



A Wellness & Recreation Program Tailored  
to the Needs of People with Disabilities.

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FOR IMMEDIATE RELEASE

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### YMCA to Offer Ready, Fit & Able Exercise Class for People with Disabilities

AKRON, OH – Providing a place to exercise that is safe, structured and welcoming to people with disabilities is the focus of a new 7-week program that will be offered at the Lake Anna YMCA Community Center in conjunction with Ready, Fit & Able, a wellness and recreation program tailored to the needs of people with disabilities in our community. The new class will be offered Wednesdays from 7:00 p.m. – 8:00 p.m. and Saturdays from 11:00 a.m. - 12:00 p.m. beginning April 8, 2009.

The new class announcement comes just days before the official Ready, Fit & Able program kick-off event. The kick-off event scheduled for Saturday, March 14, 2009, at the Lake Anna YMCA Community Center, 500 W. Hopocan Ave., Barberton, Ohio will feature a morning (9:00 a.m. – 11:00 a.m.) and afternoon (1:00 p.m. – 3:00 p.m.) session where participants will engage in a variety of interactive activities supported by trained YMCA staff. The kick-off program has been designed as a fun way for adults with disabilities to stay in shape and increase their social interaction.

“From the very beginning, Ready, Fit & Able has been a collaborative effort. Initially we approached the YMCA and County Board of Summit Mental Retardation and Developmental Disabilities (Summit MRDD) to partner with us. Once both agreed to help bring the program to fruition we knew that our support base would continue to grow,” said Carla Parker, state director, REM Ohio. “Now along with the YMCA and Summit MRDD, we have added United Disability Services (UDS), Total Water Systems, and The Hygenic Corporation, whose products Thera-Band® and BioFreeze® are well known in the fitness and therapy community, to our roster of partners.”

There are still a limited number of spaces available in the morning and afternoon Ready, Fit & Able kick-off sessions. Interested participants can register for either the morning or afternoon session of the Ready, Fit & Able kick-off event by calling REM Ohio at 330.864.5895.

“Adults with disabilities is a population that is under served when it comes to preventative programs,” stated Dan Reynolds, executive director, Rotary Camp for Children with Special Needs. “We hope that this program will serve as an example of how those with disabilities can be encouraged to lead healthy lives.”

For more information concerning the 7-week, Ready, Fit and Able exercise class call the Lake Anna YMCA Community Center at 330.745.YMCA (9622).

## About REM Ohio

REM Ohio provides an array of high-quality services for adults with developmental disabilities and other challenges throughout the state, with a state headquarters located in Akron, Ohio and additional locations in Cleveland, Columbus and Cincinnati. The company currently employs over 900 full and part time employees. The individuals and families supported by REM Ohio have a variety of needs, all of which are met within the communities where they live, work and play. Because each person's needs and preferences are different - and often change over time - REM Ohio offers a range of community-based residential and non-residential programs and supports.

REM Ohio is a partner of The MENTOR Network, an organization dedicated to providing high-quality community based services to adults and children of all abilities. Founded in 1980, The MENTOR Network has evolved from a single residential program to a national network of local human services providers, offering an array of services to adults and children with developmental disabilities, acquired brain injuries or other catastrophic injuries and illnesses; youth with emotional, behavioral and medically complex challenges; and elders in need of home care.

## About County of Summit Board of Mental Retardation and Developmental Disabilities

The County of Summit Board of Mental Retardation and Developmental Disabilities (Summit MRDD) provides services to more than 3,900 individuals with disabilities and their families in Summit County. It is the organization's mission to be a primary community force that enables eligible individuals to work, live, learn, play and participate as equal citizens in their communities. Services are offered to people with disabilities in Summit County from the time an infant is diagnosed with a developmental disability, or before age 22 if an incident should occur that results in a disability. More information regarding the agency is available online at [www.summitmrdd.org](http://www.summitmrdd.org).

## About Akron Area YMCA

The Akron Area YMCA provides opportunities for families to strengthen their spirit, mind and body through hundreds of programs, services and volunteer opportunities. YMCAs are for people of all faiths, races, ages, incomes and abilities and are the nation's largest community service organization and charity of choice. Their Partners With Youth Annual Giving Campaign makes scholarship and financial assistance available to ensure no one is turned away from the Akron Area YMCA.

The Akron Area YMCA serves the community with seven full-time Early Care and Education Centers, more than 30 before and after school sites, six membership branches, and the Phoenix alternative learning school in Medina and East Akron. They also provide Northeast Ohio with premiere camping year-round at Camp Y-Noah and operate Rotary Camp for Children with Special Needs.

## About Rotary Camp for Children with Special Needs

The Rotary Camp for Children with Special Needs, in cooperation with the Akron Area YMCA, offers children and adults with disabilities the opportunity to experience the excitement of camp. Rotary Camp is American Camping Association (ACA) accredited and provides a nurturing and enriching atmosphere where campers develop relationships, skills and memories that will last a lifetime. With Summer Day Camps, Overnight Camp, Sibling Camp, Adult Camp and Respite Weekends, Rotary Camp provides children and adults with special needs a place to spend their summers - a place where disabilities and limits do not hold them back.