

# AYSA ADAPTIVE SPORTS PROGRAM

*A New Opportunity for Your Students – Starting Spring 2026*

## **What is this program?**

AYSA is launching a new Adaptive Sports Program for athletes of all abilities. This program is made to help kids and adults move, play, grow, and have fun in a safe and supportive environment.

## **Program Overview:**

- Runs throughout the school year, during the school day
- Includes 5 sports, plus Adaptive PE Day, and Adaptive Field Day
- Each session is 1 hour, 15 minutes
- Grades 6-12: Attend Sessions 1 and 2 each month

## **Example Session Outline:**

### **Session 1: Movement & Skills**

- \*Warm-up and stretching (10 min)
- \*Intro & skill demo (15 min)
- \*Skills stations (3 x 15 min)
- \*Closing (5 min)

### **Session 2: Competition**

- \*Warm-up game (10 min)
- \*Round of competition (25 min)
- \*Break (5 min)
- \*Round of competition (25 min)
- \*Closing (10 min)

***This program is completely FREE to participants!!***

## **Here's all we need from you:**

- Coordinate transportation to/from AYSA
- Bring a group of teachers and general education peers who can assist
- ***Say YES!! and join us!!***