



**Andover  
North  
Andover  
YMCA**



## **Y- ABILITIES & FRIENDS SPORTS SAMPLER**

**SHAKE OUT YOUR SILLIES, TRY A NEW SPORT  
AND JUST MOVE!**

**GAMES**

**BALANCE**

**COORDINATION**

**DANCE**

**SPORTS**

**This class will work on coordination and balance in a fun environment that incorporates games, dance and sports for children. Children of all abilities are welcome in this class. Sensory friendly techniques will be used to help facilitate participation for anyone who might need it.**

**Join us Thursdays:**

**4:45-5:15 for Preschool Ages 3-5**

**5:30-6:15 for Youth Ages 6-10**

**For more information and to register visit: [www.mvymca.org/inclusion](http://www.mvymca.org/inclusion)**

**Andover/North Andover YMCA \* 165 Haverhill St. \* Andover, MA 01810 \* 978.685.3541**