



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Learning Experiences through Adaptive Programs



**MAKE FRIENDS & BE PART OF A TEAM**

## **Adaptive Pom Class**

Join the YMCA's pom class that combines music, rhythm, cheer and creativity. Participants will learn upbeat and exciting routines, while making friends and working together as a team. No experience is necessary, so come one come ALL! This class is specifically designed for those with physical, developmental and intellectual disabilities.

\*Poms and shirts are provided

**Register at [fwymca.org](http://fwymca.org) or in the branch!**