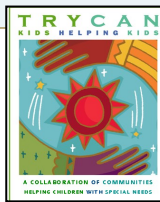


Programs For Youth With Special Needs - Winter 2016/2017



Save the Date: TryCAN Families at the Movies - January 16th, 2:30-4:30 pm

Thanks to financial support from the NJ Dept of Community Affairs .

For more information about TryCAN, visit summitcommunityprograms.com under "Programs and Activities".

For online registration and credit card payment go to <https://register.communitypass.net/summit> or call office at 908-277-2932.
 Programs held at the Summit Community Center, 100 Morris Ave. Questions? Contact TryCAN at summitcan@gmail.com or 908-277-2932 x13.
 Classes are group classes taught by experienced instructors and include Peer Mentors to enhance your child's participation, learning and fun!
 Financial assistance (for Summit residents) may be available based on the Federal Free and Reduced Lunch Program.
 One subsidized program per child per season.

Baseball Skills (ages 6-9; and 10+)

Join us to learn or improve ability to play, understand, and enjoy the fundamentals of the game. Practice basic techniques such as hitting, throwing, running, catching while participating in fun games. All activities at your child's level.
 Sundays, 10:00 - 10:45 am (ages 6-9) and 10:45 - 11:30 am (ages 10+). January 22 - February 19. \$65.

Indoor Fitness Club (grades 5-12)

A club for boys and girls to learn and practice smart indoor fitness habits while having fun! Kids will see a variety of activities over the six weeks – stretching, toning, cardio, dance for fitness, Wii-Fit games, discussing healthy snack making and healthy after school nutrition, discussing fitness to do with family, etc. Activities will be geared to each participant's level of fitness and ability. We will help each child set goals and celebrate successes and effort. Everyone will get more fit and have fun!
 Coach: Eileen O'Neill, Behaviorist & experienced Special Education Instructor.
 Mondays, 5:00 - 5:45 pm. January 23 - March 13 (no class 1/30, 2/20). \$100.

NEW GROUP!

Move and Dance Group for older kids (ages 10-15)

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, 11:00 - 11:45 am. January 22 - February 12. \$65.

Reduced Price!

Dance and Movement Group (ages 4-8)

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, 10:10 - 10:55 am. January 22 - February 12. \$85.

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 am - 12:35 pm. January 22 - February 12. \$45.

Reduced Price!

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, and other techniques. Children practice specific social skills through play and participation with peers and mentors. Parents hear skills to target out of class with suggested strategies. Instructor: Eileen O'Neill, Behaviorist. Saturdays, 9:00 - 9:45 am. January 21 - February 11. \$85.

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

Children rotate through different activities including games, problem solving, role playing and other play to learn cooperation, compromise, self control, reading others, frustration control and conversation. Children practice specific social skills through normal play activities and participation with peers and mentors. Parents hear skills to target out of class with suggested strategies. Instructor: Eileen O'Neill, Behaviorist. Saturdays, 9:45 - 10:30 am. January 21 - February 11. \$85.

Kidz Club (grades 3-5)

A Social skills class for older children in grades 3-5. Children will learn essential friendship skills for recess games, gym activities, play dates, and cooperative group activities. We will target skills such as listening and following directions and game rules, being a good sport, "playing together is staying together", playing fair, working as a partner or on a team, endurance of play, positive communication with others, talking on topic of the activity, as well as learning new games and building interests and motivation. Instructor: Eileen O'Neill, Behaviorist. Saturdays, 10:30 - 11:15 am. January 21 - February 11. \$85.

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 is Eileen O'Neill, Behaviorist. Mondays, 5:45 - 6:30 pm. January 23 - February 27 (no class 1/30, 2/20). \$85.

Social Skills - Teen Friendship Group (ages 13-17)

A teen group that will meet and practice social skills in the natural environment. Teens participate in activities such as cooking, board and other games, 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 is Eileen O'Neill, Behaviorist. Mondays, 6:30 - 7:15 pm. January 23 - February 27 (no class 1/30, 2/20). \$85.

**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!**

