



Abilities Movement, Inc.  
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## Programs and Classes

Abilities Movement's (AM) focus is to develop a comprehensive plan that emphasizes the goals of the individual and their family. We partner with community organizations, local businesses, and disability-oriented services in Monroe and surrounding counties to help provide integration opportunities. ARS provides Fitness/Healthy Living classes and Recreational Programs throughout the community. We work closely with self-directed programs to help build classes around the needs of individuals. Our organization is open to all and has no limitation to who we serve.

Abilities Movement is offering Tele-Fitness options during the Covid-19 NY State on PAUSE directive. Please contact us to find out how we can help you reach your health, fitness, and wellness goals during this time.

### **Personalized Fitness/Healthy Living Class (Now Available - Tele-Fitness)**

AM develops a fitness program around an individual's or group's established goals. Our professional team will help individuals engage within their community through local gyms, parks, and recreational opportunities. AM will develop lifestyle goals that focus on fitness, healthy eating, and fun ways to become active. Due to the Covid-19 NY state on PAUSE directive, AM now has Tele-Fitness classes.

Location: Community-based/Tele-Fitness

Dates & Times: To be established with the individual client

Cost: \$60/per session

### **Personalized Fitness/Healthy Living Class - Severe Medical Needs (Now Available - Tele-Fitness)**

AM offers a health and fitness based program for people with severe medical needs. Our adapted fitness team will engage in stretching activities, strength development, and functional-based movement to improve each individual's quality of life. Together, we will develop a health assessment, establish goals, and employ a plan for home and community-based fitness training. We provide the training within the community or as home based programming for people with and without disabilities. The program will be built around each individual's needs

allowing for maximum success. Due to the Covid-19 New York State on PAUSE directive, AM now has Tele-Fitness classes.

Location: Community and Home-based

Dates & Times: To be established with the individual client

Cost: \$60 per session

The duration of the program will be based on individual goals

### **Rochester Speed Demons Power Wheelchair Soccer Team**

This team sport program is for power wheelchair athletes who would like to compete at a high level. Players must be able to maneuver and control their chair at a fast speed. New players are welcome to come and watch a practice to see if what it is about. First time players will have a board fitted to their wheelchair at the first practice. Potential players that would like to try out power soccer can have a board placed on their chair and participate.

Please note that the Power Wheelchair soccer program is postponed until further notice due to the Covid-19 outbreak.

Location: Pieters Family Life Center - 1025 Common Way, Rochester, NY 14623

Time: 11:00am-1:00pm

Cost: \$60/6 week session

**\*\*Please note our new location and time! We welcome this new collaboration with Pieters Family Life Center. This new location offers participants drop off and pick up right at PFLC via RTS!**

### **Mighty Dunks Adapted Basketball Program**

This program, for people of all abilities, will teach basketball skills and the game of basketball while providing the social opportunity of being part of a team! Participants ages from 13 and up. Join the fun! Registration opens Monday, December 16th, 2019 at 7:00pm.

Please note the the Mighty Dunks Basketball Winter 2020 Program is postponed until further notice due to the Covid-19 outbreak.

Location: Perinton Community Center, 1350 Turk Hill Road, Fairport, NY 14450

Time: 6:00pm-7:00pm

Cost: \$60/11 week session