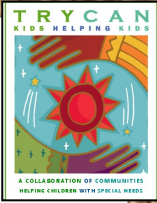




Programs For Youth With Special Needs - Fall/Early Winter 2017



While Summit is getting a new Community Center, we are temporarily relocating...

And, we thank our friends at the Chisholm Community Center and New Providence Municipal Center for graciously opening their doors to our fall/early winter TryCAN programs in the meantime!

Register online at <https://register.communitypass.net/summit> or call 908-277-2932.

Questions for TryCAN? Email summitcan@gmail.com

Classes are group classes taught by experienced instructors and include Peer Mentors to enhance your child's participation, learning and fun! Financial assistance (Summit residents) may be available based on Federal Free & Reduced Lunch Program. One subsidized program per child per season.

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, Dance and Movement Therapist.

Sundays, 11:50 am - 12:35 pm

September 24-October 8, \$42. October 29-November 19 (no class 11/5), \$42. December 3-December 17, \$42.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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, Dance and Movement Therapist.

Sundays, 10:10-10:55 am.

September 24-October 8, \$64. October 29-November 19 (no class 11/5), \$64. December 3-December 17, \$64.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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, Dance and Movement Therapist.

Sundays, 11:00-11:45 pm.

September 24-October 8, \$53. October 29-November 19 (no class 11/5), \$53. December 3-December 17, \$53.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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

Join our coaches to play, understand and enjoy the fundamentals of basketball. This class works on individual skills such as dribbling, passing, shooting, defense and includes games with kid/mentor teams so the kids have lots of fun while learning the game! Instructors: Experienced basketball coaches.

Sundays, 12:00 - 12:45 pm (ages 6-9), and 12:45 - 1:30 pm (ages 10+). September 17 - October 15, \$65.

New Providence Municipal Center gym, 360 Elkwood Avenue, New Providence NJ

Runners Club (grades 5-12)

A club for boys and girls to enjoy the joy of walking/running and build endurance and strength through training. We will meet each week and each child paired with a mentor for stretching and completing the weekly run. Our goal will be to run/walk for 25 minutes per week as well as learn appropriate before/after stretching, hydration and healthy diet. Individualized programs will be set for each child to set goals, celebrate successes, and encourage moving to their next level of their ability. At the end of the six weeks, we will all participate in the RACE, where every one will feel like a winner! Coach: Eileen O'Neill, Behaviorist and experienced Special Education Instructor.

Mondays, 4:20 - 5:05 pm. October 2 - November 6, \$100.

Briant Park in Summit (exact location in Park TBA)

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 certain accommodation. No non-resident fees are involved and all are welcome!

visit summitcommunityprograms.com





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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. October 7 - October 28, \$85. November 18 - December 16 (no class 11/25), \$85.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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. October 7 - October 28, \$85. November 18 - December 16 (no class 11/25), \$85.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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. October 7 - October 28, \$85. November 18 - December 16 (no class 11/25), \$85.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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. Children gain experience using computers for writing, planning and presenting mini-movies using Microsoft and Apple tools. Students help select topics but examples could be how to be with peers at recess or lunch, going to a restaurant, visiting relatives, starting conversations, etc. Instructor: Eileen O'Neill, Behaviorist.

Mondays, 5:30-6:15 pm. October 2 - October 23, \$85. November 6 - November 27, \$85. December 11 - December 18, \$43.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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

A teen group that will meet and practice social skills in the natural environment. Teens participate in activities such as cooking, board/other games, learnings new computer skills, 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, 6:15 - 7:00 pm.

October 2 - October 23, \$85. November 6 - November 27, \$85. December 11 - December 18, \$43.

Chisholm Community Center, 100 South Springfield Avenue, Springfield NJ

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