



ADAPTED PHYSICAL ACTIVITY PROGRAMS



For more information, please visit www.newportymca.org or contact:

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Newport County YMCA
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Special Olympics Team Mascot, the Sharks

MISSION

The Newport County YMCA is an association of people of all ages, ethnic origins, religious affiliations and socio-economic levels. The basis of the association is founded in Judeo-Christian values and its purpose is to significantly improve and positively influence the quality of life and social well-being for our members, our families and our community. Emphasis is placed on the whole person through the programs and activities that help develop spiritual, mental and physical well-being.

“The Adapted Program at the YMCA is a program where you can actually see the difference you’re making in children’s lives. There is nothing more rewarding than working with a child for weeks (sometimes months) at a time and finally having a positive breakthrough with them. Being a part of a program where children with a variety of abilities are included and encouraged to reach their full potential is one that I’m so grateful and proud to be a part of.”

Crista
Newport County YMCA Staff Member

The Newport County YMCA offers Adapted Physical Activity programs, which are designed to give children and adults with all types of disabilities the opportunities to participate in a wide variety of recreational and therapeutic activities. The Y offers an environment that fosters individual growth and success through programs that develop a healthy spirit, mind and body. All programs are centered around the Y’s core values of youth development, healthy living, and social responsibility, while focusing on developing both physical and social skills that will last a lifetime. We emphasize each person’s abilities and individuality; by offering programs that foster independence while providing positive recreational and educational experiences. We can take existing Y programs and adapt them to meet individual’s needs.

At the Newport County YMCA our programs are designed for a 1 to 5, or 1 to 7 ratio. If your child needs constant one to one attention, we ask that you provide them with a staff member.

Special Olympics Volleyball Team



CAMPS

CAMP "WE CAN!" is an inclusive setting for youth 5-21 years of age who have disabilities, or need a lower child to staff ratio. Throughout the summer and during school vacation, campers will build upon their communication skills, make new friends and receive the support they need to have fun! The camper's schedule will be filled with swimming, archery, rock climbing, arts and crafts, Wii, and exploring what Newport County has to offer. Camp "We Can!" runs in conjunction with other camps at the YMCA so Camp "We Can!" campers will have the opportunity to integrate with other campers during specified activities.

SCHOOL VACATION CAMP

Along with "Camp We Can!", the YMCA offers **Buddy Camp** for children, both with or without disabilities, 5 to 21 years-old who are looking for an inclusionary camp. School vacation days will be filled with sports, cooking, art, swimming and much more. Campers will participate in activities where they can learn more about one another and how to work together.

SUMMER VACATION CAMP

In addition to "Camp We Can!", the YMCA offers **Buddy Camp** for children 5 to 21 years-old with disabilities. These campers will be paired up with a staff member who will support them as they participate in one of our traditional Summer Camp programs.

Fundraiser Event



"Our son, Danny, loves being part of the program. It provides him with an enriching community experience, while also allowing him to make friends and further develop his social, as well as athletic skills."

Glenning Family
Family members of an APA Program
Participant and Special Olympian Athlete

ADAPTED AFTER SCHOOL CLUB

Our After School Adapted Club runs during after school hours for individuals with disabilities. This program will give school age students a place to go after school where they can play games, go swimming, become more active, receive help with homework and meet new friends. Transportation can be arranged with some school districts to bring students right to the YMCA from their school! **The program will run Monday through Friday 1:30 p.m. to 6:00 p.m. on days school is in session.**

YOUTH PROGRAMS: Group Classes

Each class is 45-minutes and we offer Member and Non-Member prices. See Welcome Center for details.

Advance Swim- This program is for swimmers who already know how to swim but wish to improve their swimming skills and build their stamina. *The swimmer must be able to swim 25 yards to take this class.

Teen Social Swim- This program will focus on cooperation and social skills through games in the water. Participants will not be taught how to swim but will build stamina.

“What I like best about the YMCA is all the programs, the coaches, the staff and all the friendly people,”

Jared
Special Olympic Athlete and
APA Participant

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 them.

Teen Gymnastics- This program takes place in the Gymnastics Center where we utilize the foam pit, uneven bars, and trampoline while working on our flexibility and strength. The class is geared for youth ages 13 to 21 years-old.

Kids Gymnastics- This program is for children 5 to 12 years-old who are looking for a fun time learning gymnastics. The class takes place in the Gymnastics Center where we utilize the foam pit, uneven bars, and trampoline while working on our flexibility and strength.

Beginner Strength Training- This class is an introduction to use the Wellness Center. Cardio equipment and other exercise equipment will be used. 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.

Advance Strength Training-

This class is for individuals who wish to improve on their fitness goals and learn proper form and technique in both our Wellness Center and Weight Room. 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.

Teen Social Night-

For teens of all ability levels, ages 13 to 21 years-old. Come swim, play Wii, do sports, jump in the foam pit, bounce house, eat pizza, meet new friends, and reconnect with old friends! This is for teens with and without disabilities!

YOUTH INDIVIDUAL CLASSES:

These classes can be planned at a convenient time for both the instructor and the participant. Classes come in groups of 8 and can start at any time.

Private Swim- 30-minutes of individualized instruction focusing on the needs of the participant such as swimming, range of movement, and water safety.

Youth One-On-One Activity- This is a 45-minute one-on-one program where we can focus on a specific sport, activity or skill. This program can be scheduled at any time both you and the instructor are available.

Camp “We Can!”



ADULT PROGRAMS: Group Classes

Classes run 45-minutes and are at no cost to the participant unless otherwise noted.

Adult Sports Group- Each week a new sport is selected and played. Skills will be taught for each sport.

Adult Strength Training- This program is for adults who want to learn new workout routines they can do both at the YMCA and at home. The class will utilize cardio equipment, circuit training and items that can be found both at the YMCA and at home. All exercises can be completed sitting or standing.

Adult Water Weights- This class will include music and movement in the water. We will be in the shallow end of the pool and work on different locomotor movements and resistance moves in the pool.

Special Olympics Track & Field Team



Adult Chair Yoga- For individuals with limited balance or for those who find it difficult to participate in the general yoga class.

Adult Cardio Dance- Helps you stretch and tone your body while moving to fun, upbeat, and choreographed music.

Adult Adapted Gymnastics

- Takes place in the Gymnastics Center where we utilize the foam pit, uneven bars, and trampoline while working on our flexibility and strength.

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

Adult Social Swim- 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 participant.

Dancing with Parkinson's- A program that will increase coordination and flexibility, improve balance and gait, enhance awareness of your own body and your aliveness through movement for individuals with Parkinson's. Caregivers are welcome to join as well. **The cost is \$7.50 a class.**

Adult Social Night- For Adults of all ability levels, ages 13 to 21 years-old. Come swim, play Wii, play sports, jump in the foam pit, participate in Zumba, eat dinner, meet new friends, and reconnect with old friends! **Aids can attend the program for free, cost for participants is \$5 per person. Check the schedule to see which Friday night it is this month.**

"I love my job and being a part of a community where I can help create memories and be a part of kids' lives."

Kalya, Newport County YMCA Staff Member and Special Olympian Athlete

ADULT INDIVIDUAL CLASSES:

Classes can be planned at a convenient time for both the instructor and the participant. Classes come in groups of 8 and can be started at any time.

Private Swim- 30-minutes of individualized instruction focusing on the needs of the participant such as swimming, range of movement and water safety.

Adult Fitness Introduction -

Is an hour of one-on-one instruction where we can focus on a specific sport, activity or skill. This class is an introduction to the use of the Weight Room and cardio equipment. 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.

SPECIAL OLYMPICS

MISSION: The mission of Special Olympics Rhode Island is to provide year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

AGES
8 - 13

Sport Season

Juniors Unified Soccer	Beginning of September → beginning of October
Juniors Unified Basketball	Beginning of January → end of February
Unified Bowling	End of February → beginning of April
Swimming	Beginning of March → beginning of June
Track and Field	Middle of March → beginning of June
Juniors Unified Softball	Middle of June → middle of August

AGES
13+

Sport Season

Skills Soccer	End of August → beginning of October
Traditional Soccer	End of August → beginning of October
Skills Basketball	End of October → end of February
Traditional Basketball	End of October → end of February
Unified Bowling	End of February → beginning of April
Unified Volleyball	Middle of March → beginning of May
Skills Volleyball	Middle of March → beginning of May
Swimming	Beginning of March → beginning of June
Track and Field	Middle of March → beginning of June
Unified Bocce	End of March → end of April
Unified Softball	Middle of June → middle of August



To become involved as an athlete, partner, volunteer or coach please contact either the Adapted Physical Activity Director or Special Olympics Rhode Island to receive the proper paperwork.

BEST BUDDIES:

One-To-One Friendships:

A person with an intellectual, or developmental disability, over the age of 18 is matched one-to-one with a person without an IDD over the age of 18, for at least one calendar year.

Talk Once A Week:

Buddy pairs communicate with one another, once a week, through phone calls, texts, e-mail, social media, or written correspondence.

Social Interaction: Buddy pairs participate in activities where they are able to spend quality time together.

To become a buddy in this program, please go online to bestbuddiesonline.org/citizens and fill out the membership application.

SOME OF OUR MOST POPULAR EVENTS INCLUDE:

- Night to Shine
- Golf Tournament
- Newport Polo
- End of Summer BBQ
- Gulls Baseball Games
- Movie Night
- Thanksgiving Dinner
- Holiday Party



Adapted Program After School Club

GIVE THE GIFT OF COMMUNITY!

Newport County YMCA

DONOR NAME _____

ADDRESS _____

CITY _____

HOME PHONE _____ WORK PHONE _____

EMAIL _____

I WOULD LIKE TO SUPPORT THE NEWPORT COUNTY YMCA ADAPTED PHYSICAL ACTIVITY DEPARTMENT AT THE FOLLOWING LEVEL:

- \$55 can provide a session of programs
- \$100 can provide 8 weeks of swim lessons
- \$180 can provide a week of "Camp We Can"
- \$360 can provide one month of Adapted After School Club
- \$1,800 can provide a summer of "Camp We Can"
- \$3,600 can provide a year of Adapted After School Club
- \$ _____ Another Amount

HOW TO GET INVOLVED:

There are many ways to get involved in these programs as a participant, volunteer or staff.

Program Participant:

Schedule an appointment with the Adapted Physical Activity Program Director at the Newport County YMCA, or sign up for a program with our Membership & Registration Desk. Megan Leonard, APA Director, can be reached at meganl@newportymca.org or call 401-847-9200 ext. 117.

Special Olympics Athlete/Volunteer:

Please email specialolympics@newportymca.org to receive the paperwork you will need and get information about the next upcoming sport.

Best Buddies:

For individuals over the age of 18, both with and without an intellectual or developmental disability, who want to be a part of this program please visit, bestbuddiesonline.org/citizens and fill out the membership application.

Newport County YMCA

Staff/Volunteer: Please email Megan Leonard, APA Director, at meganl@newportymca.org, to get more information about volunteer opportunities and job openings.

Adapted Physical Activity and Special Olympics Committee Members:

Our committee meets five times a year to talk about upcoming programs opportunities and needs for our community. All are welcome to be a part of the committee, please contact Megan Leonard, APA Director at meganl@newportymca.org to find when our next committee meeting is scheduled.

MAKE A DONATION TODAY!

PAYMENT METHOD

CHECK MADE PAYABLE TO NEWPORT COUNTY YMCA

CREDIT CARD

CARD NUMBER _____ EXP _____

SIGNATURE _____

RECOGNITION _____ CVV _____

I WISH THIS GIFT TO BE ANONYMOUS

PLEASE USE THE FOLLOWING NAMES IN ALL ACKNOWLEDGEMENTS:

AUTHORIZATION:

DONOR SIGNATURE _____

PLEASE CONTACT ME ABOUT PLANNED GIVING OPTIONS

The YMCA Annual Support Campaign provides assistance based on household income for children and families to participate in YMCA memberships and programs. 100% of your contribution is deductible for income tax purposes