



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS AND FUN THIS SUMMER



## Adaptive Fitness Class for Teens Ages 13-21



Summer is here! What a great time to grab a friend and join in on the fun. The class will explore circuit training, cardio and strength elements in a fun and engaging setting. Ideal for teens with developmental disabilities, this offering will also review class etiquette and strategies that will help prepare students to appropriately integrate into typical fitness classes at the Y or other group fitness settings. Wear fitness attire, sneakers and bring a water bottle.

**NEW SUMMER DAY & TIME!**

**TWO 4-WEEK SESSIONS - MONDAYS from 4:00-5:00PM**

**Sign up for one or both sessions!**

July 10, 17, 24, 31 -OR- August 7, 14, 21, 28

**Studio C, Emilson YMCA - 75 Mill Street, Hanover**

\$40/per session (member); \$60/Non-member

Please note: A minimum of 6 enrolled required to run the class.

Limited space available, register today at: **[www.ssymca.org/programs](http://www.ssymca.org/programs)**

For info contact: Lisa Drennan 781-264-9400 x 3119 or [ldrennan@ssymca.org](mailto:ldrennan@ssymca.org).

**SOUTH SHORE YMCA**  
[ssymca.org](http://ssymca.org)