



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Newport County YMCA Adapted Physical Activity Programs for Adults Summer Session June 19th to August 27th

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.

Special thanks to Mary Sullivan, The Tracy Family Foundation and The Fogarty Foundation for helping us offer the following class at no cost!

Monday:

Adult Sports Group 10:45am to 11:30am
Adult Strength Training 4:00pm to 4:45pm

Tuesday:

Adult Water Weights 11:00am to 11:45am

Wednesday:

Adult Cardio Dance 11:00am to 11:45am

Thursday:

Walking Group 10:45am to 11:30am

Friday:

Adult Social Swim 11:15am to 12:00pm
Adult Water Aerobics 6:15pm to 7:00pm

Additional programs we also offer are:

Dancing with Parkinson's

Tuesday 11:00pm Price \$60 for and 8 week session

Adapted Aquatics

8 Individualized session for 30mins Price \$100 for members \$120 non-members

Fitness Introductions

8 Individualized session for 1 hour Price: \$160 for members \$180 for non-members