

FRIENDSHIP AND FUN



Youth Challenge brings together young people with physical disabilities and teen volunteers who inspire each other through adapted sports, recreation, and social growth activities.



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YOUTH CHALLENGE

SERVING ALL OF
GREATER CLEVELAND



ADAPT

ALL ABOUT US

At Youth Challenge, we believe that **every child**—despite their physical challenges—can be an excellent **athlete, artist, adventurer, teammate** and a **friend!**

Our program calendar is filled with activities like basketball, hockey, soccer, volleyball, tennis, football, swimming, yoga, rock climbing, strength training, hiking, cooking, painting, ceramics, cinematography **and so much more!** Through **free** year-round programs in sports, recreation, the arts, and advocacy, YC pairs young people with **physical** disabilities with a **teen** volunteer to help them adapt each activity and serve as a mentor, coach and friend in the process.

Each YC program—while incredibly **fun**—is only **secondary** to the **friendships** that are created through them. At its core, Youth Challenge is a social program that gives young people of **all** abilities the chance to come together, build relationships, tackle new challenges, learn new skills, strengthen independence, improve health and fitness, and grow in ways they never thought possible!

Since 1976, thousands of young people have been moved by Youth Challenge's positivity and culture of inclusion and we're waiting for **you** to join in on the fun, too!

SERVING GREATER CLEVELAND

PROGRAMS

Youth Challenge offers hundreds of programs each year. **Activities are free** and take place all throughout Northeast Ohio. Each program is adapted to meet the needs of each participant and designed to creatively challenge appropriate age and skill levels. Programs are offered year-round and are led by YC staff and other area professionals. With program offerings including sports, recreation, arts and social activities, there's truly something fun for **everyone!**

PARTICIPANTS

YC provides adaptive sports and recreation to over 150 young people, age 3-25, with physical disabilities such as cerebral palsy, spinal cord injury, spina bifida, muscular dystrophy, TBI, stroke, amputation, blindness/visual impairment, and others.

VOLUNTEERS

YC receives help from 450+ teen volunteers, ages 12 through 12th grade, who are trained by professionals to assist and engage with their peers who have physical disabilities. The volunteer schedule at YC is very flexible and helping out is a great way to get service hours for school while having fun and making new friends, too!

FREE TRANSPORTATION

Round-trip transportation is available for most programs from our fleet of lift-equipped vans. Transportation is **free** for participants and provided by trained and background-checked drivers.

