

Goals of Program:

The goal of the program is to develop a foundation of a more physically active lifestyle, gaining more energy through participation, improvement of motor development helping to gain stronger mobility, benefiting daily functionality.

The development of balance and equilibrium will help with focus on daily activity and strengthen their cognitive understanding of physical activity.

Through participation the strengthening on individual abilities and family dynamics can be achieved.

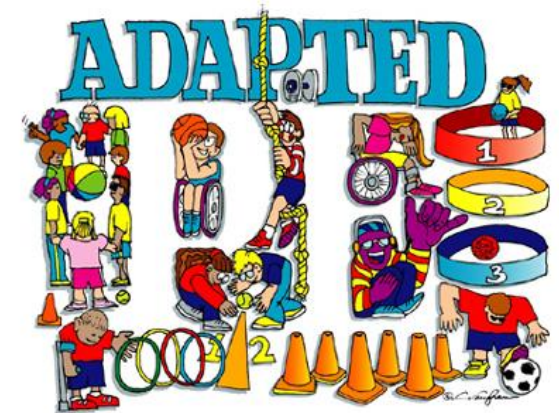
“The measure of who we are is what we do with what we have.”

-Vince Lombardi



YOU'RE INCLUDED

**Adapted Exercise Program—
Water and land based exercise**



Sonoma County Family YMCA
1111 College Avenue Santa Rosa, Ca. 95404
(707)545-9622 • www.scfymca.org

**The Y is a non-profit, charitable organization.
Financial assistance is available.**

Instructor Brooks Emerson has been teaching swimming techniques to individuals of varying abilities for more than 8 years. He holds certification in Personal Training, Therapy Exercise, and Youth Development through, International Sports Science Association. More experiences have been gained through varied course work while at Sonoma State, working with ANOVA Center for Education, summer camps in both California and Pennsylvania, and at the Sonoma County Family YMCA.



Adapted Swim Lessons:

Stages 1-2: Swim Exploration

Saturday- 9:20-10:00/4 week session
\$37/Mbr, \$44/Prg Mbr, \$49/NonMbr

Stages 1-2: Swim Exploration

Saturday- 10:00-10:30/4 week session
\$37/Mbr, \$44/Prg Mbr, \$49/NonMbr

Stages 3-4: Stroke Development

Saturday- 10:45-11:15/4 week session
\$37/Mbr, \$44/Prg Mbr, \$49/NonMbr

Stages 5-6: Swim Mechanics

Saturday- 9:20-10:00/4 week session
\$37/Mbr, \$44/Prg Mbr, \$49/NonMbr

Adapted Land Classes:

Min 2 per class & Max 6-8 per class

1 x per week (4 classes)

\$60/Mbr, \$80/Prog Mbr, \$100/NonMbr

Drop In- \$20 per class

Please contact membership prior to session to ensure there is space.

Located at: Yulupa Elementary School

Address: 2250 Mesquite Drive
Santa Rosa, CA 95405

Each session is 60 min in length

Saturday 1:30 – 2:30 pm

How to sign-up...Easy as 1, 2, and 3:

1. Complete the attached Interest Form.
2. Complete the intake form
3. Indicated day and time preferred.
4. Pay for your Adapted Exercise sessions in the Membership Office, prior to attending first session.

Once we receive your completed interest form we will contact you with land based class/session start times.

Interest Form for Land Classes

Participant Name:

Parent/Guardian Name:

Phone:

Email: _____

Preferred method of contact:

Phone or Email

Age: _____ Gender: Male Female

Height: _____ Weight: _____

Personal Goal(s): Please check all that apply

- Motor Development
- Continual Movement
- Spatial Awareness
- Balance and Equilibrium

Others: please list
