



Accessible pool fitness offered at the YMCA

How to refer a consumer to the YMCA Program:

Step 1. Consumer will contact **Cynthia Smith** at **OSCIL 401-738-1013 ext. 33** or email cynthia.smith@oscil.org to set up the first appointment to complete an **Independent Living Assessment** and a **goal sheet** addressing any barriers the consumer may have in being successful with their goal. The first **YMCA Consultation Appointment** will be set up during this appointment.

Step 2. The consumer will bring the following with them to the YMCA:

- Picture ID
- Comfortable clothing
- Water
- A willingness to discuss exercise goals

Step 3. YMCA conducts the wellness consultation which includes:

- An agreement of exercise goals
- A tour of the YMCA
- An Introduction to specific exercise equipment available
- Set up schedule of the day & times the consumer will commit to.

Finally! A program is now available to give opportunity for persons having significant disabilities be able to improve their lives without the fear of costly membership fees and gym equipment that isn't accessible!

Getting the results desired

Members of the YMCA describe their experience to be more than a community and closer to an extended family. This is a life changing opportunity to stay healthy, have lots of fun & enjoyment & make many new friends!



Important facts to consider...

According to the Centers for Disease Control and Prevention, regular exercise can be of huge benefit, including the following:

-Improving stamina and muscle strength - this may really help with some forms of disability.

-When we exercise, the brain releases endorphins that delivers a feel-good high. This can help ease anxiety and depression, and additionally, lift your mood.

-Exercising in a group is a great way to try something different, meet new people and become part of the community.

-You'll gain the ability to maintain a higher level of independence, sense of freedom and quality of life.

-Exercise can control joint swelling, and help alleviate pain in the process.



YMCA offers adaptive exercise equipment.

Ocean State Center for Independent Living



In two Locations

1944 Warwick Ave.

Warwick RI 02889

Hours: M-F 9AM-4PM

175 Main St.

Pawtucket, RI 02860

Hours: M-F 10AM-4PM

Phone: 401-738-1013

Toll Free: 1-866-857-1161

Website: oscil.org

IL Coordinator for YMCA Program:

Cynthia Smith ext: 33

cynthia.smith@oscil.org



OSCIL-YMCA CONNECTION INDEPENDENT LIVING PROGRAM

*Ocean State Center for
Independent Living &
YMCA team up to bring
this exciting *NEW*
program!*