



INTERESTED IN VOLUNTEERING?

Contact Cara Green for information on how you can make a difference in someone's life. Communication skills necessary to understand, respond and follow instructions are required for safe participation in the Partnership Program.

Torigian Family YMCA

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Director of Branch Operations

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FITNESS FOR EVERYONE

PARTNERSHIP PROGRAM

Torigian Family YMCA



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ABOUT THE TORIGIAN Y'S PARTNERSHIP PROGRAM

The Partnership Program is a recreational, non-clinical program* designed specifically for persons with disabilities who are interested in a structured exercise program. Our program serves individuals that need specialized, adaptive exercise equipment.

Our staff work with participants and their training partners to familiarize them with the specialized equipment while keeping their individual needs in mind.

*This program is recreational in nature and not to be considered rehabilitation. Physician approval required

ADAPTIVE EXERCISE EQUIPMENT

In the Adaptive Fitness Center, we have a variety of equipment dedicated to the Partnership Program, including:

- RT300 Ergometer FES Leg Cycle
- MOTomed Viva 2 Leg Cycle
- Mat Table for Mat Exercises & Stretches
- Wheelchair-Accessible Strength Training Equipment
- Strength Equipment
- NuStep T5XR
- Bravo Functional Trainer
- Life Fitness Multi Station

HOW TO JOIN

Interested participants and volunteers should call our Health and Wellness Director to set up an appointment for a brief interview. After touring our facility, you will then:

- Complete a Partnership Program application
- Fill out a medical history questionnaire
- Provide a medical clearance by a physician
- Submit an exercise prescription by a physician/occupational therapist (if applicable)
- Youth participants are welcome!

FINANCIAL ASSISTANCE OPPORTUNITIES

The Partnership Program is available to YMCA of Metro North members at no additional cost. If you are unable to afford the cost of a membership, financial assistance is available.

Please visit our Welcome Desk for more information.

