



FOR ALL INCLUSION PROGRAMS



**SPRING I
SESSION**



Mar 2 to Apr 26

GREATER VALLEY YMCA, SUBURBAN NORTH BRANCH

gv-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING I SESSION



Mar 2 to Apr 26

REGISTER ONLINE
or at the Welcome Center



The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone has the opportunity to reach their full potential with dignity.

SUPER SHINING STARS

All ages welcome. A safe, fun place for individuals with disabilities to make friends and improve their overall wellbeing. Use fitness balls and drumsticks to the rhythm and beat of music.

Monday 1 PM to 1:45 PM

Member FREE
Non Member FREE

BE "U" TIFUL CELEBRATIONS

Ages 5 years and older. Autism is not a disability, it is a different ability. This program connects youth and teens with similar challenges with social offerings, life skills and genuine Friendships. Families are encouraged to attend.

Call for Class Dates and Times

Member FREE
Non Member FREE

CELEBRATION INCLUSION FAMILY DANCE

Ages 5 years and older*. Join us during for this Inclusion Family Dance for adaptive and typical families alike.

* Children ages 5 to 7 years and younger will need to attend with a parent. Children ages 7 years and older are encouraged to participate with a family member.

CALL for Dates and Times

FREE Community Event

AWAKENING MUSIC MEMORIES

The Y understands the challenges that individuals with memory loss, dementia, and Alzheimer's deal with everyday. That are why we are offering off site music memories classes. This class can help reduce challenging behaviors, improve sundowning symptoms, along with providing social engagement.

Please call to find out more about this class.



REGISTRATION OPEN
Member Feb 10
Non Member Feb 17

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY