



# Diverse Abilities Spring Programming 2024

The YMCA staff is dedicated to meeting the diverse abilities of those persons with mental or physical disabilities. The YMCA offers opportunities to participate in programs, memberships, branch rentals, and collaborations. Financial assistance is available. Please call 544-9846 for information.

## SNAP (Special Needs Aquatics Program)

- SNAP is a specialized swim lesson program designed for individuals with autism, Down syndrome, cerebral palsy, and other special needs. Participation must be approved by an aquatic director. SNAP lessons run in conjunction with the YMCA program calendar. This program is supported through grants and the YMCA's Strong Kids scholarship fund, making it affordable to all participants. Participants are encouraged to progress to group lessons, SNAP competitive, and Special Olympics! Questions about SNAP? Contact Arthur Steiner at [asteiner@springfieldymca.org](mailto:asteiner@springfieldymca.org) or 217-280-5144.
- SNAP Parent/Child
  - Members: \$52 Public: \$52
  - This class is for children ages 2-5 years old with Down Syndrome. Members of the Lincoln Land Down Syndrome Society will be teaching this 4-week, 35-minute-long class.
  - Mondays at 6:00 p.m. at the Kerasotes YMCA
- SNAP Competitive
  - Members: \$0 Public: \$182
  - This class has a conditioning team atmosphere with training for the Special Olympics. Lessons are for ages 13 and up at 6:10 p.m. on Tuesdays and Thursdays at the Downtown YMCA.

## Saturday Strikers Bowling Team

- Social, recreational, or competitive, this program can fulfill all those expectations. Bowling is held on Saturdays. Participants bowl at no charge. Ramps and guides are provided. Special Olympics competition is an option. Transportation is available through the SMTD access bus program for those eligible. For more information or to get on our contact list call our bowling coordinator, at 217-280-5095 or email [kandruch@springfieldymca.org](mailto:kandruch@springfieldymca.org)
- Saturday Strikers Bowling Team
  - Members: FREE Public: FREE
  - Diverse abilities bowling league at Strike 'N' Spare Lanes for ages 6 and up.