



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

# 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](http://ymcahouston.org).

For more information contact Meridith at 281-360-2500 or email [Meridith.silcox@ymcahouston.org](mailto: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](http://www.ymcahouston.org)



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

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