



ADAPTIVE RECREATION

SPRING 2012

Dear Participants and Families,

Hope everyone is having a happy and healthy New Year! Thank you to those families who joined us for our first winter session of adaptive programming. We were very happy to provide some activities to keep everyone active during the winter months. It's hard to believe spring is right around the corner!!

We have a lot of fun activities scheduled for this spring. This newsletter was designed to specifically highlight our adaptive programs. We hope by posting our programs to the town's website that the information is more accessible to everyone.

We hope you enjoy our spring program offerings. Please feel free to call the office should you have any specific questions regarding our programs. We look forward to seeing you soon!

Sincerely,

Emily Swindelles

Assistant Recreation Program Specialist

What class is right for you?

Our programs are now "coded" to provide information about the expectations of each class. Use the guide below to select the best programs for you.

(B)- For participants who are comfortable participating in social conversations and can follow multi-step directions with minimal modifications.

(O)- For all to attend

(G)- For participants who have difficulties communicating their needs verbally, are able to follow single step directions and prefer a modified environment to be comfortable in programs.

How to register for programs

- Obtain a registration form from the recreation department or at the end of this document
- If supportive services are needed please indicate so under the "special considerations" section on the registration form
- Submit registration form to our office by mail or drop off in person. *Payment must be cash or check*
- If you are new to our programs we encourage you to call the recreation department so we can discuss our programs and ways to ensure you have a fun and successful experience

YOUTH PROGRAMS

Tuned In-With Parents (O) • Ages 3-5yrs

Come join this fun, interactive music group designed especially for children with special needs. Classes are led by a board-certified music therapist to help participants work on communication skills, sensory processing, social skills and so much more! Tuned In enables participants to explore music through songs, instruments and creative movement.

When: TBD, contact Park & Rec for further information



T.O.P.S. Soccer (O) • Ages 6-11 yrs

This is an adaptive indoor/outdoor soccer league for children who need support while they learn basic soccer skills. Call Coach Bill Fallon of the Wallingford Youth Soccer League at (203) 269-9173 for more information.



0166.400 Funny Muscles (O) • Ages 6-10 yrs

This class may look like a traditional gymnastics class, but behind the fun lie some very important goals. This class will work on muscle motor planning, balance, self-esteem and social skills.

When: Wednesday, Feb. 29th - April 11th, no class 4/4, 6:00-6:45pm

Instructors: Melanie Barbieri & Stephanie Lavado

Enrollment Limits: Min 4, Max 8

Location: Gymnastics Room

Fee: \$50



0135.201 Lightning Strikes (O) • Ages 6-10 yrs

Bowling just for the fun of it! Join the “team” for lighthearted competition and hanging out with peer mentors as you hone your bowling skills with or without bumpers!

When: Tuesdays, March 6th- April 24th, 6:45-7:45pm

Instructors: Cyndi and Gary Lynch

Location: Colony Lanes, 600 S. Colony St., Wallingford

Fee: \$60 (includes bowling and shoes)



ADAPTIVE RECREATION

SPRING 2012

TEEN AND YOUNG ADULT PROGRAMS

0167.400 Mega Muscles (O) • Ages 11-16 yrs

This class flows through activities that will utilize deep pressure touch and heavy muscle strength and endurance.

When: Wednesday, Feb. 29th -April 11th, no class 4/4, 7:00-7:45pm

Instructors: Melanie Barbieri & Stephanie Lavado

Location: Gymnastics Room

Fee: \$50



0105.400 Teen Scene (B) • Ages 13-18yrs

This class is the perfect way for teens to kick off their weekend. Experienced staff with chaperone community outings which may include laser tag, bowling, sports games and more! Official schedule of activities will be mailed to participants.

When: Friday, March 16th-May 25th, 6:00-9:00pm

Instructors: Tracy Tyrrell & Sarah Abbott

Enrollment Limits: Min 4, Max 8

Location: Please refer to activity schedule

Fee: \$85 (does not include entrance fees for activities outside of the Rec. Dept)

The Drumming Experience (O) • Ages 13-18yrs **NEW!!**

Drumming programs with Craig Norton combine the spirit of play with music, storytelling and creative movement. These highly interactive sessions offer participants choices of personal expression that enhance self-awareness and expand creativity and cooperation. Multi-cultural themes are incorporated in every program, promoting unity through diversity.

When: Tuesdays, April 3rd – May 1st, 6:00-6:45pm

Instructors: Craig Norton, Young Audiences

Location: Exit 4.5

Fee: \$80



0102.401 Dance Power (O) • Ages 15-20yrs

Join the fun in this dance infused fitness class. Jam anywhere from the latest Latin to Hip Hop music while getting exercise! This uniquely designed class will incorporate fun dance moves and movement that will allow your heart rate to get going at just the right pace!

When: Mondays, March 5th – April 9th, 6:00-6:45pm

Instructor: Carolyn Lavelle

Location: Exit 14

Fee: \$50



ADAPTIVE RECREATION

SPRING 2012

TEEN AND YOUNG ADULT PROGRAMS CONTINUED

0135.201 Lightning Strikes (O) • Ages 11-16 yrs

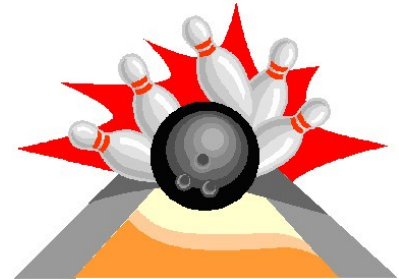
Bowling just for the fun of it! Join the “team” for lighthearted competition and hanging out with peer mentors as you hone your bowling skills with or without bumpers!

When: Tuesdays, March 6th-April 24th, 5:30-6:30pm

Instructors: Cyndi and Gary Lynch

Location: Colony Lanes, 600 S. Colony St., Wallingford

Fee: \$60 (includes bowling and shoes)



0130.400 Rec Club (O) • Ages 16yrs - Adult

Be it dancing, bowling or just hanging out with friends old and new, Rec. Club is the place to be! Each evening is themed around a special event and may include games, movies or a craft.

When: Ongoing, 2nd & 4th Monday, 6:30-8:30pm, Bowling: 3rd Thursday of the month, 4-6pm

Instructors: Cyndi & Gary Lynch

Location: Varies, please refer to class schedule

Fee: \$6 most events

ALL AGES

0108.400 Adaptive Swimming (O) • All Ages

Enjoy an hour of swimming, fun and games. Swimmers are paired with high school student volunteers who will encourage them to swim and socialize. Please note this is a recreational swim for individuals with special needs only.

When: Thursdays, April 5th – May 24th, 7:30-8:30pm

Instructors: Cyndi & Gary Lynch

Location: Larry Hart Pool, Choate Rosemary Hall

Fee: \$10 per participant



Tranquil Way Yoga (B) (G) • All Ages

A fun combination of adaptive yoga poses and breathing exercises to improve posture, strength, flexibility and self-awareness. Participants will be guided through each pose/exercise, using visual and auditory cues that tap into each participant's unique way of experiencing yoga.

When: Saturdays, March 24th – May 5th, no class April 7th

Session I (0108.401): (B) 9:30-10:15am

Session II (0108.402): (G) 10:30-11:15am

Instructor: Zorayda Cocchi, OTR/L, YogaKids Cert.

Location: Exit 14, **Fee:** \$55

ATTENTION MENTORS AND VOLUNTEERS!!

We are always seeking peer mentors and college students to volunteer in our many adaptive recreation programs! Please contact the park and recreation department to learn how you can become involved! **(203) 294-2120**

WALLINGFORD PARKS AND RECREATION DEPARTMENT

Activity Registration Form

Wallingford Parks and Recreation · 6 Fairfield Boulevard, Wallingford, CT 06492 · (203) 294-2120

All forms must be accompanied by full payment. Mail in or drop off at the above address. (Please Print)

First/Last Name (person completing form) _____

Address _____

City _____ State _____ Zip _____

Home Phone: _____ Work/Day Phone: _____

Special Considerations: _____

Emergency Contact: Name _____ Phone _____

Authorized pick up person(s) _____

<i>Name of Participant</i>	<i>M/F</i>	<i>Date of Birth</i>	<i>Course # Day/Time</i>	<i>Course Name</i>	<i>Fee:</i>

Total Fees _____
Credit _____

Mail to: Wallingford Parks and Recreation Department
6 Fairfield Blvd., Wallingford, CT 06492

Non-resident Fee
\$5.00 per class _____

Please make checks payable to: Treasurer, Town of Wallingford

Total Amount _____