



ADAPTED PROGRAMS

ADAPTED SPORTS & SPECIAL OLYMPICS

UPDATED: August 24, 2023

Register
Online
NOW



STAFF CONTACTS

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715 952 9365 E kbridenhagen@spymca.org

SESSION

- **FALL 1 SESSION:** SEPTEMBER 5 – OCTOBER 21, 2023
- **FALL 2 SESSION:** OCTOBER 22 – DECEMBER 16, 2023*
- ***Please note the dates of Adapted Programs WILL differ from session dates listed***
- **NO CLASSES FALL 1:** Labor Day, September 4, 2023
- **NO CLASSES FALL 2 THE WEEK OF:** November 20 – 24, 2023, Thanksgiving Week
YMCA Member Registration: August 7
General Public Registration: August 21
- If you are unable to register online, please contact Kristy at kbridenhagen@spymca.org or call Kristy at 715.952.9365 for a hard-copy registration form.
- Please do not arrive any earlier than 3:15 PM for any program.

ADAPTED SPORTS & SPECIAL OLYMPICS

ADAPTED RECREATION BOWLING (ADULTS)

Bowling is a favorite sport among the Adapted athletes. We welcome all athletes with intellectual disabilities and skill levels. This is a very beneficial sport, the athlete will receive physics exercise, social interaction, and themed days for those who choose to participate. In addition, it is great fun! All participants will bowl two complete games each day! When your games are complete, you can stay and cheer on your friends!

Session runs September 14 – December 14, 2023

Athletes with a current Special Olympic Medal on file have the opportunity to compete in the Special Olympic league and have the chance to qualify for the State Special Olympic Tournament.

Special Olympics League runs October 15-November 12, 2023

State Special Olympics Tournament December 2-3, 2023 at Dale's Weston Lanes.

NO BOWLING THANKSGIVING WEEK, NOVEMBER 20-24, 2023

Payment of \$5.00 per day, payable directly to 5 Star Lanes.

MAX: 70

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Adapted Bowling	5 Star Lanes	18 years & up	T & TH	4:00 PM	5:15 PM	\$31	\$42