



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN GAMES & FRIENDSHIP



Special Needs Exercise Classes and Volunteer Opportunities RAPPAHANNOCK AREA YMCA

Our exercise and volunteer opportunities are designed specifically for adults and teens with intellectual and/or developmental disabilities. The program has appropriately designed activities and a focus on physical, mental and health benefits. Goals and benefits include: cardiovascular endurance, increased range of motion, increased strength, appropriate social skills, and improvement in conceptual and practical skills.
FREE TO Y MEMBERS – CLASSES ARE WEEKLY AND ONGOING

MASSAD FAMILY Y:

MONDAY: 1:00-2:00 PM-EXERCISE CLASS OR VOLUNTEER TIME

TUESDAY: 10:30-11:30 AM-EXERCISE CLASS; 1:00-1:45 PM-SENSORY CLASS

WEDNESDAY: 10:00-11:00 AM-VOLUNTEER TIME

THURSDAY: 1:00-2:00 PM-EXERCISE CLASS

RON ROSNER FAMILY Y:

TUESDAY: 10:00-11:00 AM-SWIMMING POOL EXERCISE CLASS

WEDNESDAY: 1:00-2:00 PM-EXERCISE CLASS

KING GEORGE FAMILY Y:

MONDAY 12:15-1:15 PM-EXERCISE CLASS

THURSDAY 10:30-11:30 AM-EXERCISE CLASS

CAROLINE FAMILY Y:

MONDAY 1:00-2:00-EXERCISE CLASS



Prior Registration is necessary:

Anysia Alhanati: aalhanati@family-ymca.org

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