

## Programs For Youth With Special Needs - Spring 2016



For online registration and credit card payment go to <https://register.communitypass.net/summit> or call 908-277-2932. Unless indicated otherwise, programs are held at the Summit Community Center, 100 Morris Avenue. Questions? Contact TryCAN at [summitcan@gmail.com](mailto:summitcan@gmail.com) or 908-277-2932 x13. Classes are group classes taught by experienced coaches/instructors and include teen Peer Mentors from local schools to enhance your child's participation, learning and fun!

**Financial assistance may be available based on the Federal Free and Reduced Lunch Program. One subsidized program per child, per season. (Summit resident only).**

### Move and Dance Group for older kids (ages 10-15) **New Group!**

Older youth will have a blast learning new ways to move to their favorite music while working together with peers to begin to master the art of dance. Instructor Michele Goldin, Expert Dance & Movement Therapist.  
Sundays, 10:00-10:45. April 17-May 15 (no class 5/8), \$65.

### Dance and Movement Group (ages 5-9)

Children participate in a free expression workshop, a unique learning environment they will get moving through use of original and traditional music and songs, creative movement, dance and rhythms, games, props that provide sensory stimulation, art, and storytelling. Instructor Michele Goldin, Expert Dance & Movement Therapist.  
Sundays, 11:00-11:45. March 6-April 3 (no class 3/27), \$65. April 17-May 15 (no class 5/8), \$65. June 5-June 12, \$33.

### Mini Yoga Group (ages 8-12)

A program specially designed for little ones to develop strength, flexibility, coordination, focus and concentration for a happy, healthy, balanced life. Through breathing and relaxation techniques, as well as fun poses and group games based on anatomy, children learn to respect themselves, each other and the world around them. Instructor Michele Goldin, Expert Dance & Movement Therapist.  
Sundays, 11:50-12:35. March 6-April 3 (no class 3/27), \$65. April 17-May 15 (no class 5/8), \$65. June 5-June 12, \$33.

### Mask-Making/Art Group (ages 6-9) **New Group!**

Children enjoy hands-on mask-making including designing, making and painting their own masks. A fun group where participants will also improve socialization, taking turns, fine and gross motor skills, and working with others in a group. Instructor Cindy Hamilton, Certified Art Instructor and Art Therapist.  
Thursdays, 4:30-5:15 pm. March 17- April 7. \$35.

### Tennis (ages 6-9; and 10+)

Children learn more about the sport and feel more comfortable on the court. Focus on basic hitting, correct form, proper footwork, listening to instructions, safe play, working with others, good sportsmanship and fun! Instruction led by coaches from the Summit Tennis Association.  
Saturdays, 12:00-12:45 pm (ages 6-9) and 12:45-1:30 pm (ages 10+). April 2-May 7 (no class 4/16), \$65.

### Flag Football (ages 6-9; and 10+)

Join Summit football Coach Mike for a fun-filled flag football class. Sessions focus on basic football rules, rushing, passing, defense, teamwork and games. *Held at Investors Field, 26 Butler Pkwy in Summit.*  
Sundays, 2:15-3:00 pm (ages 6-9) and 3:00-3:45 pm (ages 10+). April 17-May 22 (No class 5/8), \$65.

### Golf (ages 7-13)

Designed to combine instruction of golf fundamentals (stance, swing, rules, safety) and strengthen important behaviors on the golf course (paying attention, patience, course etiquette), while having lots of fun! Instructor Golf Pro Bill McCluney. *Held at Summit Municipal Golf Course, 189 River Road.*  
Tuesdays, 6:30-7:15 pm. April 19-May 10, \$70.

*TryCAN, a 501(c)(3) non-profit charitable organization, collaborates with several communities to offer an array of recreation programs for youth with special needs or those who need special accommodation. No non-resident fees are involved and all are welcome!*



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**Girls Having Fun Club (girls in the 6-8th grades) New Group!**

Not a typical social skills group – It will be a time for similar-aged girls to get together, chat, and have fun hanging out. Through our chat time we will touch on various topics regarding school, friends, interests, etc. We will also facilitate topics based on their needs, interests, concerns. Every session will include a set activity (e.g., craft, cooking, games, etc.) and the girls can contribute ideas from activities they enjoy, so we have a balance of activities between set activities and those resulting from their wonderful collective creativity! Facilitator Eileen O'Neill, Behaviorist.  
Saturdays, 10:50-11:35 am. April 2-April 30 (no class 4/16), \$85. May 14-June 11 (no class 5/28), \$85.

**Social Skills - Let's Pretend (ages 3-5)**

Class works on developing play and social skills including pretend, sharing, compromise, social language using coordinated play, role play, social stories and other techniques. Children have the opportunity to practice specific social skills through the use of normal play activities and participation with peers and mentors. Parents hear skills to target outside of class with suggested reinforcement strategies. Instructor Eileen O'Neill, Behaviorist. Saturdays, 9:15-10:00 am.  
March 12-April 23 (no class 3/26 and 4/16), \$100. April 30-June 11 (no class 5/7 and 5/28), \$100.

**Social Skills - Play and Learn (ages 6-7)**

Students rotate through different activities learning social skills through mini-lessons including character analysis, problem solving, role playing and play. Children learn cooperation, compromise, self control, reading others, frustration control and conversation. Children have the opportunity to practice specific social skills through the use of normal play activities and participation with peers and mentors. Parents hear skills to target outside of class with suggested reinforcement strategies. Instructor Eileen O'Neill, Behaviorist. Saturdays, 10:00-10:45 am.  
March 12-April 23 (no class 3/26 and 4/16), \$100. April 30-June 11 (no class 5/7 and 5/28), \$100.

**Social Skills - Digital Drama (ages 8-12)**

Class harnesses technology kids love to help teach life and social skills such as cooperation, compromise, conversation and safety skills as well as independence and appropriate behaviors in various activities. Children gain experience using computers for writing, planning and presenting mini-movies using Microsoft and Apple tools. Students will help select topics but examples could be how to be with peers at recess or lunch, going to a restaurant, visiting relatives, starting conversation. Instructor Eileen O'Neill, Behaviorist.  
Mondays, 5:30-6:15pm. March 7-March 28, \$85. April 18-May 9, \$85. May 16-June 6 (no class 5/30), \$64.

**Social Skills - Teen Friendship Group (ages 13-18)**

A teen group that will meet and practice social skills in the natural environment. Teens will participate in activities such as cooking, board and other games, learning and trying out new computer skills such as emailing, pottery/art activities, movie and book reviews/discussions, creating mini-movies on flip cameras, and more based on group interests. Group also works on relationship building, conversation and expanding personal interests. Instructor Eileen O'Neill, Behaviorist.  
Mondays, 6:15-7:00 pm. March 7-March 28, \$85. April 18-May 9, \$85. May 16-June 6 (no class 5/30), \$64.

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