

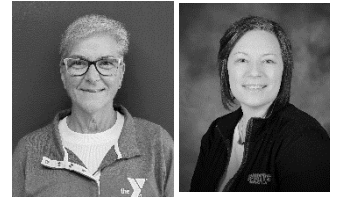


# ADAPTED PROGRAMS

## ADAPTED SPORTS & SPECIAL OLYMPICS

UPDATED: August 29, 2022

Register  
Online  
NOW



### STAFF CONTACTS

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715 952 9365 E [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)  
Theresa Christianson, Youth Sports Coordinator, P 715 952 9364 E [tchristianson@spymca.org](mailto:tchristianson@spymca.org)

### SESSION

- **FALL 1 SESSION:** SEPTEMBER 6 – OCTOBER 23, 2022\*
- **FALL 2 SESSION:** OCTOBER 24 – DECEMBER 18, 2022\*
- **\*Please note the dates of Adapted Programs may differ from session dates listed\* See the Sports descriptions listed below for Adapted Sports program dates.**
- **NO CLASSES FALL 1:** Labor Day, September 5, 2022
- **NO CLASSES FALL 2 THE WEEK OF:** November 21 – 27, 2022 – Thanksgiving Week  
YMCA Member Registration: August 15  
General Public Registration: August 22
- If you are unable to register online, please contact Kristy at [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org) or call Kristy at 715.952.9365 for a hard-copy registration form.
- Please do not arrive any earlier than 3:15 PM for any program.

### COVID-19 INFORMATION

- Please monitor you/your family for symptoms of COVID-19. You/your family member should stay home if you/your family member observes any symptoms.
- Enhanced cleaning and disinfecting procedures in place. Equipment will be disinfected and touchpoints disinfected regularly before and after each program at off-site facilities.

### ADAPTED SPORTS & SPECIAL OLYMPICS

#### ADAPTED RECREATION BOWLING (ADULTS)

Bowling is a favorite sport among the Adapted athletes. We welcome all athletes with intellectual disabilities and skill levels. This is a very beneficial sport, the athlete will receive physical exercise, social interaction, and themed days for those who choose to participate. In addition, it is great fun! All participants will bowl two complete games each day! When your games are complete, you can stay and cheer on your friends! Session runs September 20 – December 15, 2022.

**Payment of \$5.00 per day, payable directly to 5 Star Lanes.**

**MAX: 50**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Adapted Bowling	5 Star Lanes	18 years & up	T & TH	4:00 PM	5:15 PM	\$25	\$35

#### ADAPTED RECREATION CORN HOLE (ADULTS)

Adapted Recreation Corn hole (also known as bags) is a lawn game in which players take turns throwing 16-ounce bags of corn kernels at a raised platform (board) with a hole in the far end. CO-ED Teams of two will have the opportunity to participate in the 2022 Special Olympic Corn hole State Tournament on Saturday October 8, 2022, in Appleton. Session runs September 6 – October 8, 2022.

**\*SCHEDULE-PLEASE READ:** Meet/play at the YMCA on 9/6, 9/8, 9/13, & 9/15.

Meet/play at 5 Star Lanes, Thursdays ONLY on: 9/22, 9/29, 10/6.

**MAX: 50**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Adapted Cornhole	YMCA/5 Star Lanes	18 years & up	T & TH*	4:00 PM	5:15 PM	\$25	\$35