

OLIVE BRANCH FAMILY YMCA
S.N.A.A.P.
2017/2018 REGISTRATION FORM

Date: _____

Participant's Name: _____

Address: _____

Guardian's E-mail Address: _____

Age: _____ Birthday: _____

New to SNAAP program: YES / NO

Guardian 1 Name: _____

Phone #: _____ Relationship: _____

Guardian 2 Name: _____

Phone #: _____ Relationship: _____

Child's Special Needs:

Class preferred:

3:30PM - 4:15PM YOUTH _____ OR 4:30PM - 5:15PM YOUTH _____

4:15PM—5:00PM TEEN _____

12:30-1:30PM ADULT _____

Please fill out and return to:

Olive Branch Family YMCA

8555 Goodman Road

Olive Branch, MS 38654

Attention:

Brooke Adams, Wellness Director



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH & TEEN S.N.A.A.P.

Special Needs Athletic & Aquatic Program

Because of much community support and volunteers, S.N.A.A.P. is free of charge to all participants. It is open to anyone in the community with a child who has special needs. We are limited to 10 children per class. After the class is filled there will be a waiting list taken and families will be called as openings become available. Volunteer ratio is usually 1 to every 2 children. Parents are encouraged to watch as the children participate in the class. The classes are lead by trained staff and volunteers. **Class will not be held on Fridays when schools are closed, severe weather, or holidays.**

Youth ages 3-11

Water Based September 1- December 15

45 minutes of water exercise/play by staff and volunteers. No cotton shirts.

Land Based January 12- April 27

5 minutes of guided stretching, 20 minutes of obstacle course, 15-20 minutes of games (parachute, relays races, Simon says, limbo, basketball, etc.), 5 minutes of cool down

Teen ages 12—16

Alpha Center September 1- December 15 & January 12- April 27

Children participate in strength training activities in our Alpha Center both semesters.

Cardio Machines— Treadmill, Elliptical, Recombinant Bike, Upright Bike

Strength Machines— Lower Body Rotation, Upper Body Rotation



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ADULT S.N.A.A.P.

Special Needs Athletic & Aerobic Program

Because of much community support and volunteers, S.N.A.A.P. is free of charge to all participants. It is open to anyone in the community with special needs. We are limited to 10 participants for the class. This hour long class is an aerobic style class with varying classes such as dance, strength training, and cardio. Classes are held in the Aerobic Room.

After the class is filled there will be a waiting list taken and families will be called as openings become available. The classes are led by trained staff and volunteers.

Meet and greet is for the instructors to meet the participants. Also, this introduces the participants to each other. This is a great time to ask questions.

REGISTRATION BEGINS: July 3rd

MEET AND GREET: July 26th 12:30pm in Aerobic Room

PROGRAM STARTS: August 16th

PROGRAM ENDS: December 20th

CLASS TIME: 12:30-1:30pm