

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!!***