

EXERCISE YOUR HEART

VOLUNTEER FOR 'FRIDAYS IN MOTION' Adaptive Sports Open Gym & Swim

At Fridays in Motion, children living with autism and their families join together at the YMCA of Austin for two hours of play and recreation!

Fridays in Motion is supported by **VOLUNTEERS** who monitor and guide children through two hours of play and interactive games.

WHEN: March thru October
2nd and 4th Friday of each month

WHERE: Program rotates among
YMCA of Austin facilities each month

TIME: 6:30-8:30pm

BENEFITS OF VOLUNTEERING

- Make a difference in a child's life!
- Make a new friend
- Learn more about children with special needs
- Fulfill community service requirements for school

For more information contact Eric Doll at
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