



**Special
Olympics**
Massachusetts



The Andover/North Andover YMCA is partnering with Special Olympics of MA to offer 4 classes to adults with intellectual disabilities. Each class will have support staff to help participants have a great experience. Classes are adaptable to all levels and abilities. Classes are open to ages 15 and older. For more information and to register, please visit

mvyymca.org/inclusion

or reach out to Emma at estump@mvyymca.org

Programs Start April 1.

Andover/North Andover YMCA
165 Haverhill Street, Andover MA 01810



SENSORY FRIENDLY SPIN CLASS:

Thursdays | 4:00-4:45PM

This class will utilize the stationary bike to get a workout in. The bikes have adjustable heights and the room will be set in a sensory friendly tone.



INTRODUCTION TO PICKLEBALL:

**Tuesdays | 10:00-11:30AM or
6-7:30PM**

Pickleball is all the rage, learn this fun new game. with friends.



CARDIO CLASS:

Wednesday | 11:00AM-12:00PM

Join us for a low impact class that will get your heart rate up. Bring your friends, this class has the ability to be modified for all levels.



**SPECIAL OLYMPICS
WEIGHT LIFTING:**

Sundays | 2:00-3:30PM | Ages 15+.

Looking to get STRONG? This group uses olympic lifts to increase muscle mass and to have fun!