



**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **Special Olympics Young Athletes™ YMCA of the Palouse**

**Young Athletes™ (YA) is an inclusive sports program for children 2 -7 with and without intellectual and developmental disabilities. It's comprised of research based activities that build social and motor skills while engaging young children of all abilities. Studies have shown that 7 months of motor skill development is possible after just one eight week program. The sessions include a variety of activities including a march, warmup, and rotations through activity stations designed to develop motor skills and hand-eye coordination. Contact us below to sign up!**

### **PROGRAM DETAILS**

- ▶ **Weekly Sessions for a total of 8 weeks**
- ▶ **Children 2 -7 with or without disabilities invited**
- ▶ **Older youth, athlete, siblings, parents, all are welcome to volunteer!**
- ▶ **Limited space available, be sure to sign up early**
- ▶ **FREE!**

### **GET INVOLVED**

**To register your son or daughter, volunteer for the Young Athletes program or to hear about ways to get involved, contact our Site Coordinators at [youngathletes@palouseymca.org](mailto:youngathletes@palouseymca.org).**

**We look forward to connecting with you and your children!**