



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEVELOPING HEALTHY HABITS

Adaptive Exercise Classes CENTRAL YMCA



Central YMCA is excited to offer adapted exercise classes for members with cognitive or physical disabilities. All participants must complete the "Participation information for Adapted Programs" form before attending class.

HEALTHY LIFESTYLES CLASS & BEGINNING EXERCISE

Participants of all fitness levels and abilities are welcome to enjoy this active and educational course offering basics in nutrition, hygiene, and other aspects of living a healthy lifestyle. Participants must be independent or a caregiver will be needed in order to participate in class. Class will begin promptly at 10:00am - please be ready to begin at 10:00am. We will also hold a sit down group discussion to talk about our healthy lifestyles before we exercise.

Dates April 23- June 18, 2018
(No class May 28)

Time Mondays • 10:00-11:00 am

Ages 15+

Location Small Gym

What to wear Appropriate fitting athletic clothing and closed toe athletic shoes.

What to bring Water bottle

CHAIR YOGA

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. This class will help develop balance, flexibility, and range of motion.

Dates April 25 - June 20, 2018
(No class May 30)

Time Wednesdays • 10:15-10:45 am

Ages 15+

Location Sun Room

What to wear Appropriate fitting athletic clothing and closed toe athletic shoes.

What to bring Water bottle, hair tie for those with long hair

ADAPTED SWIM TEAM

Members of all swimming levels and abilities are welcome to join our swim team. Swimmer must be independent in water or a caregiver will be needed in order to participate in class. Be ready at 11:00am with swim suit on.

Dates April 23 - June 20, 2018
(No class May 28 & 30)

Time Mondays & Wednesdays • 11:30 am - 12:30 pm

Ages 15+

Location Indoor Pool

What to wear Appropriate fitting swim suit; one piece for females. All swimmers must be ready to get into pool at the start of class.

What to bring Water bottle, towel, hair tie for those with long hair

Optional Goggles, swim cap

ADAPTED P.E.

Members of all functional and fitness levels are invited to participate in our Adapted P.E. Class! We will focus on stretching, large and fine motor skill development, and group/team play. Members must be independent or a caregiver will be needed in order to participate in class. This class will be held in the Large Gym. Please be aware of the acoustics if that is an issue for some participants.

Dates April 24 - June 21, 2018
(No classes May 29 & 31)

Time Tuesdays & Thursdays • 10:30-11:30 am

Ages 15+

Location Court 2 in Large Gym

What to wear Appropriate fitting athletic clothing and closed toe athletic shoes.

What to bring Water bottle

For more information, please contact:

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