



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOSTERING FRIENDSHIPS SUPERSTARS

EASTERN LYCOMING & WILLIAMSPORT BRANCH YMCA

This unique class is designed especially for individuals with special needs. SUPERSTARS is a movement class where participants can develop motor skills, coordination, stamina and strength. More importantly the class is an opportunity to make friends, provide a safe environment for self advocacy, and have fun! A positive attitude is all that is required.

- Diana Logan and her exceptional volunteers engage participants in Drums Alive activities with drums sticks and stability balls.
- Please plan to fill-out a waiver and contact information on first visit (unless you have been to either Y since June 2020). Program is offered at no cost to participants!
- Parents/guardians/aides are required to stay at the YMCA for the duration of class.
- Please wear a mask and/or face shield for the entire time you are in the Y facility, including during the class. Participants will be given the opportunity to help sanitize equipment before and after use, and are encouraged to wash hands before and after class.

WHEN:

EASTERN LYCOMING: Saturdays 10:00 – 10:45 AM

WILLIAMSPORT: Wednesdays & Fridays 11:00 – 11:45 AM

LOCATION:

EASTERN LYCOMING BRANCH YMCA, Gymnasium
50 FITNESS DRIVE MUNCY, PA 17756 570-546-8822

WILLIAMSPORT BRANCH YMCA, Gymnasium
641 WALNUT STREET WILLIAMSPORT, PA 17701 570-323-7134

www.rvrymca.org



SUPERSTARS Activities:

****Face Mask or Face Shield required for ALL Participants and Caregivers for all Activities at this time!**

WHO:

PARTICIPANT Activities: A Support Person must accompany Participant, and we strongly encourage and invite the entire Family to join in on the Activity!

CAREGIVER Activities: This is for the Support Person (Adult Family Member/Guardian/Caregiver), promoting relationship building, and helping provide resources for Families to utilize.

WHEN/WHERE:

THURSDAY JUNE 17th 6 – 8 PM at the Eastern Lycoming Y: Dance away the Night with a DJ leading the FUN! Open to all Participants, their Families, and Caregivers. Each participant should be accompanied by a Support Person. Light Refreshments will be provided. You don't want to miss this opportunity to kick-off the Summer and Jam with Friends!

MONDAY JULY 26th 6 – 7 PM at the Williamsport Y: Wear your Red, White and Blue. Play Indoor Volleyball with Beach Balls & Balloons, as well as fun Outdoor games like the Egg and Water Balloon Toss. Have fun with friends, and a popsicle to end the night! Each participant should be accompanied by a Support Person, additional Family members are welcome as well.

Coming Soon (June – August) Open Swim Sundays 1x/month 1:00 – 2:45 PM for anyone in the Superstars Community

AUGUST – TBA/Picnic at the Beach, to be held at the Eastern Lycoming Y

ADDITIONAL INFORMATION:

- No Sign-up required, just show-up and participate!
- Please wear a mask or Face Shield. Activities planned around the ability to Social Distance.
- If not a Y Member, a waiver and contact information form will need completed at the first visit.
- Activities open to all individuals in the Community with diverse abilities.