

Workshop . . .

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Other activities Thursday included a presentation by the "Not Ready for Anytime Players", members of the league and YWCA who performed skits showing difficulties encountered by the disabled. They also demonstrated activities that can adapt recreational programs to the needs of a disabled person.

Activities Friday centered on fitness concepts and lessons from a sample curriculum. The league has designed two programs to be used for disabled persons, "Body Works" and "Water Works."

Rost said the Body Works program currently is being offered by the Lincoln YWCA. The program, which is open to disabled and non-disabled persons, involves stretching and relaxation exercises, movement to music and circuit training. The Water Works program, which involves water exercises, has not been adopted by any fitness center or community agency.

The project, along with others presented by the league, is sponsored by a grant by the Nebraska Developmental Disabilities Planning Council of the State Department of Health.



Staff photo by Dan Kuhns

Spring board

Lance Mountain reaches to complete a handplant, a 180-degree turn 4 feet above the surface of the ramp. Mountain was one of several professional skateboarders in Lincoln for the Midwest Melce, a skateboarding exhibition.

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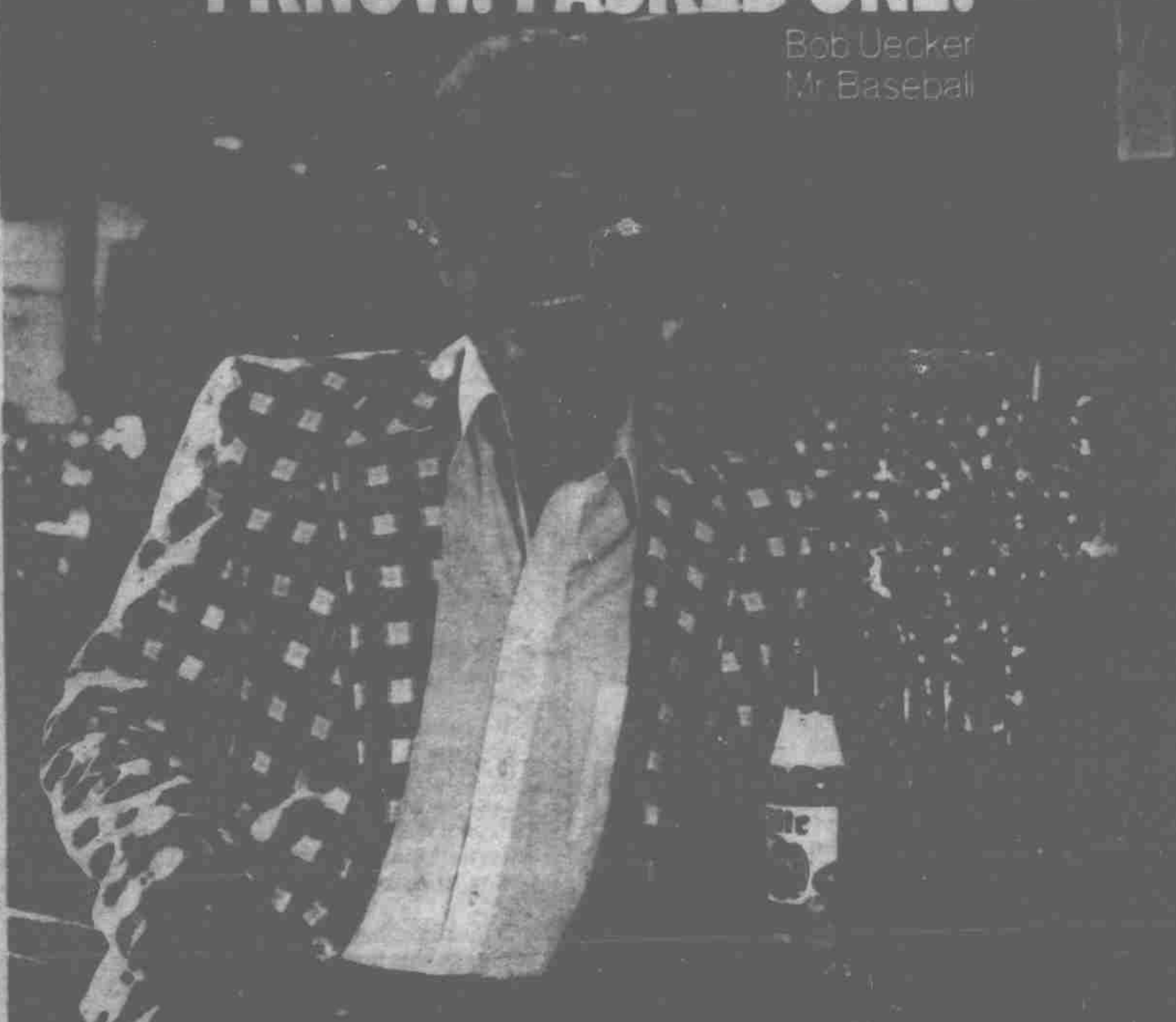



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