

THE ABC'S OF YC: FUN THIS FALL!

Read on for descriptions of programs happening at YC this season—listed *in ABC order!*

Registration Key

BLUE—preference to West Side participants (ages 8-18)

RED—preference to Lorain County participants (8-18)

GREEN—preference to East Side participants (8-18)

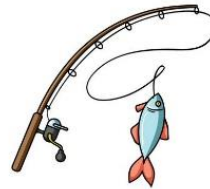
ORANGE—program for Krazy Kampers (4-10) from east, west and Lorain

PURPLE—program for YELP participants (16-25)

GOLD—Paralympic program for Team YC athletes

BLACK—no geographic restrictions (but transportation may be limited)

*PLEASE NOTE PROGRAM RESTRICTIONS



A

Archery, Fishing & Geocaching (East and West)

It's an afternoon of outdoor adventures with the YC Gang. Try your hand at shooting an arrow, casting a line, and exploring some of YC's favorite parks!

Archery & Hiking/Hand-Cycling

Move over, Catniss! Take that, Robin Hood! The YC Gang will be learning the art of archery at these outdoor programs. We'll also be hiking (or hand-cycling) through some of Cleveland's best park trails.



Art

What do Picasso, Monet, Warhol, Rembrandt and **YOU** have in common?? You're all **ARTISTS**, that's what! At least at *THIS* program... Join us as we explore the Cleveland Museum of Art, MOCA, and Glass Asylum for some fun-filled projects. It's **VAN GOGH**-ing to be great!

B

Basketball & Boccia

Get ready to have a **BALL** in the Hanna Perkins gym with these two great sports!

Boccia

JACK ATTACK! We'll learn the basics of one of YC's favorite sports, perfect for athletes of all abilities.

Dates in **GOLD** are for our Paralympic Team. Dates in **BLACK** are open to **EVERYONE!**





Bowling (East and West)

STRIKE up some fun and get BOWLED over at this popular program. We'll SPARE you more puns and stop now, but you get the idea...

C

Casino Night

Press your luck with the YC Gang at this program planned and run by YC's Volunteer Committee where everyone will WIN BIG! *(Don't worry—there's no real money involved!)*

Ceramics

Clay around with your YC friends, learn some basic hand-building and glazing techniques, and take home something special made just by YOU!

D

Dance & Drama

Calling all actors, dancers, singers, comedians, musicians, and more! Here's your chance to be in the spotlight (or in the back row hiding behind people if you'd prefer!) Be a part of our Dance & Drama program where we create and rehearse an original show to be performed for family and friends!

Participants AND volunteers must be able to attend all 4 weeks of practice AND the **Holiday Show on _____ in order to participate.*

F

Football

Don't drop the ball. Without YOU, this program will be incomplete! Take to the field and learn the basics of flag football, develop your skills, and play together as a team. The program will culminate in our Football Finale (see below!)



Football Finale

It's the YC WOO-PER BOWL! Football teams from the past 4 weeks will face off to determine who is the ultimate football champion.

Friendsgiving

Who's thankful for the YC Gang? We know WE are! Come celebrate your buds and all things YC at our first-ever Friendsgiving Feast that's part culinary arts, part service, and full fun!

G

Golf

Join our friends from [The Turn](#) and hit the greens with our golf pro, Trevor.

H

Halloween Party

It's YC's most SPOOK-tacular night of the year! Join us for food, fun and fearful festivities including a walk through our Haunted House. Costumes encouraged!

**For participants 10 and up, including YELP-ers*



I

Ice Breaker Hockey

Hit the ice with our friends from Shaker High School's hockey team at this annual sled hockey friend-and-fundraiser!

**Participants must have adequate upper body strength & control and be able to use a hockey sled.*

Volunteers must be able to skate confidently on the ice in order to participate

K

Krazy Kamp

It's a program so crazy we don't even spell it right!

**For participants age 4-10*

Monthly activities include:

August—Summer's End Shindig

Make a splash one last time before fall comes full force. We'll swim at Avon Pool and play some games on shore.

September—Hay Day Harvest Fest

Well HAY there, Krazy Kampers! Get ready for the changing season with some fall-themed fun!



October—Halloween Party

Come on out, boys and ghouls, for this haunted holiday (that we promise will NOT be scary...just fun!)

November—Friendsgiving

Hey there, pilgrim! We're thankful for what our Krazy Kampers bring to YC and this program is a way to celebrate YOU...while eating and doing fun things together as a group!



December—Krazy Christmas

We'll be spreading Christmas cheer with some YC-style holiday fun and games.

Kitchen Showdown (**Lorain & West**)

Cook up some fun with your YC friends! Learn some culinary basics and compete in kitchen games.



R

Rock Climbing

Reach new heights with us this fall!

**Participants must have adequate upper body strength & control*

Reel Abilities Film Festival: “The R Word”

Join YC and friends for a viewing of this important film that proves words and attitudes matter. Click [HERE](#) for more info about the movie and [HERE](#) for more about Reel Abilities.

S

Silly Sports

Get goofy with the YC Gang at a program that will certainly live up to its name!



Soccer

Kick it with the YC team and learn and develop your soccer skills.

**For ambulatory athletes only. Participants AND volunteers must be able to commit to most practices.*

Strength Training

It's time to pump...you up! Lift those weights and tone those muscles in YC's fitness center!

Superhero Dash: YC Race Day

You're the REAL hero at this 5K race and 1 mile fun run (or roll)! Superhero attire encouraged and family and friends welcome!



T

Tennis (**East and West**)

Here's a program everyone will LOVE! Get it??? If you don't, you'll learn as our friends from Magnificat High School and Hathaway Brown's tennis teams teach us some basics of this fun-filled sport.

W

Wheelchair Basketball

Hoop it up with your YC friends at this NEW Paralympic program. Learn the basics of true wheelchair basketball and develop your skills on the court.

**Participants must have adequate upper body strength and control to use a manual wheelchair. Participants AND volunteers must be able to attend ALL week's practices.*

Y

YELP: Youth Empowerment & Leadership Program

Monthly Programs & Peer Support

Participants 16-25 and volunteers 16 or older

September—**Bowling Bonanza**

Hit the lanes with the YC Gang and enjoy

October—**Halloween Party**

This spook-tacular bash is open to you, too!

November—**Dance & Drama**

If you want to be part of our Holiday Show on ____, join us at this program to learn and practice a choreographed dance number!



December—**Holiday Party**

Get in the holiday spirit with YC and join us for some holiday-themed fun and games.

Peer Support

Join us for weekly discussion sessions designed to equip you with strategies and resources to address the various topics and life-issues young adults of *all* abilities face.

**Participants AND volunteers must be able to attend the MAJORITY of these sessions in order to participate.*

