

POSS **A**BILITIES

OF S O U T H E R N M I N N E S O T A

WHAT: Youth Recreation School Year Program

CONTACT: Kim Luckey, CTRS (Program Coordinator)

DATES: Tuesday, September 4 – Thursday, June 5

HOURS: After School Program: 2:30-6:30

Morning hours are available based on activities and individual need

AGES: 2 to 21 (as long as they're in school)

FEES: \$16.00/hr.* One-to-One Support fee: \$20.71/hr.*

* Cost includes enrollment in activities of choice.

TRANSPORTATION FEES:

If your child will be attending the After School Program with the YMCA being the “only” drop off location after school the Rochester School Bus will transport your child from school to the YMCA. In order for this to happen, you must fill out your child’s bus card and list Rochester YMCA in the daycare spot on the bus card and turn into Mona at the Rochester Bus Company.

If the YMCA is not your “only” drop off location after school; transportation will be provided free of cost by PossAbilities vans from school to the YMCA.

Parents are responsible for arranging pick-up from the YMCA at the end of the day. Transportation can be provided only if the youth has no other form of transportation.

- Transportation Rate - \$8.36 (round trip in Rochester city limits)
- Additional cost for outside Rochester city limits

NOTES:

- Please respond to this email or give me a call: Kim Luckey (208-6248) with the activities that your son/daughter would like to be registered for. If there is not specific dates or times listed by the activity, but they are interested, please let me know and I’ll get a hold of you once the dates and times become available.
- All activities are based on availability of programs and amount of open spots, so please let me know as soon as possible.
- PossAbilities will cover ALL fees for activities, unless noted below. There may be additional fees for special field trips or other activities offered on NS DAYS.
- Reminder: Activities will only be offered if there are two or more youth signed up (unless your child is staffed 1:1).
There may be exceptions to this if we have enough staff.

The programs offered will be inclusive. Our program is designed for youth who have disabilities, but the activities that your child chooses to be involved in, will be in coordination with programs that include youth who do not have disabilities. We will be providing staff support, depending on the level of support your child needs to be involved in these programs. If these programs do not fit the needs of your child, there are many other options. We are a very flexible program and are willing to work with you and your child!

AFTERSCHOOL PROGRAM ACTIVITIES

MONDAY ACTIVITIES

RADAR (BUMPER) BOWLING

- Mondays, September 24 – December 17 (with no bowling on November 26th)
- 4:00-5:15
- Pizza Party and Awards banquet on Monday, December 17
- Please let me know if your child would like BUMPERS or NO BUMPERS
- **AGES: 4-21**

YMCA SWIMMING LESSONS

- **SESSION ONE:** September 10 – October 7 (no class on Oct. 15)
- **SESSION TWO:** October 29 – December 15 (no class on November 19)
- Mondays, 10:15-10:45, 10:50-11:20, 4:35-5:05, 4:45-5:25, 5:10-5:40, 5:30-6:10, 5:45-6:10
- **AGES: 3 and up** (I'll check with you before registering, so we can figure out the class that would fit your child the best)

YMCA TEEN STRENGTH TRAINING

- **SESSION ONE:** September 10 – October 24
- **SESSION TWO:** November 5 – December 19
- Monday and Wednesdays
- 4:45-5:45 or 5:45-6:45
- **AGES: 13-19**
- The focus is all in the fitness center, learning the guidelines of the fitness center but more importantly helping the teens to set up a safe and fun fitness program. The equipment used in this program includes, but is not limited to Cybex resistive equipment, free weights, cardio machines, medicine balls, and bosu's.

KAATS GYMNASTIC CLASSES

- Mondays, September 10 – December 1 (Closed October 31st and November 22-24)
- **Twinkles** (18 months – 2): 9:30-10:15
- **Preschool** (3-4 year olds): 10:30-11:15 and 4:30-5:15
- **Gonna Shine** (Program offered for children with developmental disabilities): 4:30-5:30

FLOOR HOCKEY (COMMUNITY EDUCATION)

A great way to get a feel for hockey without the ice! Students will use floor hockey equipment and rules designed to encourage maximum participation and safety.

- Monday, October 1 – October 15
- 4:00-5:00 (Grades 1-3), 5:00-6:00 (Grades 4-6)
- Location: Northrop Community Education Center Gymnasium

ADAPTIVE GYM JAM (COMMUNITY EDUCATION)

Come out and have fun playing games that involve running, jumping, and even some climbing. There'll be lots of activity going on so be sure to bring your energy. Games are skill level appropriate.

- Mondays, October 22 – November 5
- 5:00-6:00
- **AGES: 5-18**
- Location: Northrop Community Education Center Gymnasium

INDOOR SOCCER (COMMUNITY EDUCATION)

Kick start your young "kicker-snapper" with this class, designed to teach dribbling, passing, and shooting to the beginning soccer athlete through games and fun. Focus will be on individual ball handling skills, along with games and activities to develop technique.

- Monday, November 12 – November 26
- 4:00-5:00 (Grades 1-3), 5:00-6:00 (Grades 4-6)
- Location: Northrop Community Education Center Gymnasium

LITTLE HOOPSTERS (COMMUNITY EDUCATION)

Participate in fun games and exercises that will emphasize passing, dribbling, shooting, running, jumping, and defense. All games will be appropriate for the young hoopster. These skills prepare you for those basketball years ahead.

- Monday, December 3 – December 17
- 4:00-5:00 OR 5:00-6:00
- Grades: K-3
- Location: Bamber Valley Gym

TUESDAY ACTIVITIES

RIDEABILITY (ADAPTIVE HORSEBACK RIDING)

- Tuesdays, September 11 – October 9
- 4:45-6:00
- **AGES: 4 and up**
- **LIMIT OF 6 KIDS, FIRST COME – FIRST SERVE**

YMCA SMALL STUFF SOCCER

- Tuesdays, September 18 – October 9
- 5:45-6:30
- **AGES: 3-6**

YMCA SWIMMING LESSONS

- **SESSION ONE:** September 10 – October 7 (no class on Oct. 15)
- **SESSION TWO:** October 29 – December 15 (no class on November 19)
- Tuesdays, 10:15-10:45, 10:50-11:20, 1:15-1:45, 1:50-2:20, 4:35-5:05, 4:45-5:25, 5:10-5:40, 5:30-6:10, 5:45-6:10
- **AGES: 3 and up** (I'll check with you before registering, so we can figure out the class that would fit your child the best)

YMCA PRE-TEEN CIRCUIT CHALLENGE YOUTH FITNESS PROGRAM

- **SESSION ONE:** September 11-October 25
- **SESSION TWO:** November 6-December 20
- Tuesdays and Thursdays
- 4:30-5:30
- The focus of this program is introducing youth to the fun in fitness through circuit training. Circuit training is a natural replication of how youth move and play. During the program we will focus on different equipment and exercises each week ranging from dumbbells, resistance bands, medicine balls, rebounders, bosu's, and indoor cycling bikes.

KALEIDOSCOPE (PARK & REC)

We'll be using our fingers & hands a lot and will be working with paint, glue, colorful designs, and all sorts of fun tactile accessories to create fun craft projects.

- Tuesdays, October 9 – November 13
- 4:00-5:15
- **AGES: 4-17**
- Location: Activity Room # 3, The Recreation Center

KAATS GYMNASTIC CLASSES

- Tuesdays, September 10 – December 1 (Closed October 31st and November 22-24)
- **Twinkles** (18 months – 2): 10:30-11:15 and 4:30-5:15
- **Preschool** (3-4 year olds): 9:30-10:15 and 4:30-5:15
- **Starlettes** (4 and 5 year olds): 5:30-6:30
- **Boys Beginner:** 5:30-6:30

WEDNESDAY ACTIVITIES

RADAR/SEMCIL COOKING AND NUTRITION CLASS

- Wednesdays, September 19-November 14
- 4:30-6:30 (PARENTS: PLEASE PICK YOUR CHILD UP FROM SEMCIL AT 6:30)
- **AGES: 8-21**

MUSIC THERAPY FOR YOUTH (PARK & REC)

- Music Therapy for youth with disabilities with Board Certified Music Therapist, Jennifer Kruse
- Wednesdays, October 3 – November 14 (No Class October 31)
- **AGES 3-12, 4:15-4:45**
- **AGES 13-18, 4:45-5:30**
- Location: Rec Center, Bob Fick Room

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- Wednesdays, 10:15-10:45, 10:50-11:20
- **AGES: 3 and up** (I'll check with you before registering, so we can figure out the class that would fit your child the best)

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KAATS GYMNASTIC CLASSES

- Wednesdays, September 10 – December 1 (Closed October 31st and November 22-24)
- **Preschool** (3-4 year olds): 11:00-11:45
- **Starlettes** (4 and 5 year olds): 5:30-6:30



THURSDAY ACTIVITIES

YMCA SMALL STUFF FOOTBALL

- September 20-October 11
- Thursdays, 5:45-6:30
- **AGES: 3-6**

YMCA SWIMMING LESSONS

- **SESSION ONE:** September 10 – October 7 (no class on Oct. 15)
- **SESSION TWO:** October 29 – December 15 (no class on November 19)
- Thursdays, 4:35-5:05, 4:45-5:25, 5:10-5:40, 5:30-6:10, 5:45-6:10
- **AGES: 3 and up** (I'll check with you before registering, so we can figure out the class that would fit your child the best)



ADAPTIVE GIRL SCOUTS (PARK & REC)

- Learn the Girl Scout promise, play games, sing songs, make crafts, and have lots of fun with your girl friends.
- Thursdays, October 11 – November 29 (No meeting on October 18 or November 22)
- 4:30-5:30
- **AGES: 5-19**
- Location: Recreation Center, Activity Room #2

VOLUNTEERING AT PAWS AND CLAWS

- Thursdays, September 13 – December 20
- 3:45-5:00
- **AGES: 4-21**
- This is a chance for the kids to play, walk, and feed the dogs at the shelter

TURF TYKES (COMMUNITY EDUCATION)

Turf Tykes is a multi-sport program for children ages 3-5. During each class, we work on coordination, strength, and flexibility through fun and safe activities. Your child will have an opportunity to play three sports: soccer, t-ball, and kickball.

- Thursday, November 1 – December 20
- 4:00-4:45
- **AGES: 3-6**
- Location: Soccer World

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KAATS GYMNASTIC CLASSES

- Thursdays, September 10 – December 1 (Closed October 31st and November 22-24)
- **Twinkles** (18 months – 2): 9:30-10:15
- **Preschool** (3-4 year olds): 10:30-11:15 and 4:30-5:15
- **Starlettes** (4 and 5 year olds): 10:30-11:30 and 4:30-5:30
- **Starlettes** 1 (5 and up, Level 1): 5:30-6:30

FRIDAY ACTIVITIES

KAATS GYMNASTIC CLASSES

- Fridays, September 10 – December 1 (Closed October 31st and November 22-24)
- **Twinkles** (18 months – 2): 9:00-9:45
- **Preschool** (3-4 year olds): 10:00-10:45
- **Starlettes** (4 and 5 year olds): 11:00-Noon
- **Boys Beginner**: 4:00-5:00
- **Boys Intermediate**: 5:00-6:30

SATURDAY ACTIVITIES

Y TOTS “MOCK” MINI CAMPS

- **AM SESSION:** September 8, 22, October 6, 20, November 3, 17, December 1, 15
- **AM SESSION:** Saturdays, 9:00-11:30
- **PM SESSION:** September 15, 29, October 13, 27, November 10, December 8
- **PM SESSION:** Saturdays, 12:30-3:00
- **AGES: 3-7**
- The Summer Y Tot Mini Camps were a big hit, so we have decided to rent the Y Tot space and run our own “mock” Y Tot Mini Camps. The structure will be the same: [Play Time for 20 minutes, Story Time for 20 minutes, Play Time for 20 minutes while individually one kid at a time is called over to work on a craft project, Snack time for 20 minutes, 10 minutes for changing into swimsuits, 45 minutes of swim time, and 15 minutes to get changed again and ready to go]
- The Y Tot room is the room that the YMCA uses for their licensed preschool, so all toys in the room are age appropriate
- **LIMIT OF 6 KIDS PER SESSION, FIRST COME – FIRST SERVE**

INDIVIDUALLY SET UP ACTIVITIES

TEEN INDEPENDENT LIVING SKILLS & RECREATION AFTERNOON GROUPS

- Groups of 2 or 3 teens will be set up together for one afternoon a week to participate in independent living skill activities with a recreation afternoon scheduled every once and awhile for a break
- **AGES: 15-19**
- Schedule of activities will be set up on a person centered basis, but below is some examples of a schedule from last school year

DINNER NIGHT: Go to the public library in Rochester to find a recipe to make, copy down all the ingredients and directions needed for the recipe. Then go to the grocery store and get ingredients. Come back to the YMCA's kitchen to make the meal. Make sure the client is taking part in making the meal and is doing all other aspects of making a meal (washing dishes, putting dishes away, and setting the table before you guys eat together).

WORK OUT NIGHT: Before you go to workout make sure you have a notebook of some sort so the client can keep track of what exercises they do. Go to the fitness center for an hour or so and workout, where they can either choose to lift weights or use the cardio machines. Keep a log of the different exercises they do, weight, number of reps, etc. Make sure to keep the log so they can use it each time and keep track of their progress.

SPECIAL EVENTS

HARVEST DANCE

- Friday, October 12
- 6:00-9:00
- **AGES: 15 and older**
- Location: Mayo Civic Center

HOLIDAY DANCE

- Friday, December 14
- 7:00-9:00
- **AGES: 13 and older**
- Location: Mayo Civic Center

DAILY ACTIVITIES (MONDAY – FRIDAY)

OPEN SWIM AT THE YMCA

- Offered every day of the week
- YMCA's new water park is open which includes a zero depth pool, waterslide, lazy river, kid play area, kid's duck slide, and another pool
- **ALL AGES**

OPEN RECREATION AT THE YMCA

- Offered every day of the week
- Large gym area, board games, arts and crafts supplies, scooters, and all kinds of sports equipment
- **ALL AGES**

PIPSQUEAKS

- Pipsqueaks is a public indoor play zone. Pipsqueaks offers young children a safe, clean play space to burn off energy during the long winter months. Play zones include infant/crawler, climb and slide, riding and running, and an imagination center.
- 9:00-3:00 (Opening October 22 – April 25)
- **AGES: 2-6**