

SPRING 2022 PROGRAM DESCRIPTIONS



MONDAYS

Sled Hockey

Ever wanted to join a hockey team? Well this season we are partnering with Glimour Academy on the East side for a month of hockey. We'll work on our individual sled hockey skills as well as our ability to move the puck as a team. Get ready for an awesome month on the ice!

Hip Hop Art

Explore different parts of hip hop arts with our friends from Arts Impact. Try your hand at writing rhymes, busting out the beats, and DJing!



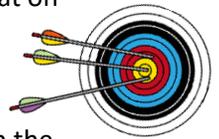
TUESDAYS

Sled Hockey

Ever wanted to join a hockey team? Well this season we are partnering with the North Olmsted Rec Center on the West side for a month of hockey. We'll work on our individual sled hockey skills as well as our ability to move the puck as a team. Get ready for an awesome month on the ice!

Archery & Cycling

Head on out to Forest Hills park in Cleveland Heights to work on your archery and cycling skills. We'll work on our aim and upper body strength in archery to master the sport, and then get our sweat on with some biking and handcycling around the park.



Golf

Join our friends at the Turn at North Olmsted Golf Course to work on your golf skills. We'll learn the fundamentals of the sport and then put our skills to the test out on the course.

Wednesdays

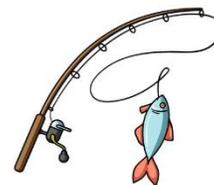


Boccia

Team YC's growing Boccia team will be continuing practices on Wednesdays this season. The team is headed up by our coach Sean Walker, and we can't wait to see it continue to grow.

Fish, Boat, & Games

Join us at Miller Road Park in Avon for two weeks of time on the water, fish on the line, and games on the beach. We'll put our fishing skills to the test and see what we can catch!



THURSDAYS

Sing & Sign Choir

The long anticipated YC choir is finally here! Join us on Thursdays to sing with your voices and your hands as we learn how to harmonize and sign songs in ASL.



Court Sports

If you've been itching for some more classic sports, this program is the program for you. We'll focus on mastering different court sports from floor hockey to volleyball to pickle ball. Get ready for some fun and competitive court sports!

Kickball

Get ready for the most fun kickball league in Cleveland! We'll get together at Clague Park for two weeks of kickball with your YC friends.

Fridays



Rock Climbing

Get ready for the return of YC Rock Climbing! This season we're partnering with Shaker Rocks on the East Side and On the Rocks Climbing on the West Side to get you all climbing. We'll have three weeks to build our climbing skills and have a blast on the wall.

Wheelchair Basketball

Join us for another season of wheelchair basketball. We'll work on our skills and ability to move the ball as a team. This will be an intense few weeks of basketball, so come out ready to break a sweat.

Special Events



Outdoor Adventure Sports Try-It Event

Get ready to celebrate YC's partnership with MoveUnited as we launch our season of adaptive outdoor adventure! This summer we'll be focusing on adventure sports, so we are super excited for this night of sampling all the summer has in store!

Arts Showcase

Come check out all of your YC friends' art from the past year. Our artists have been creating amazing work from clay donuts to wheelchair wheel weaving. The YC volunteer committee will also be leading an interactive art activity to get your creative juices flowing.

Wall of Love Service Day

Join us for a day of giving back to our Cleveland community by creating care packages that will be hung on the Wall of Love for people in need in our neighborhood.

YELP PROGRAMS



YELP Life Skillz

Alright YELPers its time to get down to business. This program will help you learn those life skills you've been meaning to try out like laundry, grocery shopping, and vacuuming, but in typical YC fashion there will definitely be a fun spin to it and maybe even some competition!



YELP Peer Support

Everyone's favorite way to connect and grow as a YELP community is of course here for another season. We'll take it back to zoom this month, so all of our YELP community can access this time together. We hope to see you on zoom for time to talk as a group of friends.

YELP Nature & Sports Night

Let's get outside together for a fun night of nature and sports. We'll spend time in the Bay Village Community Garden to enjoy the outdoors and also get some movement in with some sports competitions.

YELP & ACT Picnic & Games

We'll keep building on our YELP and ACT community with a fun picnic together at the end of the season. Let's hope the weather is beautiful for a night of yummy food, fun games, and a great time together to build friendships.

ACT PROGRAMS



ACT Fitness Frenzy

Come work out with all of your ACT friends. Our resident fitness instructors will lead the ACT crew through a series of workouts sure to get your heart pumping!

ACT & YP4YC

We know this group loves a good social hour. Come hang out at YC with your ACT and YP4C. There's sure to be great conversation, lots of laughs, and fun activities with this crew.

ACT & YELP Picnic & Games

We'll keep building on our YELP and ACT community with a fun picnic together at the end of the season. Let's hope the weather is beautiful for a night of yummy food, fun games, and a great time together to build friendships.

