



Newport County YMCA

Adapted Physical Activity Program

All Ages, All Ability Levels

You DO NOT have to be a member of the YMCA to take part in these amazing programs

7-week session begins the week of July 5, 2010 – August 29, 2010

Adapted physical activity is for individuals with disabilities as well as individuals who need adaptations to activities to be able to participate. Each session is 45 minutes unless otherwise noted. If the time does not work for you, but you have at least four total individuals that would like to run a class please contact Katy Woolbright. Scholarships are available for those who need them. Please sign-up for classes at the Newport County YMCA.

Programs for Adults

Walking Club

This is a program that will begin in the YMCA facility and progress to walking out in the community. It will be specialized for those who need assistance when walking and who may have balance issues.

Tuesday 12pm No Cost

Adult Resistance Band Workout

This is a program for adults who want to learn resistance training. The class will utilize resistance bands instead of metal weights and can be completed sitting or standing.

Wednesday 6pm Cost \$35 for 7 weeks

Chair Yoga

This program is for individuals with limited balance or for those who find it difficult to participate in the general yoga class.

Wednesday 12 pm Cost: \$35 for 7 weeks

Sports Intro for Adults

Individuals will experience a new sport each session; helping them find a sport they enjoy and can continue as a way to stay fit and active.

Saturday at 12 pm Cost \$35 for 7 weeks

Adapted Adult Yoga

This will be a class where individuals can learn different positions and breathing techniques to help with stress and to improve flexibility and body control.

Wednesday 5 pm Cost: \$35 for 7 weeks

Adult Water Aerobics/Dance

This class will include music and movement in the water. We will be located in the shallow end of the pool and work on different dances and locomotor movements in the pool.

Sunday 10 am Cost: \$35 for 7 weeks

Adult Cardio Dance

This program helps you stretch and tone your body while moving to fun, upbeat, and choreographed music! You won't even know you're exercising!

Monday 6pm or Wednesday 1:30pm or Saturday 2pm

Cost: \$35 for 7 weeks

Adult Social Swim

This program will focus on cooperation and social skills through games in the water. The participant must be able to swim, or an adult needs to be in the water with the child.

Wednesday 7 pm Cost \$35 for 7 weeks

Programs for All Ages

Basketball: Skills and Games

This program will be set up similar to the Special Olympics practices. The focus will be on skills and fun drills.

Sunday 2 pm Cost: \$35 for 7 weeks

Soccer: Skills and Games

This program will be set up similar to the Special Olympics practices. The focus will be on skills and fun drills.

Sunday 3 pm Cost: \$35 for 7 weeks

Track and Field: Skills and Games

This program will be set up similar to the Special Olympics practices. The focus will be on skills and fun drills.

Saturday 1 pm Cost: \$35 for 7 weeks

Adapted Aquatics

Individualize instruction focusing on the needs of the participant such as swimming, range of movement, etc. The class is taught by a nationally certified adapted aquatics instructor for 30 minutes of instruction each week.

Contact Katy for session times

Cost: \$70 for 7 weeks

Fitness Introductions

This class is an introduction to the use of the weight room, cardio equipment, and other exercise equipment available at the YMCA. The goal of this program is to assist the individuals in creating a fitness/exercise routine that they can complete with little to no assistance. One hour of instruction each week.

Contact Katy for session times

Cost: \$140 for 7 weeks

Continued on reverse...

Programs for Pre-K – 6th Grade

Tots Social Group

This will be a group for children ages 3-6 where they can work on social play through different games and physical activities.

Monday 2 pm Cost: \$35 for 7 Weeks

Locomotor Movements/Gymnastics for Kids

This program will focus on body awareness and loco-motor movements in the gymnastics gym. Simple gymnastics skills will be touched on as well.

Sunday 1 pm Cost: \$35 for 7 weeks

Kids Social Swim

This program will focus on cooperation and social skills through games in the water. The participant must be able to swim, or an adult needs to be in the water with the child.

Sunday 4 pm Cost \$35 for 7 weeks

Adapted Kids Yoga

This will be a class where children can learn different positions and breathing techniques to help with stress and to improve flexibility and body control.

Monday 3 pm or Saturday 4 pm Cost: \$35 for 7 weeks

Kids Cooperative Games

This program is focused on using physical activity to incorporate team work and cooperation. These will be both physically and mentally challenging and will work on utilizing each individual's strengths.

Tuesday 1 pm or Saturday 5 pm Cost: \$35 for 7 weeks

Parent and Me Sports

This class is for parents and children working together to learn a different sport each week. Adaptations and instructions are designed especially for your child's ability.

Saturday 9 am Cost: \$35 for 7 weeks

Sports Introduction

A different sport is covered each week. The basics of a sport, such as dribbling for basketball or passing for soccer, will be taught. This will give your child a chance to experience different sports and see where his/her interest lies.

Saturday 10 am Cost: \$35 for 7 weeks

Group Fun Fitness

This program is for children who are on the autism spectrum or need to work on social and communication skills. There will be obstacle courses, cooperative games, fitness fun stations, etc.

Monday 4 pm Cost: \$35 for 7 weeks

Programs for 7th - 12th Grade

Adapted Teen Yoga

This will be a class where teens can learn different positions and breathing techniques to help with stress and to improve flexibility and body control.

Monday 5 pm Cost: \$35 for 7 weeks

Locomotor Movements/Gymnastics for Teens

This program will focus on body awareness and loco-motor movements in the gymnastics gym. Simple gymnastics skills will be touched on as well.

Sunday 12 pm Cost: \$35 for 7 weeks

Teen Social Swim

This program will focus on cooperation and social skills through games in the water. The participant must be able to swim, or an adult needs to be in the water with the child.

Saturday 3pm Cost \$35 for 7 weeks

Teens Cooperative Games

This program is focused on using physical activity to incorporate team work and cooperation. These will be both physically and mentally challenging and will work on utilizing each individual's strengths.

Tuesday 3 pm Cost: \$35 for 7 weeks

Water Aerobics/Dance for Teens

This class will include music and movement in the water. We will be located in the shallow end of the pool and work on different dances and locomotor movements in the pool.

Tuesday 4pm Cost: \$35 for 7 weeks

Teen Cardio Dance

This program helps you stretch and tone your body while moving to fun, upbeat, and choreographed music! You won't even know you're exercising!

Wednesday 4 pm Cost: \$35 for 7 weeks

Sport Experience

Individuals will experience a new sport each session; helping them find a sport they enjoy and can continue as a way to stay fit and active.

Saturday 11 am Cost: \$35 for 7 weeks

About the Instructor



Katy Woolbright has her Masters Degree in Adapted Physical Activity. She is a certified and experienced Physical Education, Health, and Adapted Physical Education teacher as well as a nationally certified Adapted Aquatics Instructor (AAI). She enjoys being physically active and wants to help others do the same. She has worked with all populations, from physical, cognitive, emotional, learning, and social disabilities. She is enthusiastic about this programming and cannot wait to get started!

If you have any questions, concerns, or program ideas, please contact her at:

Kwoolbright@hotmail.com

401-835-3032