

Read about them!

The Central Lake YMCA offers programs for youth and teens with special needs. There are various types of programs for everyone to enjoy.

For the active types we have sports, swimming, outdoor and fitness classes. These classes will exercise our body and mind.

We just added new educational classes too. These classes focus on Reading and Math Skills. (Please sign up based on skill or interest level.)

Participants can enjoy a night away from home and get a chance to spend time with friends. We will complete activities and swim during our Cool Wednesday evening program.

All these programs have structured activities that allow youth and teens to develop relationships and independence. Our staff provide a loving and caring atmosphere.

Meet the Special Needs Enrichment Program Coordinator



Kathleen Raupp is a K-2 Resource Teacher at Emmons School District 33 in Antioch, IL. She is a graduate of NIU with a B.S.Ed, Special Education, LBS1.

She took part in starting the YMCA Special Needs Enrichment Programs in May 2010 and has loved every minute of it since then.

Her experience working with the individuals in special recreation programs and camps over the past 8 years is what inspired her become a Special Educator.

Kathleen enjoys running, reading, and spending time with family and friends when she has leisure time.

For information Please Contact:

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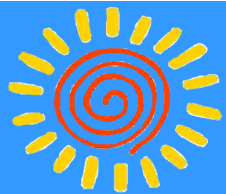
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**Central Lake YMCA
700 Lakeview Pkwy
Vernon Hills, IL 60061**

YMCA Special Needs Enrichment Programs

**Summer 1 :
June 6 - July 9**

**Summer 2:
July 11 - August 13**



Special Needs Enrichment Programs

Monday

ABC = Fun!
2:00 – 2:45) **\$40 per session**

This is a class to learn your ABCs and more. We will focus on learning some basic fundamental skills. During the class we will work on learning our ABCs and counting our 123s through fun activities.

Crazy about Books
(3:00 – 4:30) **\$20 per section per session**

There are so many great books out there and I need help reading them. Does this sound like you? Then this program would be perfect. Through these classes, broken up by skill level, children are able to read with peers who are reading at the same level. This is for any child that is just starting to read or those who have been doing it for a while. Please sign up according to skill level.

Sec.1 3:00 – 3:30 Beginner (Short sentences)
Sec.2 3:30 – 4:00 Intermediate (Longer sentences)
Sec.3 4:00 – 4:30 Advanced (Chapter books)

Sports Club – Basketball
(4:45 – 5:45) **\$40 per session**

Our sports club is designed for kids with physical and developmental disabilities. All sports are played outside. Every player is paired with a caring coach who assists with each sport. Every player is a “hitter” a “runner” and a “winner”.

Swimming Club (Ages 8 & up)
(7:00 - 8:00) **\$40 per session**

If you love to swim then we have something special for you. This program will emphasize practicing swimming techniques and stroke development. We will practice our swimming skills to get ready to compete against others. Please bring own towel.

Wednesday

Math club
(3:00 – 5:00) **\$20 per section per session**

Math is a very important skill to have. There are so many things in our day that we use math for whether it be adding money together or telling time. If you would like to learn some of these important skills sign up by skill.

Sec.1 3:00 – 3:30 Addition/Subtraction
Sec.2 3:30 – 4:00 Time/Money
Sec.3 4:00 – 4:30 Multiplication/Division

Outdoors Club
(5:15 – 6:15) **\$40 per session**

I love being outside and I hope you do too. During this adventure we will go hiking and bike riding on the trails behind the Y. Sometimes we will even stop to take a play break on the playgrounds along the way. For this program children will need to bring their bike.

Cool Wednesdays
6:30 – 8:30) **\$15 per week**

This is a program full of swimming, games, crafts, snack, etc. You will get a chance to swim in the pool and play games with your friends. We will work on skills and having fun in the pool and activity room. Please bring a snack and towel.

Thursday

I ♥ Art!
(3:30 – 4:30) **\$40 per session**

This class is for those who love Arts & Crafts. Throughout the class we will make lots of fun and different projects using our hands and creativity. We will spend the class making art to take home or be put on display in the ‘YMCA Art

Sports Club – Soccer
(4:45 – 5:45) **\$40 per session**

Our sports club is designed for kids with physical and developmental disabilities. All sports are played outside. Every player is paired with a caring coach who assists with each sport. Every player is a “hitter” a “runner” and a “winner”.

Fitness & Health (Ages 14 & up)
(6:00 – 7:00) **\$40 per session**

This class is for teens to adults who want to stay healthy or get in shape. All participants will get to help create their fitness plan, which will include using the cardio machines along with choosing weight training to do with each muscle group. We will work on our cardio and weight training skills in the fitness center. This class would be a great time to work out with friends you already have or to make new ones. Please bring your own water bottle.

Friday

Dolphin Parent & Child Lessons
(2:30 - 3:15) **\$40 per session**

Parent and their child, aged 18 to 36 months, participate in music & water activities to facilitate their child’s comfort in the water, muscle strengthening, muscle movement beginning swim skills.

Dolphin Club Swim Lessons (Ages 3-15)
(3:30 - 4:15 & 4:30 - 5:15) **\$40 per session**

Children participate in swim lessons with their peers. Caring, patient YMCA swim coaches facilitate swim skills, water safety awareness & water recreation activities. An experienced Pediatric Therapist is on site to help support the individual needs of each child.

