



ARLINGTON-MANSFIELD AREA YMCA

SPECIAL FRIENDS

This program provides an opportunity for adult members with special needs to focus on exercise and reinforce healthy life choices. Participants enhance their socialization, organizational and other daily living skills. They engage in problem solving, creative activities, fitness classes and social activities.

Each day has scheduled exercise classes and activities. There is also time for socialization, art projects, and games. Members are encouraged to assist instructors in preparing for the designated class by setting up the room and distributing equipment.

WHEN DO WE MEET?

Four days per week, Tuesday through Friday, from 1:00-3:00pm at the Central YMCA branch

WHAT DO WE DO?

Each day has scheduled activities, as well as time before and after these activities for socialization, art, and games. Several members assist instructors in preparing for the designated class by setting up the room and distributing equipment.

For more information and an intake interview, please contact: Barbara Hopson at barbarah@amaymca.org or 817-548-9622 x 2301

Requirements:

- Required to join the AMAYMCA as a member for \$29.99/month
- 18 years or older and not in school
- Attend a minimum of two days
- Be able to participate in light/moderate exercise.
- Be able to communicate their needs
- Choose appropriate behaviors in a public setting
- Should not require more than minimal supervision and should be able to function in a group setting
- Be able to use the restroom without supervision.