



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## **Newport County YMCA Adapted Physical Activity Programs for Adults Fall October 30<sup>th</sup> to December 24<sup>th</sup>**

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

Thursday:

Walking Group 10:45am to 11:30am

Tuesday:

Adult Water Weights 11:00am to 11:45am  
Open Gymnastics 3:45pm to 4:30 pm

Friday:

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

Wednesday:

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

### 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