



Youth Adaptive PE 2024

Member Registration April 8th

Non-Member Registration April 15th

Adaptive PE: April 22–June 3

This program is a 7-week adaptive PE course for kids ages 4-13, broken up into two age groups. The goal of this class is to introduce kids to basic movements and skills and get their bodies moving. The Y is for all, and we want to emphasize that this program has been designed for children with disabilities. Our instructor will be working with each family to ensure that their child is supported in this program. The questions we ask during our registration process are only so our instructor can adequately plan for every child that is registered. There are no limitations or restrictions with this class.

Class	Ages	Day	Time	Prices
Adaptive PE	Ages 4-8	Monday	5:00pm -5:50pm	Family Member: \$35 Single Member: \$45 Non-Member: \$60
Adaptive PE	Ages 9-13	Monday	6:00pm -6:50pm	

What participants will work on:

MOVEMENT- imitation, stationary movements, jumping, galloping, hula hooping

OBSTACLE COURSE- work on movement, foot work, balance

SOCCER- work on kicking, passing, aiming for net

BASKETBALL- work on passing, shooting, dribbling, tossing, and catching with partner

DANCING – following along with song, line dances, etc.

KICKBALL- focusing on kicking the ball, getting to bases, running or jogging

STATIONS :

-BOWLING (aim for targets)

-BEAN BAGS (aim for targets)

-YARN BALLS (toss and catch)

-COLOR MATCHING WITH HULA HOOPS (finding object across the room that matches the color of their hula hoop)

-BALLOON ACTIVITY (how many times can you hit the balloon? How long can you keep it in the air?)

For more information contact Ashley Goroski or David Dunne at 978-454-7825 or youthandfamily@lowellymca.org.

GREATER LOWELL FAMILY YMCA

35 YMCA Drive
Lowell, MA 01852

Financial Assistance is available for those who qualify.