



Child and Adult Programs for Individuals with Special Needs



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We build strong kids, strong families, strong communities

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Doylestown, PA 18901
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Our Mission: Central Bucks Family YMCA is a charitable, non-profit organization whose purpose is to improve the quality of community life. The YMCA strengthens the spirit, mind and body of all people. We build character by promoting the values of caring, respect, honesty and responsibility.

Did you know

that people with disabilities constitute our nation's largest minority group (one in five Americans has a disability)? It is also the most inclusive and most diverse group: all ages, genders, religions, ethnicities, sexual orientations, and socioeconomic levels are represented.

The Central Bucks Family YMCA is committed to providing premiere adapted physical activities programs that reach out to the special needs population and their families in the local Y area.

FINANCIAL ASSISTANCE AVAILABLE

★ Join Us!

Central Bucks Family YMCA specially designed the STARS program for individuals with special needs.

STARS stands for **Sharing and Teaching for all Abilities** to realize Self-strengths.

We currently provide programming for individuals with, but not limited to, Developmental Disabilities, Physical Disabilities, Hearing Impairments, Speech & Language Disabilities, Learning Disabilities and Mental Health Disabilities.

Benefits of the STARS program

- ★ Control obesity or maintain weight
- ★ Promote life-long activeness
- ★ Boost self-esteem
- ★ Strengthen social skills
- ★ Increase motivation and energy
- ★ Develop sport-related skills and motor skills
- ★ Acquire water safety and swim skills
- ★ Develop strength, endurance, flexibility, balance, coordination



★ STARS wants YOU!



The STARS program offers group classes and private lessons in the Fitness Center, Gymnasium, and the Pool.

Classes and private lessons are lead by qualified, educated, and certified special needs instructors.

STARS group classes : based on age level (with consideration of skill level).

Little STARS: 6 months – 4 years

Shining STARS: 5 years – 9 years

Super STARS: 10 years – 13 years

Shooting STARS: 14 – adult

STARS private lessons

(pool or fitness center)

One-on-one instruction in swimming or physical fitness.

- ★ Instruction geared toward individuals who may benefit more from a one-on-one instruction setting
- ★ Great option for all; beginner through competitive levels
- ★ Lessons designed with participants goals in mind

★ Success Stories

“My son’s instructor helped him feel comfortable in the water and gain self-confidence. He is no longer apprehensive about the water and looks forward to swim lessons. What an improvement!”



“I was very pleased with the instructors. They were able to explain how to use the fitness equipment, the importance of exercise/healthy eating, and the rules to the sport-related activities in a way that the participants could relate to. The instructors were understanding of each of the individuals and what their specific needs were.”

“My daughter has overcome numerous hurdles in the water that would either never have happened or would have taken 10 times longer to accomplish in a typical setting. It’s great for her self esteem, when so many other physical activities come so hard for her to grasp. All of the staff members are wonderful, welcoming and do a great job at remembering participants and making them feel important.”

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Financial Assistance Available