



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOSTERING FRIENDSHIPS SUPERSTARS

## RIVER VALLEY REGIONAL YMCA

**SUPERSTARS** is a unique program designed especially for individuals with diverse abilities, providing an opportunity to make friends, creating a safe environment for self-advocacy, and a place to have fun! Program offers Social Events for individuals and their families, as well as support for parents and guardians, in addition to weekly Drums Alive classes. Participation in the program offered at no cost to anyone, of all ages and abilities, in the Community!

### **DRUMS ALIVE CLASSES hosted by SUPERSTARS:**

Movement class where participants can develop motor skills, coordination, stamina and strength, through utilization of Drum Sticks and Stability Balls, to upbeat music.

#### **WILLIAMSPORT BRANCH:**

Wednesdays 11:00 – 11:45 AM, Fridays 11:00 – 11:45 AM

#### **EASTERN LYCOMING BRANCH:**

Tuesdays 9:00 – 9:45 AM, Thursdays 9:00 – 10:00 AM, Saturday 10:00 – 10:45 AM

Guidelines for participation, to ensure overall safety & respect to all those attending:

- New participants must fill-out a waiver and guest form at the Member Service Desk on their first visit.
- Aim to be on time, to allow for proper set-up of equipment, a Support Person must be involved in assisting with set-up per each individual's needs.
- Participants are encouraged to wash hands before and after class, as well as sanitize their equipment before and after class.
- Support Persons must be in a proximity that allows them to respond to any situation for the entire class, should an individual need assistance, without prompting from the class instructors. Chairs provided for Support Persons who need positioned directly behind their individual.

#### **LOCATION:**

**WILLIAMSPORT BRANCH YMCA**, Gymnasium, 641 Walnut Street WILLIAMSPORT, PA 17701 (570)-323-7134  
**EASTERN LYCOMING BRANCH YMCA**, Gymnasium, 50 Fitness Drive MUNCY, PA 17756 (570)-546-8822

[www.rvrymca.org](http://www.rvrymca.org)