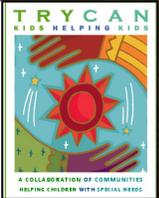


**Programs For Youth With Special Needs - Fall/Early Winter 2016**



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 Avenue (except Runners Club drop-off below).

Questions? Contact TryCAN at [summitcan@gmail.com](mailto: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.

**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, 11:50 am -12:35 pm

October 23 - November 6, \$40. November 20 - December 11 (no class 11/27), \$40

**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.

September 25-October 16, \$85. October 23-November 6, \$49. November 20-December 11 (no class 11/27), \$49

**Mini Yoga Group** (ages 8-12) **Reduced Price!**

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, 11:00-11:45 pm.

September 25-October 16, \$60. October 23-November 6, \$45. November 20-December 11 (no class 11/27), \$30

**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 teamwork. 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 18 - October 16, \$65.

**Completed**

**Lacrosse Skills** (ages 6-9; and 10+)

Join coach Gabby as we focus on game fundamentals such as stick skills, passing, shooting, defense, and teamwork and good sportsmanship. Classes also focus on listening to directions, warming up properly and playing safely. Instructor: Coach Gabby, Experienced lacrosse coach.

Sundays, 3:00 - 3:45 pm (ages 6-9) and 3:45 - 4:30 pm (10+). October 23 - November 20, \$65.

**Completed**

**Runners Club** (grades 5-12) **Fall—Sold Out**

**Stay tuned for winter indoor runners club dates and details**

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, 5:00 - 5:45 pm. October 10 - November 21 (no class 10/31), \$100. Briant Park in Summit

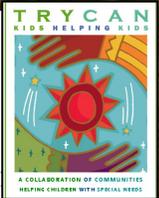
**Save the Date: TryCAN Families at the Movies - January 16th, 2:30-4:30 pm**

**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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One subsidized program per child per season.

### 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 8 - November 5 (no class 10/29), \$85. November 12 - December 10 (no class 11/26), \$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. October 8 - November 5 (no class 10/29), \$85. November 12 - December 10 (no class 11/26), \$85.

### Kidz Club (grades 3-5) **Reduced Price!**

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 8-November 5 (no class 10/29), \$85. November 12-December 10 (no class 11/26), \$60.

### 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, 5:45-6:30 pm.

October 10 - November 7 (no class 10/31), \$85. November 14 - December 12 (no class 12/5), \$85.

### 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, 6:30 - 7:15 pm. October 10 - November 7 (no class 10/31), \$85. November 14 - December 12 (no class 12/5), \$85.

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

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