



ABILITIES PROGRAM OPEN HOUSE



We would like to introduce our **NEW Abilities Coordinator, Laura Waite**, who will be leading the Adapted Activities Programs. Please feel free to email her at laura.waite@ubymca.org for more information, program suggestions or if you would like to become a volunteer.



JOIN US

Date: SATURDAY, AUGUST 11
Time: 1:00 – 3:00 pm
Location: Auxiliary Gym
Small station activities available.

UPPER BUCKS YMCA
401 Fairview Ave,
Quakertown, PA 18951
215-536-YMCA (9622)
www.ubymca.org

 www.facebook.com/ubymca

 www.twitter.com/ubymca

 www.instagram.com/ubymca

To put Christian principles, including honesty, caring, respect and responsibility, into practice through programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ABILITIES PROGRAM COMES TO THE Y

Thanks to the 50th Birthday Campaign, the Upper Bucks YMCA is working to establish an Adapted Activities Program, centered to engage individuals with diverse needs in our community. Starting in Fall 1 of 2018, the New Abilities Program will include two classes with the hope of adding more in the future!

Abilities Soccer

It's Time to Get Your Kick On! Our adapted skills class will provide an early and fun exposure to the following soccer skills; dribbling, passing, shooting, teamwork, and positive game-play.

Ages:	5-8 years	Fall 1	Fall 2
Time:	Sa 1:30-2:30 pm	(28919)	(28920)
Fee:	Full Member	\$25*	
	Program/ Non Member	\$55*	

*Thanks to the community fundraising drive and matching funds from the Upper Bucks YMCA Board of Trustees prices reflect a \$25 subsidy through June 30, 2019. Prices will increase by \$25 after this date.




Abilities Obstacle Ninja

Does your child want to run through an obstacle course like a WARRIOR?!! This class will have various physical challenges to accomplish each week. Your child will work to improve physical strength, endurance, balance and coordination that will be adapted to their specific needs.

Ages:	6-16 years	Fall 1	Fall 2
Time:	F 6:00-7:00 pm	(28917)	(28918)
Fee:	Full Member	\$25*	
	Program/Non Member	\$55*	



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