A CHANCE TO PLAY

Adaptive Sports
Insperity Adaptive Sports Complex

Miracle League Baseball
The Y, in partnership with The Miracle League, provides families a safe outlet for children and adults with diverse abilities to play baseball. Everyone deserves an opportunity to play and experience the joy and benefits that come from our national pastime, baseball. Recreational and Competitive leagues available. Games take place on Tuesday, Thursday, or Saturday. 4 yrs +

Superheroes Night Out
Enjoy a Saturday night out on the town while the kids have fun at the Y. Entertainment for the kids include movies, obstacle courses, games and more. 6 yrs +

Soccer
Participants learn basic soccer skills: positions, dribbling, passing, and defending with the help of Coaches, adaptive curriculum and volunteer Buddies. Program takes place at the Insperity Adaptive Sports Complex on Saturday mornings. 4 yrs +

Swim
The Y offers an individualized swimming lesson curriculum within a small group session. Classes are taught by trained instructors who emphasize personal safety, swimming skills, endurance and social skills while guiding students with praise and encouragement. 4 yrs +

Kickball
Teen and adult participants gather at the field to enjoy a game of kickball. This is an opportunity to keep our athletes moving and engaged with their friends. Games are Thursday evenings from 6:30-7:30. This is a 6 week season. 12 yrs +

FEE (Sports/Super Hero Night): FREE

All programs are designed to encourage athletes of all abilities to play, build self confidence and create friendships. To register, stop by the Welcome Center at the Y or visit us online at ymcahouston.org.

For more information contact Meridith at 281-360-2500 or email Meridith.silcox@ymcahouston.org

LAKE HOUSTON FAMILY YMCA
Insperity Adaptive Sports Complex
1820 Madera Run Parkway Humble Tx 77346
281-360-2500 www.ymcahouston.org

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.