

# ADAPTIVE PROGRAMS

## Adaptive Spring Session March 28-May 22

Adaptive classes are available to children and adults with developmental and/or physical disabilities. Classes offer volunteer assistance to participants on a 1:4 ratio. If 1:1 assistance is needed, please call 221-1574 ext.3021

### TUESDAY

#### **NEW!** **Healthy Choices -Adaptive**

Designed to educate you on making healthy choices that are a part of your everyday life. Class includes how to read food labels determine portion sizes, touring a grocery store, nutritional games and sampling healthier food options.

**East**  
T Ages 8+ 5:30-6:15pm  
M \$40 P \$75

#### **Kickball -Adaptive**

With the warmer weather heading our way be sure to stay physically active with an inside game of kickball. Join us as we adapt this sport to fit everyone involved!

**East**  
T Ages 8+ 6:30-7:15pm  
M \$40 P \$75

### WEDNESDAY

#### **Track & Field -Adaptive**

Develop skills in running, relays, field events and more. For all ability levels. Eight weeks of practice. March 31-May 19. *Practice for Special Olympic Competition.*

**East - Monona Grove High School**  
W Ages 8+ 6:00-7:00pm  
M \$50 P \$80

#### **Competitive Swim -Adaptive**

For swimmers who are competing in Special Olympics in the Spring. We will train for competition by working on different swim strokes and techniques. Special Olympic Competition.

**East**  
W Ages 8+ 7:30-8:15pm  
M \$40 P \$75

### Special Olympics Aquatics and Track & Field Competition Schedule 2010

TH	April 1	Medical Form Deadline
SA	April 24	District Aquatics at Waunakee
SA	May 15	Area Track & Field at Orgeon

**For individuals that qualify:**  
TH-SA June 10-12 State Summer Games at UW Stevens Point

### THURSDAY

#### **NEW!** **Individualized Exercise -Adaptive**

Move yourself and work towards a healthier lifestyle! This class will include an orientation to the YMCA Lifestyle Center and a personalized exercise regimen. We will set-up individualized goals and work on them throughout the session.

**East**  
TH Ages 16+ 4:00-4:45pm  
M \$40 P \$75

#### **NEW!** **Watercolor Your World -Adaptive**

Enjoy the world of painting with watercolors! Learn the basics of watercoloring and create some of your own masterpieces.

**East**  
TH Ages 8+ 5:00-6:00pm  
M \$50 P \$80

### FRIDAY

#### **NEW!** **Hobby Hour -Adaptive**

This is a supervised drop-in program focusing on socialization and friendship making. Bring your hobby project to work on (ie. crocheting, knitting, coloring etc) while enjoying time with others. Beverage and light snack provided. Must register each week you attend.

**East**  
F Ages 16+ 1:30-2:45pm  
M \$5 P \$8

### YMCA SPRING DAY TRIP

These trips are designed to provide individuals with disabilities an opportunity to experience and discover the wonderful attractions that Wisconsin has to offer. Staff to traveler ratio is 1:4/5 for these trips. All travelers must be able to negotiate steps and travel distances.

**Cancellation Policy:** Payment is fully credited only if cancellation occurs more than 30 days prior to departure date.

#### Wisconsin Dells Getaway

##### Great Wolf Lodge

Has it been a long winter? Need a mini vacation? Escape to the Great Wolf Lodge in the dells. Kick the winter blues and enjoy the indoor waterpark and other Dells attractions as we "get-away" for a night. Cost of the trip includes breakfast and lunch on Friday. Registration deadline is April 16th.

Thursday-Friday May 20-21st M \$125 P \$155

