

WINTER/SPRING PROGRAM DESCRIPTIONS

Mondays

Bowling

STRIKE up some fun and get BOWLED over at this popular program.



Hockey

Come play the COOLEST sport in the world. Participants must have adequate upper body strength & be able to independently sit & push themselves on the ice in a hockey sled. Volunteers must be able to ice skate at an INTERMEDIATE LEVER or better.

Art

Artists, rejoice! This WOO-onderful program is the perfect place to van-GOGH and create your very own masterpiece.

Baseball

Swing batter, batter swing! This program is a HOME RUN! Don't miss out on this opportunity to enjoy America's pass time.

Kitchen Showdown

Sautee away, Ladies and Gents! Our Kitchen Showdown program is full of tasty cooking challenges that will for sure invigorate your taste buds!



Ceramics/ Fitness Frenzy

Art or fitness? You decide! If you want to explore your artistic side, Ceramics is the program for you. If you want to get fit, well, you might want to try Fitness Frenzy. (Choose only ONE program per day)

Tuesdays

Power Soccer

Come on down to the pitch and enhance your skills of power soccer in this exciting and entertaining program!



Court Sports

What do volleyball, badminton, and basketball have in common? They are all court sports! Don't let this fun and variety filled program pass you by!

March Madness Basketball East

Our annual basketball tournament! This program culminates with teams going head to head at the YC Crosstown Showdown.

Hockey/Court Sports

Hockey and court sports? What is this madness? Don't miss out on this one!

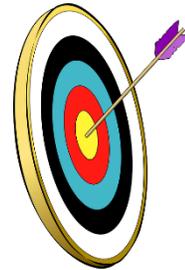
Outdoor Sports

Cycling, archery & much, much more!

Wednesdays

Archery/Strength & Conditioning/Zumba/Yoga

This is the program for everyone! Come join us at YC to enhance your skills in Archery, build up strength with S & C, dance and exercise in Zumba and find your zen in Yoga. (Choose only ONE program per day)



Silly Sports

This is just like regular sports but with a YC spin! Let your silly side run free at this awesome program.

Science Olympics

IT'S SCIENCE! The mad scientists here at YC will guide you through a program full of science and experimenting.

Cinematography

Lights, Camera, Action! Come and learn more about the art of film-making and create your own awesome videos!



Thursdays

Swimming

Don't be left in the WAKE of your friends. Come DIVE in to this FIN-omenal program



March Madness West

Our annual basketball tournament! This program culminates with teams going head to head at the YC Crosstown Showdown.

Baton & Cheer/Martial Arts

When we say Y, you say C! For the first time ever we are offering this CHEER-rific program. This program includes Cheer and Baton lessons or Martial Arts lessons! (Choose only ONE program per day)

Outdoor Sports

Cycling, archery & much, much more!

Friday

Rock Climbing



CLIMB to the top in this ROCK solid program. Participants must have adequate upper body strength & gripping ability. Space is limited.

Print-Making

Artists, rejoice again. This is another opportunity to create your very own masterpiece using the technique of printing!



Baseball

Swing batter, batter swing! This program is a HOME RUN, don't miss out on this opportunity to enjoy America's pass time.

Weekend and Special Events

Day of Dance- Saturday

Swing your way into this exciting program and dance your hearts out with our friends from the Kibler Dance Academy.



Winter Formal Fundraiser- Saturday

Our very own Volunteer Committee has planned this very COOL program. Enjoy a night of music, refreshments, and dancing with all your friends at YC. All proceeds from this will benefit YC.

Adapted Sports Experience- Saturday

Join us for this adapted sports filled day at St. Ignatius. We will have almost every adaptive sport you can think of at this event, so don't miss out!

Service Day- Saturday

A day of giving to those in need. We'll be working with Protiviti and a group called Rise Against Hunger, an international hunger relief organization that distributes food and life-changing aid to the world's most vulnerable.



March Madness Crosstown Showdown- Saturday

YC teams from BOTH sides of town will face off to see who *really* is the best side of town!

Movie Night Fundraiser- Friday

Our very own Volunteer Committee has planned this WOO-nderful program. All proceeds from this will benefit YC. Friends and Family are welcome.

Arts Showcase Extravaganza- Saturday

A fun and interactive showcase of all the wonderful pieces of art participants and volunteers have made throughout this season.



Adaptive Sports Fest- Friday

Join us for this adapted sports filled day at University School. We will have almost every adaptive sport you can think of at this event, so don't miss out!

Team YC Paralympic Sports- Non Transportation

Goalball

If you haven't already tried Goalball, you need to. This VANTastic Paralympic sport is one the most popular around! This program is for participants who are blind or visually impaired.



Yelp Programs

Yelp Peer Support- Wednesdays

This season we will be covering a few different topics that are all under one certain theme; Healthy Living. Come and support your peers as well as learn about yourself at this (almost) weekly peer support.



Bowling Night- Friday

Come join us for a night of bowling, food, and social time! All participants who are eligible for YELP are invited.

Advocacy Rocks- Wednesday

Come and explore the Rock museum while also learning about advocacy and what you can do.

Fitness Frenzy- Thursday

If you haven't checked out our weight room, now is the time to do it! Join us for a night of fitness and friends!

Grocery Games- Friday

Grocery stores aren't everybody's favorite place, but in this YELP program we are putting a little twist on the shopping experience. Planned and run by YC's Volunteer Committee.

QUESTIONS? Please contact:

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