



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITting ANOTHER PIECE OF THE PUZZLE

Exercise & Social Skills for Youth on the Autism Spectrum

**Fall 2019**

**Sundays**

**(1<sup>ST</sup> – 5<sup>th</sup> grade)**

**2:30-3:45pm**

**\*min 10 to run**

**program**

**(6<sup>th</sup> – 12<sup>th</sup> grade)**

**4:00pm-5:15pm**



The Ragsdale Family YMCA is offering an exercise and social skills program for youth and teens on the autism spectrum. The program is designed to get kids active and nurture their potential while in a safe environment. The program is led by UNCG students and founded and funded by the David and Donna Griffin Foundation. Weekly activities range from games, sports, swimming, yoga, and so much more! Our goal is to empower youth to improve their physical fitness, social skills, and foster healthy habits.

## HOW TO GET INVOLVED?

Registration will open in August. For more information contact Marlee at 336.882.9622.