



WWW.YESUCANUSA.ORG

YES U CAN Corporation

*Creating Activities for People with
Limited Mobility & Disabilities*

YES U CAN!



CONTACT INFO

Vickie George
302 286-1399
info@yesucanusa.org
www.yesucanusa.org

WHO WE ARE

The Yes U Can Corporation is a non-profit 501c3 organization dedicated to creating and providing health, recreation and physical fitness opportunities to adults with limited mobility or disabilities. Our goal is to make community based recreation and physical fitness opportunities accessible to everyone throughout the State of Delaware.

WHAT WE DO

PROGRAM DEVELOPMENT

The programs are developed to encourage participation in activity programs, while addressing the barriers that often prevent a person with limited mobility from taking part. The benefits of the programs are many—staying active improves one's physical and psychological well-being.

What makes our programs different? Staff or volunteer assistance is provided for those who need it. So give us a try. You will meet some great people, challenge yourself, and have a great time.

NOW GET MOVIN'!



WWW.YESUCANUSA.ORG

YES U CAN Corporation

Creating Activities for People with
Limited Mobility & Disabilities

Current and future programs of **Yes U Can** offer a range for all levels of abilities. At present, Yes U Can's current programs have focused on developing fitness center and aquatic related exercise programs.

CURRENT PROGRAMS

INDIVIDUALIZED WEIGHT TRAINING - This program is designed to encourage participation in an individualized exercise and weight-training program using Nautilus and/or free weights for strength training and conditioning. Staff assistance is provided. Due to the popularity of the one-on-one staff/volunteer assistance, there may be a waiting list. Please e-mail info@yesucanusa.org for other opportunities.

Locations 1:

**Chrisitana Care Health System
Eugene duPont Preventive Medicine
& Rehabilitation Institute**

3506 Kennett Pike
Wilmington, DE 19807

Mondays & Fridays or as scheduled
Contact: Erin or Mike, 302-661-3000

Locations 2:

Brandywine YMCA

Mt. Lebanon Rd., Wilmington, DE 19720

Tuesdays & Thursdays, 9:00 AM – 12:00 PM
Contact: Karen Mann, 302-478-9622

YES U CAN EXTENSION – Aquatics and individualized exercise and weight training program. (Collaborative program between the Yes U Can Corporation and the **University of Delaware**) One-on-one assistance with student volunteers is provided. Program runs September through May. *Location: Participants can choose preferred location.*

Locations 1:

Delaware Swim and Fitness

[Yes U Can Extension Program]
4905 Mermaid Blvd
Wilmington, DE 19808

Contact: Vickie George at
info@yesucanusa.org

Locations 2:

Bob Carpenter Sport Center*

[Yes U Can Extension Program]
No fee for this program.
Outdoor Recreation Resource Center
Rm. 005
26 N. College Ave.
Newark DE 19713

Contact: Vickie George at
info@yesucanusa.org

Locations 3:

Bob Carpenter Sport Center*

[Yes U Can **SWIM** Extension Program]
No fee for this program.
Outdoor Recreation Resource Center
Rm. 005
26 N. College Ave.
Newark DE 19713

September thru May
Wed. 7:00 PM to 8:00 PM.

Contact: Vickie George at
info@yesucanusa.org

* **Bob Carpenter Sport Center (Little Bob)**

(The center is at the back of the parking lot across from McDowell.)



WWW.YESUCANUSA.ORG

YES U CAN Corporation

*Creating Activities for People with
Limited Mobility & Disabilities*

CURRENT PROGRAMS CON'T

SIT AND BE FIT - A group chair exercise class set to music and designed for people with limited mobility or disability who want to improve muscular strength, endurance and flexibility. Participants must have some upper body control and be 18 or older. Staff assistance is provided.
No fee for this program.

Location:

New Castle Garfield Park Community Activity Center

26 Karlyn Drive, New Castle, DE 19720

Mondays & Wednesdays, 10:30 AM – 11:30 AM

Contact: Dannette, 302-571-4004

WHERE WE ARE HEADED

Our goal is to continue to add programs, outings, events and resources to the Yes U Can lineup.

Please check our website to see what's new. www.yesucanusa.org

FUTURE ACTIVITIES

- Rock Wall Climbing (Indoor/Outdoor)
- Zip-Lining
- Boating
- Rowing
- Hand-Cycling
- Chair Yoga
- Chair Tai Chi
- Karate

Only through sponsors and your kind support, these and future programs and activities are made possible.

Please consider donating to YES U CAN so that we can assure a welcoming, accessible place for those who are not able to exercise at fitness centers or take part in events because they need assistance to do so.

**You can send a check or go to the website and click on the DONATE button. Your gift is 100% tax deductible. Thank You.
www.yesucanusa.org**