



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REACH

Realistic Education Addressing Conditioning & Health



## ABOUT THE PROGRAM

The San Luis Obispo County YMCA offers a one-of-a-kind fitness program specifically designed for young people with developmental disabilities. Any skill level is welcome to participate in the program designed for ages 6-25 years. Participants will be divided into two class levels based on a parent survey and instructor recommendation. The program goal is to empower young people with developmental disabilities in areas of independent living skills, social learning and creating healthy habits in their daily life. Family Facility Membership options are available.

- Instructors: Nancy Harper, Behavior Therapist, and YMCA Fitness Instructors

**Fitness classes incorporate a combination of high and low level movement, strength, balance and flexibility training and fun, active games in a safe and well-supervised environment.**

### SATURDAY

- Session I      Ages 7 to 12      11:30a – 12:30p
  - Session II     Ages 13+        1:00p – 2:00p
- \*6-Week Karate Session Begins September 8!  
12:30-1:00pm. Available to ALL REACH Participants!

- Siblings and/or Aides are allowed in class. A parent observation window is available.

- Class Format: Warm up, work out and cool down plus health/fitness education. Class maximum of 10.

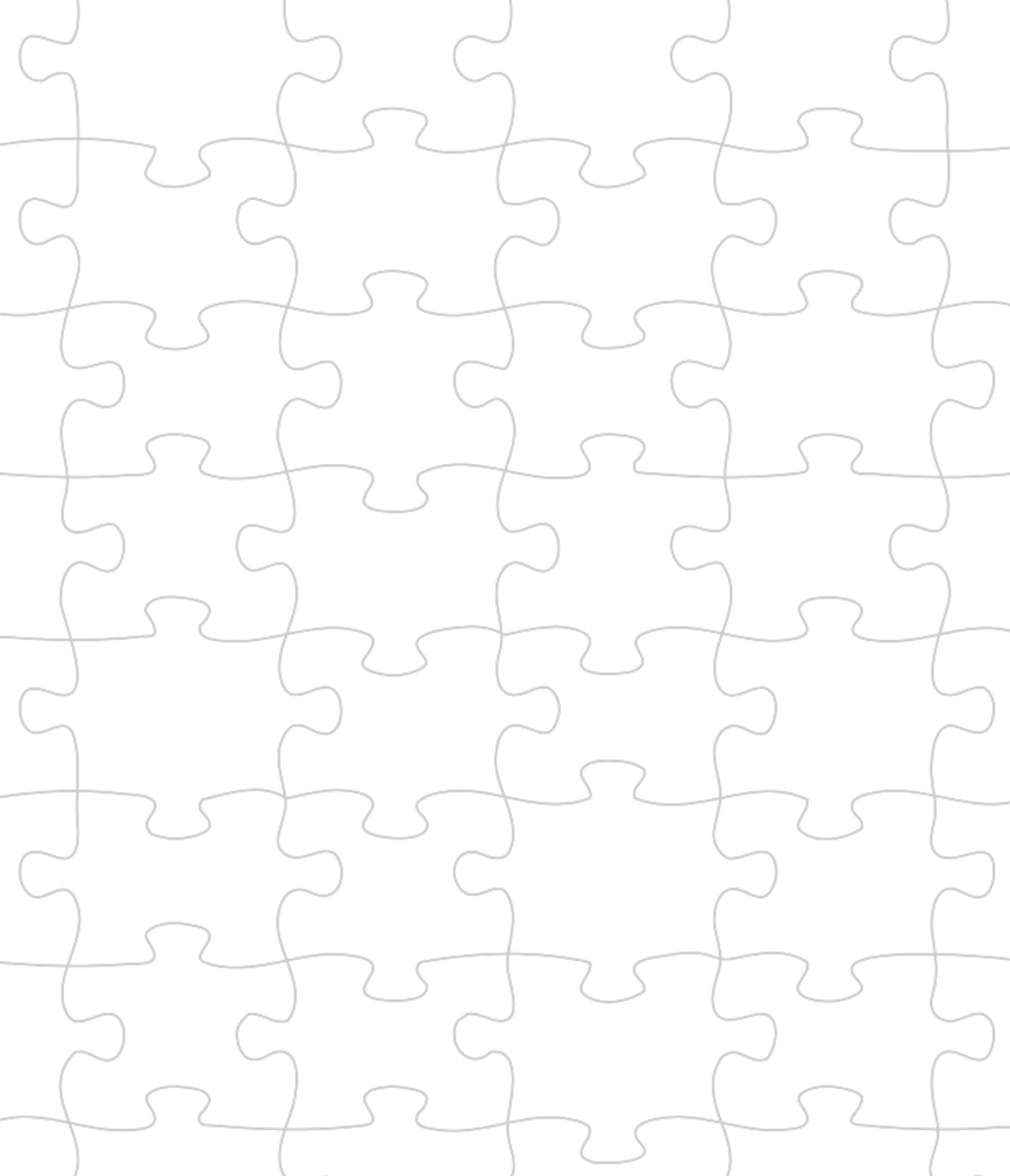
# FREE

## ADD ON

Family Facility Membership  
Joining Fee Waived. \$50.00 per month  
Full facility access including pool.

**SAN LUIS OBISPO COUNTY YMCA**  
1020 Southwood, SLO  
805-543-8235  
[www.sloymca.org](http://www.sloymca.org)  
April Lewallen  
[alewallen@sloymca.org](mailto:alewallen@sloymca.org)

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