in Fall I)	\$60			7:15-8:15am			

ADULT FITNESS PILATES MAT

The sequence of Pilates exercises will challenge core strength and increase dynamic stability. It's designed to bridge the connection between the mind and the body with a unique system that stretches and strengthens the body, relieves tension, and improves posture.

POWER UP - FOR WOMEN (AGES 40+)

Being strong not only makes you look and feel good, it is ESSENTIAL. Stop the natural muscle density loss as we age and do something about it. All the cardio in the world will not cut it. This program, designed for age 40+ women and will teach you proper lifting techniques and load to wake up your muscles. The benefits include boosting metabolism, strengthen connective tissue to help prevent injury, increase athletic performance and of course make you stronger and help you look great! Class is a small group and taught by a personal trainer.

POWER UP PLUS - FOR WOMEN (AGES 40+)

This group is for individuals who have taken the Power Up Start Up class or are accustomed to regular moderate to vigorous exercise.

PERSONAL TRAINING: Exclusive to Members

EXCLUSIVE TO MEMBERS

Our nationally-certified Personal Trainers are excited to help you take your fitness to a brand new level. No matter what your current ability, we'll help you set some challenging, new goals and give you the training prescription, accountability, encouragement and professional guidance to attain them. Please note: Sessions must be used within 6 months of purchase.

Personal Training Packages:

(60 minutes)	(30 minutes)
1 session: \$60	3 session: \$135
3 session: \$165	6 sessions: \$240
6 sessions: \$300	10 sessions: \$350
10 sessions: \$450	
20 sessions \$800	

Partner Training: Train with a friend!

(60 minutes)
3 sessions: \$120
6 sessions: \$210
10 sessions: \$300

Please note: Partner training costs/person.

GUARD UP

Empowering and highly rewarding small group boxing training program that will challenge you mentally and physically. Taught by Leighann Moll, instructor and personal trainer with over 17 yrs experience in boxing training. This class will help you achieve more from your fitness than you ever thought possible. Gloves and wraps are needed for class and are not included. New to the program, pre-requisite is the Guard Up, Start Up class. Located in the Mind Body Studio.

GUARD UP, START UP

Starter class to the popular, Guard Up program. Class will focus on Guard Up fundamentals teaching you proper form and technique to build muscle safely, at the appropriate pace and help to reduce injury. This program is required if you are new to Guard Up. Gloves and wraps are needed and are not included. Class lead by Sara Dow, SCW certified boxing coach and Body Combat instructor. Location; Mind Body Studio

COUCH TO 5K (ONLY OFFERED IN FALL I)

Join the Y's Couch to 5k program and gain confidence, tools and new friends – and complete a 5k race! This training program will provide you with the step by step plan to build endurance and strength to run or walk (or run/walk) a 5k race. In person and online support! Good for new runners, runners wanting to be part of a group and runners who are just getting back from a running break.

Paces to match even the slowest speed! Everyone is welcome. 5K race will take place on October 8th at Zachariah's Acres.

TO REGISTER FOR ADULT SPORTS, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	SAT	SUN
FALL I & II OPEN GYM	Pick-Up Basketball	16 & up	Membership Benefit		11:30-1:30pm		11:30-1:30pm	5:30-7:30am 11:30-1:30pm		
	Pickleball	16 & up	Membership Benefit	5:30-8:30am 1:30-3:30pm	5:30-8:30am 1:30-3:30pm	5:30-8:30am 1:30-3:30pm	5:30-8:30am 1:30-3:30pm	1:30-3:30pm	6:00-7:30am	9:00-11:00am

LEAGUE OFFERINGS	LEAGUE NAME	AGES	FEES M/CP	TIME	DAY OF THE WEEK	DATES
BASKETBALL	3-on-3 Basketball League	18 & up	\$175	7:45-10:00pm	Thursday	October 6th - December 15th

MEMBERSHIP BENEFIT INCLUDED SPORTS

PICK-UP BASKETBALL

Come to the YMCA for your morning or lunch time workout. Schedules for the gym are available at Member Services or online.

PICKLEBALL

Played with a paddle that is larger than a ping pong paddle, a wiffle ball and a court smaller than a tennis court.

RECREATIONAL OPPORTUNITIES FOR ALL AGES

RACQUETBALL/HANDBALL

YMCA at Pabst Farms has two courts which may be used for racquetball, handball, or Wallyball (court 2 only) by reservation.

ROCK WALL

Starting September 6th, join us for open climb hours on Tuesdays and Thursdays from 5:00-8:00pm or Saturdays from 10:00am-1:00pm.

VOLLEYBALL

Bring your own volleyball and enjoy some time playing on a court! Net will be set up at 7' and one court is reserved for volleyball play.

ADULT SEASONAL SPORTS

3-ON-3 BASKETBALL LEAGUE

Adult 3 Man Basketball: Thursday evenings at the Y. Roster limit of 6 per team. End of season tournament. Game times at 7:45pm and later.



CHILDREN'S PROGRAMS

FALL I & II

TO REGISTER FOR CHILDREN'S PROGRAMS, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PARENT/ CHILD CLASSES	New! Cafe & Play	0-8	\$48/\$68			9:15-10:00am		
	Giggle and Wiggle	6wks - 24mos	\$48/\$68					9-9:45am
	Stretch & Tumble with Me	12 mos- 35 mos	\$40/\$60				9:15-9:45am	
	Toddler Gym	12 mos- 35 mos	\$35/\$55	9:15-9:45am				
ALL BY MYSELF GYM CLASSES	Jump & Shout	2-3	\$40/\$60		9:15-9:45am			
	Muscles in Motion	3-5	\$48/\$68		10-10:45am			
	Sports Sampler	3-5	\$48/\$68	10-10:45am				10-10:45am
	Tumbling	3-5	\$48/\$68				10-10:45am	
ALL BY MYSELF ENRICHMENT	First Friends	2	\$48/\$68	10:15-11:00am				10-10:45am
	Nature Detectives	3-6	\$56/\$76					9:00-9:45am
	Preschool Prep	3-5	\$64/\$84	9:00-10:00am				
	Snack Attack	3-6	\$56/\$76			10:15-11am		
DANCE	Pre Ballet	3-5	\$48/\$68			10-10:30am 4:30-5:00pm		
	Ballet 1	4-6	\$48/\$68			5:15-5:45pm		
	Dance Upon at Time	2-5	\$48/\$68				4:15-4:45pm	11-11:30am
	Imagination Theatre	4-7	\$48/\$68	4:15-4:45pm				
	Theatrical Jazz/ Dance 1	6-9	\$56/\$76				5:00-5:45pm	
	Theatrical Jazz/ Dance 2	8-12	\$56/\$76	5:00-5:45pm				

PARENT/CHILD CLASSES

NEW! CAFE & PLAY (0-8)

A chance for our littles and their grown-ups to make new friends! Each week we will set up a variety of stations for free play, incorporate age appropriate art exploration and story time. Coffee will be available.

GIGGLE AND WIGGLE (6 WEEKS - 24 MONTHS)

In this semi-structured class, the child and their grown up will be making friends while bonding over circle time, music, crafts and free play. This class is a great start to your Y experience with your child.

STRETCH & TUMBLE (12-35 MONTHS)

A parent/child class with an emphasis on basic tumbling, stretching and moving together. The instructors set up different circuits and facilitate new skills. Strong walkers, please.

TODDLER GYM (12-35 MONTHS)

Join in activities that build hand-eye coordination, motor skills and social development. For walking children beginning to discover coordination. This class is designed for one on one activity.

ALL BY MYSELF GYM CLASSES

JUMP & SHOUT (2-3)

Jump and shout your sillies out! Fun movement activities will encourage your little ones to keep the energy flowing while developing beginner level motor skills.

MUSCLES IN MOTION (3-5)

Boys and Girls, come join the fun. The engaging beat of child friendly music and creative dance moves makes this class perfect for having fun while getting plenty of exercise.

SPORTS SAMPLER (3-5)

Dunking a basket, kicking a football, shooting a goal are only a few of the varied activities your little athlete will experience through the course of this class. We focus on multiple sports and promote teamwork. Activities are designed to encourage a love of sports and movement while learning fundamental sports skills.

TUMBLING (3-5)

This class will focus on stretching, ways to move your body and basic tumbling skills. We incorporate fun music and movement to exercise the child's mind and body.

ALL BY MYSELF ENRICHMENT

FIRST FRIENDS (AGE 2)

A great class for two year olds to leave their grown up for the first time. The children will play together, do crafts, and enjoy music in the quiet and safe place of the Kids Gym.

NATURE DETECTIVES (AGE 3-6)

Children will become "nature detectives" inside and outside. We'll explore animals, insects, plants and weather. Come dressed to explore outdoors.

PRESCHOOL PREP (AGES 3-5)

The children will be introduced to early concepts of letters, numbers, colors and shapes. We will have fun learning with songs and stories. Each session continues on from the last session. Great stepping stone into preschool or 4K.

SNACK ATTACK (AGES 3-6)

Children experiment and try new things as they measure and mix simple ingredients to make snacks that are loved by kids of all ages.

DANCE

PRE BALLET (AGES 3-5)

Introduction to ballet positions, stretching, and center combinations.

BALLET I (AGES 4-6)

Curriculum designed to further develop our center combinations and ballet positions (arms, legs, feet) as well as the addition of turns and leaps.

DANCE UPON A TIME (AGES 2-5)

Children dance and move their way through a story as the instructors read and lead them through the activities. Have fun bringing books to life.

IMAGINATION THEATRE (AGES 4-7)

A first theater experience! Each week the young actors will become their characters through play, learn about vocal projection, blocking, and memorization while working towards a performance to showcase their hard work on the last day of class.

THEATRICAL JAZZ/DANCE 1 (AGES 6-9)

A dance class that merges a variety of dance styles, including ballet and jazz, along with theatre elements. Our focus will be on dance, with a brief introduction to acting and singing. A great class to build confidence and self-expression.

THEATRICAL JAZZ/DANCE 2 (AGES 8-12)

Students will build on ballet and jazz skills while incorporating musical theatre elements. Our focus will be on more intricate dance skills, with a brief introduction to acting and singing. A great class to build confidence and self-expression.

HOLIDAY DROP & SHOP

(AGES 4-10)

Busy with the holidays? Let us take care of your children! We'd love to entertain your children and help you prepare. Snack will be provided. (Children must be fully potty-trained.)

Please bring a swimsuit and a bag lunch with drink.

OPEN HOURS! Children do not have to stay for the entire "Drop & Shop" time period. (Note: Registration fee is the same regardless of how long they stay.)

Time: 9:00am - 2:00 pm

Dates:

December 10th

December 17th

PARENTS NIGHT OUT

(AGES 4-8)

Drop your kids off at the Y and have a date night, run errands or have a quiet night at home. Parent's Night Out is a safe and fun night for children to play and meet new friends. Come wearing your swimsuit and bring a bag dinner and drink. Please bring a towel for the pool.

Time: 4:00pm - 8:00 pm

Dates:

September 23rd

October 7th

October 21st

November 4th

November 18th

December 2nd



YOUTH SPORTS

FALL I

TO REGISTER FOR YOUTH SPORTS, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI
PRESCHOOL & KINDERGARTEN	Bitty Soccer	3-4	\$40/\$60	3:45-4:15pm			3:45-4:15pm	
	Bitty Basketball	3-4	\$35/\$55	4:30-5:00pm				
	Bitty Football	3-4	\$40/\$60		3:45-4:15pm			
	Bitty Bouldering	3-4	\$40/\$60		3:45-4:15pm			
	Bitty Basketball	5-6	\$35/\$55	5:15-5:45pm				
	Bitty Soccer	5-6	\$40/\$60		4:30-5:00pm			
	Bitty Climbing	5-6	\$40/\$60		4:30-5:00pm		3:45-4:15pm	
	Bitty Golf	5-6	\$40/\$60				4:30-5:00pm	
SCHOOL AGE SPORTS	Y Rockstars	7-8	\$40/\$60				4:30-5:00pm	
	Cross Country	9-12	\$75/\$125			4:00-5:00pm		
	Kid Strong	9-13	\$75/\$75		4:00-5:00pm			

FALL I & II LEAGUES

CATEGORY	LEAGUE NAME	GRADES	FEES M/CP	DATES	PRACTICE/GAMES	Registration
FALL LEAGUES	Fall Flag Football	Grades 1-4	\$50/\$100	August 22nd - October 15th	Practices held once a week and games are held on Sats	Registration open through August 1
	Fall Volleyball	Grades 1-6	\$50/\$100	August 22nd - October 15th	Practices held once a week and games are held on Sats	Registration open through August 1
	Fall Basketball	Grades 1-2	\$60/\$120	October 17th - December 17th	Practices held once a week and games are held on Sats	Registration open through Sept 15
ESPORTS	Esports League	Grades 3rd-12th	\$60/\$85	September 12th - November 14th	Practice 1 night/week, games vs opponents second night	Registration open until Sept 12

PRESCHOOL & KINDERGARTEN

BITTY BASKETBALL (AGES 3-4, 5-6)

Learn the fundamentals of dribbling, shooting, passing & defense.

BITTY BOULDERING (AGES 3-4)

Focus on the fun-filled basics of climbing through bouldering. Our goal is to help your little one increase coordination and gain confidence.

BITTY CLIMBING (AGES 5-6)

Focus on the building blocks of Rock Climbing, teamwork and having fun!

BITTY GOLF (AGES 5-6)

Boys and girls learn the basic fundamentals of putting, chipping, and hand-eye coordination.

BITTY FOOTBALL (AGES 3-4)

Learn the basics of offense and defense as well as the fundamentals of running, throwing, catching and kicking.

BITTY SOCCER (AGES 3-4, 5-6)

Focus on dribbling, shooting, passing, trapping and goalkeeping.

SCHOOL AGE SPORTS

CROSS COUNTRY (AGES 9-12)

For kids who enjoy running and want to improve their abilities.

KID STRONG (AGES 9-13)

Focusing on physical activity, nutrition and mental toughness.

Y ROCKSTARS (AGES 6-7)

Help young climbers build confidence, overcome fears, work with others, and have fun! Grow in technique, skills and strength in rock climbing.

FALL SPORTS LEAGUES

FALL BASKETBALL (1ST-2ND)

Learn the fundamentals of basketball while learning to play on a team.

FALL FOOTBALL (1ST-4TH)

The YMCA oversee flag football for those in grades 1st-4th.

FALL SOCCER (U6 & U8)

Learn about being a part of a team and solid fundamental skills.

FALL VOLLEYBALL (1ST-6TH)

Designed to give participants the chance to develop their knowledge and skill in a positive and instructional environment.

TO REGISTER FOR YOUTH SPORTS, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	SAT
PRESCHOOL & KINDERGARTEN	Bitty Basketball	3-4	\$40/\$60	3:45-4:15pm			4:30-5:00pm	
	Bitty Bouldering	3-4	\$35/\$55				3:45-4:15pm	
	Bitty Soccer	3-4	\$40/\$60		3:45-4:15pm			
	Bitty Basketball	5-6	\$40/\$60	4:30-5:00pm			3:45-4:15pm	
	Bitty Climbing	5-6	\$40/\$60		3:45-4:15pm		4:30-5:00pm	
	Bitty Hockey	5-6	\$40/\$60	5:15-5:45pm				
	Bitty Soccer	5-6	\$40/\$60		4:30-5:00pm			
SCHOOL AGE SPORTS	Y Rockstars	7-8	\$40/\$60		4:30-5:00pm			
	Kid Strong	9-13	\$75/\$75		4:00-5:00pm			
WINTER SPORTS CLINICS	Climbing Clinic	1st-3rd	\$15/\$30		Dec. 27th 2:30-4:30pm			
		4th-8th	\$15/\$30		Dec. 29th 2:30-4:30pm			
	Baseball Clinic	3rd-8th	\$15/\$30		Dec. 27th 8:15-11:15am			
	Volleyball Clinic	3rd-8th	\$15/\$30		Dec. 27th 2:00-5:00pm			
	Soccer Clinic	3rd-8th	\$15/\$30			Dec. 28th 8:15-11:15am		
	Basketball Clinic	3rd-8th	\$15/\$30			Dec. 28th 2:00-5:00pm		
	Milwaukee Bucks Little Dribblers	4-10	TBD					Jan 7th -Feb 4th 9:00-10:00am

PRESCHOOL & KINDERGARTEN

BITTY BASKETBALL (AGES 3-4, 5-6)

Learn the fundamentals of dribbling, shooting, passing & defense.

BITTY BOULDERING (AGES 3-4)

Focus on the fun-filled basics of climbing through bouldering. Our goal is to help your little one increase coordination and gain confidence.

BITTY CLIMBING (AGES 5-6)

Focus on the building blocks of Rock Climbing, teamwork and having fun!

BITTY HOCKEY (AGES 5-6)

Learn the fundamentals of dribbling, shooting, passing and goal shooting.

BITTY SOCCER (AGES 3-4, 5-6)

Focus on dribbling, shooting, passing, trapping and goalkeeping.

SCHOOL AGE SPORTS

KID STRONG (AGES 9-13)

Focus on physical activity, nutrition and mental toughness.

Y ROCKSTARS (AGES 6-7)

Help young climbers build confidence, overcome fears, work with others, and have fun! Grow in technique, skills and strength in rock climbing.

WINTER CLINICS

BASEBALL CLINIC (3RD-8TH)

Focus on hitting, pitching and team defense.

BASKETBALL CLINIC (3RD-8TH)

Get ready for the season, as we'll focus on the fundamental skills.

CLIMBING CLINIC (1ST-3RD, 4TH-8TH)

We'll work on harnessing, knots, bouldering, top rope climbing, and more with an emphasis on technique, safety, trust and teamwork!

SOCCER CLINIC (3RD-8TH)

Focus on passing, dribbling and shooting.

VOLLEYBALL CLINIC (3RD-8TH)

Focus on passing, setting, and serving.

MILWAUKEE BUCKS LITTLE DIBBLERS (AGES 4-10)

Learn more at bucks.com/camps/!

WINTER LEAGUES

WINTER BASKETBALL (3RD-6TH)

Our recreational leagues are designed to prepare players for the next level. Practice held one night a week and Games on Saturdays at the Y. Registration starts September 1st

TO REGISTER FOR YOUTH/TEEN, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	DATES	TIMES
EDUCATION CLASSES	Babysitting Training	11+	\$65/\$85	Saturday, September 10	8:30-3:30pm
				Saturday, October 8	
				Saturday, November 12	
				Saturday, December 3	
	Home Alone Workshop	8-10	\$65/\$85	Saturday, September 24	8:30am-11:30am
				Saturday, October 22	
				Saturday, November 19	
				Saturday, December 10	

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	WED
HOME SCHOOL	Gym	6-14	\$40/\$60	12:00-12:55pm	12:00-12:55pm (Ages 6-8) 1:00-1:55pm (Ages 9-14)
	Art	6-14	\$40/\$60	1:00-1:55pm	12:00-12:55pm (Ages 9-14) 1:00-1:55pm (Ages 6-8)

HOME SCHOOL

ART

Art history for the home schooled child. Fit for kids by using organized, instructional and inspired lessons to fill a session of curriculum. The session will incorporate 3 units to focus and grow in knowledge and skill of various art concepts.

GYM

Physical Education for the home schooled child. Fit for kids uses organized, instructional and cooperative games to fill a session of curriculum. The session will incorporate 3 units to focus and grow in knowledge and strength of the sport/activity.

*No class when OASD has no school

EDUCATION CLASSES

BABYSITTING TRAINING (11+)

Give you, the participant, the knowledge and skills needed to be a safe, responsible, and successful professional babysitter.

HOME ALONE WORKSHOP (8-10)

Youth and parents learn the tools necessary for youth to start staying home alone. Guardians are required to participated in the last half hour of class.

LEADERSHIP

YMCA ACHIEVERS (GRADES 9-12)

The YMCA Achievers is a college readiness and career exploration program for grades 9-12 which provides teens with the essential tools to pursue higher education and to identify different career opportunities. Participants will also have the opportunity to attend a fall leadership retreat at Camp Edwards, and be involved in various volunteer projects throughout the school year.

YOUTH IN GOVERNMENT (GRADES 7-12)

The Wisconsin YMCA Youth in Government (YIG) program is a statewide and nationwide program that engages hundreds of Wisconsin students every year. The program is available to all students in grades 7-12 and aims to enable young people to prepare for leadership through participatory training in the theory and practice of determining public policy. The program starts in late fall, and students will have the option of attending the Model Conference in the spring and serve as club leaders.

More details to come! To receive more information on this program, or to be included on future communications, please contact Jenna Lang at jenna@glcymca.org.



SPECIAL PROGRAMS

FALL I & II

TO REGISTER FOR SPECIAL PROGRAMS, [click here](#)

CATEGORY	CLASS NAME	AGES	FEES M/CP	MON	TUES	WED	THURS	FRI	DATES
SPORTS PROGRAMS	Special Olympics Flag Football	8+	\$45/\$60	5:30-6:30pm					August 15 - October 8
	Special Olympics Swim Team 1	8+	\$112/\$142			6:30-7:10pm			September 7 - December 14
	Special Olympics Swim Team 2	8+	\$112/\$142			7:15-7:55pm			September 7 - December 14
	Special Olympics Volleyball	8+	\$45/\$60	7:00-8:00pm					September 12 - December 5
	Special Olympics Basketball	8+	\$45/\$60		5:30-7:30pm				December 6 - April 11
	Special Olympics Bowling	8+	\$45/\$60						TBD
FITNESS PROGRAMS	Adaptive Aquatics 1	2+	\$168/\$198			4:15-4:45pm			September 7 - December 14
	Adaptive Aquatics 2	2+	\$168/\$198			4:50-5:20pm			
	Adaptive Aquatics 3	2+	\$168/\$198			5:25-5:55pm			
	Adaptive Aquatics 4	2+	\$168/\$198			6:00-6:30pm			
	Fitness Friends 1	13+	\$112/\$142				5:30-6:15pm		September 8 - December 15
	Fitness Friends 2	13+	\$112/\$142				6:15-7:00pm		
SOCIAL PROGRAMS	Dinner and a Movie	13+	\$25/\$40					5:00-8:30pm	Sept 16 Oct 21 Nov 18 Dec 16
	Fun Friday	13+	\$15/\$25					6:00-8:30pm	Oct 7 Nov 4 Dec 2

SPORTS PROGRAMS

SPECIAL OLYMPICS FLAG FOOTBALL

Punt, pass, kick! Learn the skills and rules of Flag Football as we prepare for optional Special Olympics competitions. Practices and games will be outdoors. A practice and game schedule will be handed out the first week of practice.

SPECIAL OLYMPICS SWIM TEAM

Freestyle, backstroke, butterfly! Let us help you to learn or fine-tune specific techniques and strokes for future competitions. Swimmers must be able to swim 1 length (25M) unassisted in the competitive pool. There are two practice times 6:30-7:15 and 7:15-8:00. Please register for the same group you were in the last session, if you did not participate previously please contact Jodi Dabrowski to find out which practice time is best for you. We are unable to provide 1:1 assistance during this program. If your participant requires direct assistance/supervision please plan on having someone attend practice with them.

SPECIAL OLYMPICS VOLLEYBALL

Bump, set, spike! Learn basic volleyball skills including serving, returning and volleying as you participate in this team sport. There will be an option for competition against other local teams. A practice and game schedule will be handed out the first week of practice.

SPECIAL OLYMPICS BASKETBALL

Dribble, pass, shoot! Learn basketball skills, strategy and rules and prepare for team competition. Competition is optional. Practice and game schedule will be handed out the first week of practice.

SPECIAL OLYMPICS BOWLING

Split, spare, strike! We are working hard to reserve some time for our group at a bowling alley in the area. Please check back for updates.

FITNESS PROGRAMS

ADAPTIVE AQUATICS

Splash, float, kick! Swim lessons designed to meet the needs of individuals with intellectual and/or physical disabilities so they can enjoy the benefits of water. Whether you're a beginner being introduced to the water or a lap swimmer working on technique and endurance you will work with instructors one-on-one to develop your skills.

FITNESS FRIENDS

Lift, stretch, move! Teens and adults with intellectual and developmental disabilities learn the benefits of exercise alongside their friends. Trained staff will create and carry out programs to meet the strength, cardiovascular, and flexibility needs of the participants.

SOCIAL PROGRAMS

FUN FRIDAY

Play, laugh, dance! A night at the YMCA designed for individuals with intellectual and developmental disabilities. Activities will include crafts, games, gym activities and lots of fun with friends!

DINNER AND A MOVIE

Lights, camera, action! Enjoy a night at the Y with your friends! Includes dinner and the viewing of a movie at the YMCA. Movies will be rated PG or PG 13.

Participant to Staff Ratio:

We will maintain a 4:1 (participant: staff) ratio for all programs. If your participant requires more care than can be given in a 4:1 ratio you must make arrangements with the Special Programs Director a minimum of 2 weeks prior to the event. We cannot accommodate all 1:1 requests so please request early. Please contact Jodi Dabrowski for any other accommodations necessary for participation.

Using a Funding Source:

We do accept county and state funding (IRIS, Family Care, Children's Long-Term Support Waiver, etc.). If you are new to using a funding source or have questions please contact Jodi Dabrowski to learn more about the process.

Participant Care Form:

All participants must have a participant care form on file with the Special Programs Department. If you have not registered for programs before please contact Jodi Dabrowski, Special Programs Director, prior to registering so we can learn more about the participant and their needs.