



Youth Adaptative

Member Registration October 14

Non-Member Registration October 21

Adaptative PE: November 3– December 15

This program is a 7-week adaptive PE course for kids ages 4-13. 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. 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. Activities planned include: movement, obstacle course, soccer, dancing, stations, color matching, balance, jogging and throwing.

Class	Ages	Day	Time	Prices
Adaptative PE	Ages 4-8	Sunday	2:00-2:40pm	Family Member: \$35 Single Member: \$45 Non-Member: \$60
Adaptative PE	Ages 9-13	Sunday	2:50-3:30pm	

Adaptive Swimming Lessons: Packages of 6 lessons

This program offers children with disabilities 1:1 teaching in the pool. These 30 minutes private lessons are taught by instructors who are familiar with children's unique needs. Curriculum includes survival skills (floating, rolling over, climbing in and out of the water), basic strokes and breathing as well as building core strength and endurance and overcoming fear of the water. These are private lessons specifically for kids with disabilities, these are not part of the private lessons offered in 7 weeks sessions.

Email Kat at kdavis@lowellymca.org to discuss your child's needs and be put on the waitlist.

Schedule is flexible according to swimmer, instructor, and pool availability, Fee:\$262 per package.

For more information contact Kat at kdavis@lowellymca.org or 978-454-7825 ex 822