Includes recreation, sports, and social activities for children and teens with special health care needs

Provides opportunities to make new friends, participate in physical activities, and enjoy new experiences

Led by Children’s Specialized Hospital’s therapists, certified program instructors, coaches, and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment
Inclusion Statement

Our programs provide children of all abilities to participate alongside one another to promote acceptance, compassion, self-confidence, and friendship building. The majority of our programs are “inclusive” and do not require youth to have a specific skill set or ability level. In fact, siblings and friends without disabilities are welcome to, and often do, participate! We believe that every child has unique needs, and do the very best to work with each child and family to address concerns and individual requests/needs to help every child and family have the best, most inclusive experience.

Registration

Register online at www.childrens-specialized.org/recreation or call (908) 301-5548

Pre-registration is required before the closing date on RecDesk. If accommodations are able to be made after registration closes, a late registration fee of $10 will be applied for Teen Night, Evening Recreation, and Supported Swim programs.

CLICK here for an online tutorial and help with registration.

Para información en español, por favor de comunicarse con Kayla Tlatelpa por teléfono al 908-233-3720 ext. 5737 ktlatelpa@childrens-specialized.org

Waiting Lists

Space is often limited in our programs. If the program you desire is full, place your child on a waiting list. We often are able to accommodate children from the waiting list.
What are your child's current skills related to social engagement with peers, and participation in activities like sports, clubs, hobbies, and recreation? A Recreational Therapist can help identify your child's strengths, as well as the types of supports needed for successful inclusion in activities. The therapist will develop goals and create a plan for improving skills through participation in our group services and programs. A screening or full evaluation by a Recreational Therapist is required prior to registration in many of our programs including Friday Night Fever, Teen Night, summer camp, and community skills group.

Recreational therapy evaluations are held Tuesdays and Thursdays between 3:00pm and 5:00pm
Call (908) 301-5548 to schedule one today!

If you are in need of a payment plan or reduced prices due to financial need, please call us for more information. A reduced rate for first time participants for some programs are available—just ask! Refer a friend! If someone you refer registers for one of our programs—you get to register for an activity for free! *Excludes adaptive aquatics and martial arts programs*

**Screenings and Evaluations**

**Personal Care and Behavior Aides**

Children and youth requiring individual assistance for toileting, eating, diaper changes, as well as 1:1 behavioral support, are encouraged to participate in our programs! When registering for drop-off programs such as Teen Night and Evening Recreation, please notify staff of these needs, as families will be asked to send a personal care aide to the program. We work with families to identify an appropriate plan of care for each participant needing 1:1 aides. Please note that a determination of need for personal aides is based on our assessment of a child’s participation. For teen programs, we request that this aide not be a parent, in order to provide teens and young adults with a typical teen experience. Families have the option to add a 1:1 aide for behavioral support or personal care assistance to registration for an additional fee. Please contact our office at 908-301-5548 to arrange these services or schedule a screening.
Sports Connection offers competitive and recreational sports programs and activities for children and teens with special health needs.

These sports and physical-based activities help promote strength, coordination, and teamwork for youth of all ages.

- Soccer Clinic (October 28th)
- Supported Swim
- Adaptive Aquatics
- Parent & Child Aquatics
- Martial Arts
- Lightning Wheels
- Sports Skills Groups
A Soccer Clinic for Youth with Special Needs

- Children’s Specialized Hospital, in collaboration with FC Futbol Foundation, is providing soccer clinic for youth with special needs ages 8 to 21 years old.
- This is an opportunity for youth to have a positive sport experience and gain exposure to basic soccer skills.
- Children will be grouped by age and participate in soccer drills and games in an instructional and non-competitive environment.
- Water and snacks will be provided.
- Dress warmly!
- Please wear sneakers and we recommend shin guards.

Saturday, October 28th
from 1:30-2:45pm
Morristown-Beard School
70 Whippany Rd., Morristown, NJ

REGISTRATION:

$10 per child
Register online at: www.childrens-specialized.org/recreation
or call (908) 301-5548
Weekly Supported Swim

Ages 5 to 21 Years Old

Weekly 45-minute structured group adaptive aquatics program for youth with special needs. Each child is paired with a buddy as deemed necessary in our warm water therapy pool. Exercises, games, and activities are provided to each group to help children stay active, have fun, and socialize with peers. Registration is open weekly. Remember registration closes by Thursday and groups may shift based on developmental levels. Parents and siblings are able to accompany swimmers as appropriate and if space permits. Please ask us for more details!

- Saturdays in Mountainside from 9:45am to 10:30am  ages 5-13 years
- Saturdays in Mountainside from 10:35am to 11:20am  ages 13-21 years

Cost: $25 per week
Register for 6 sessions at once and get 1 free session! (Please call to register for discount.)

Blue Guppies

Ages 3 to 6 Years Old

A small group aquatics program focusing on fundamental swimming skills, overcoming sensory challenges and/or fear, promoting comfort in various positions, and teaching water safety. Skills are reinforced through rigorous structure and routine, and by making the swimming a positive and fun experience. This class is designed for children with physical and/or cognitive challenges, attention challenges, and/or children with impaired or no safety awareness around water. Extra attention is provided to children with sensory challenges or fear of the water. A component of parent education is also incorporated to promote water safety for all.

- Mondays, September 18 to October 30 in Mountainside from 5:45pm to 6:30pm
- Wednesdays, September 20 to November 1 in Mountainside from 6:15pm to 7:00pm
- Wednesdays, September 20 to November 8 in New Brunswick from 5:15pm to 6:00pm (no class on September 27 and October 11)

Cost: $150 for the 7-week group of sessions
**Green Guppies**

**Ages 3 to 6 Years Old**

A small group aquatics program focusing on fundamental swimming skills, becoming more confident in the water, and water safety. This class is specifically designed for youth with emotional/behavioral, physical, or cognitive challenges. Swimmers must be comfortable in the water and have mastered the orientation phase of swimming-comfortable entering the water, able to move through water without fear/anxiety, and able to blow bubbles and get face wet independently. These swimmers are also aware of basic water safety and others in the pool.

A component of parent education is also incorporated to promote water safety for all.

- Mondays, September 18 to October 30 in Mountainside from 6:30pm to 7:15pm
- Wednesdays, September 20– November 1 in Mountainside from 7:00pm to 7:45pm
- Wednesdays, September 20 to November 8 in New Brunswick from 6:00pm to 6:45pm (no class on September 27 and October 11)

Cost: $150 for the 7-week group of sessions

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**Blue Sharks**

**Ages 7 to 10 Years Old**

A small group aquatics program focusing on fundamental swimming skills, overcoming sensory challenges and/or fear, promoting comfort in various positions, and teaching water safety. Skills are reinforced through rigorous structure and routine, and by making the swimming a positive and fun experience. This class is designed for children with physical and/or cognitive challenges, attention challenges, and/or children with impaired or no safety awareness around water. Extra attention is provided to children with sensory challenges or fear of the water. A component of parent education is also incorporated to promote water safety for all.

- Tuesdays, September 19 to November 7 in Mountainside from 6:15pm to 7:00pm (No class on October 31)
- Tuesdays, September 19– November 14 in New Brunswick from 5:15pm to 6:00pm (No class on October 31)
- Thursdays, September 21 to November 2 in Mountainside from 6:15pm to 7:00pm

Cost: $150 for the 7-week group of sessions
A small group aquatics program focusing on fundamental swimming skills, becoming more confident in the water, and water safety. This class is specifically designed for youth with emotional/behavioral, physical, or cognitive challenges. Swimmers must be comfortable in the water and have mastered the orientation phase of swimming-comfortable entering the water, able to move through water without fear/anxiety, and able to blow bubbles and get face wet independently. These swimmers are also aware of basic water safety and others in the pool. A component of parent education is also incorporated to promote water safety for all.

- Tuesdays, September 19 to November 7 in Mountainside from 7:00pm to 7:45pm
  (No class on October 31)
- Tuesdays, September 19–November 14 in New Brunswick from 6:00pm to 6:45pm
  (No class on October 31)
- Thursdays, September 21 to November 2 in Mountainside from 7:00pm to 7:45pm

Cost: $150 for the 7-week group of sessions

An individual aquatics program focusing on fundamental swimming skills, overcoming sensory challenges and/or fear, promoting comfort in various positions, and teaching water safety. Skills are reinforced through rigorous structure and routine, and by making the swimming a positive and fun experience. Private aquatics sessions are typically reserved for children that require 1:1 attention from an instructor due to unsafe behaviors in a group setting. All other children interested in private sessions may enroll based on availability.

Saturdays in Mountainside from 11:30am-12:00pm or 12:00pm-12:30pm

Cost: $135 for a 5-week session

Limited openings are available-please call to be scheduled
Toms River Adaptive Aquatics: Blue Group

Ages 5 to 11 Years Old

Class is held at the Howard Johnson Hotel pool in Toms River, NJ

A small group aquatics program focusing on fundamental swimming skills, overcoming sensory challenges and/or fear, promoting comfort in various positions, and teaching water safety. Skills are reinforced through rigorous structure and routine, and by making the swimming a positive and fun experience. This class is designed for children with physical and/or cognitive challenges, attention challenges, and/or children with impaired or no safety awareness around water. Extra attention is provided to children with sensory challenges or fear of the water. A component of parent education is also incorporated to promote water safety for all.

• Thursdays, September 21 to November 2 from 5:15pm to 6:00pm

Cost: $210 for the 7-week group of sessions

Toms River Adaptive Aquatics: Green Group

Ages 5 to 11 Years Old

Class is held at the Howard Johnson Hotel pool in Toms River, NJ

A small group aquatics program focusing on fundamental swimming skills, overcoming sensory challenges and/or fear, promoting comfort in various positions, and teaching water safety. Skills are reinforced through rigorous structure and routine, and by making the swimming a positive and fun experience. This class is designed for children with physical and/or cognitive challenges, attention challenges, and/or children with impaired or no safety awareness around water. Extra attention is provided to children with sensory challenges or fear of the water. A component of parent education is also incorporated to promote water safety for all.

• Thursdays, September 21 to November 2 from 6:00pm to 6:45pm

Cost: $210 for the 7-week group of sessions
Ages 8 Months to 30 Months Old

An introductory swim program for children with special needs between 16-30 months old designed to help child and parent develop comfort in water, promote child and parent bond, help parents become more comfortable swimming with and supporting their child and to provide opportunities for social interaction and fun! An adult over the age of 18, or a parent must accompany the child in the pool.

- Tuesdays in Mountainside from 1:00pm to 1:45pm
- Saturdays in Mountainside from 12:45pm to 1:15pm

Cost: $25 per week
Register for 5 sessions at once for $100 (Please call to register for discount)
Fatal drowning is the second leading cause of unintentional injury-related death in children under 14 years old, with children 1 to 4 years old at the highest risk (Centers for Disease Control and Prevention 2016). This is one of the reasons why safety is one of our top priorities in our adaptive aquatics program. It cannot be overemphasized that participation in our aquatics program, or any swim lesson program, will not “drown-proof” your child. Participation in this program is only one step in preventing drowning. In our program, we hope that you are able to learn what type, and how much support and supervision your child needs in and around water to keep him or her safe.

You are our partners in helping to keep children safe! We request that all parents and caregivers help enforce the rules below as we aim to promote the development of these skills in each swimmer to the best of their abilities:

- Never enter a pool area or body of water without adult supervision
- Tread water (keep head up in deep water)
- Float on back
- Safely submerge head under water (putting face and head under water and blowing bubbles)
- No drinking the pool water
- Climb out of pool from side
- Keep hands to self (No grabbing/hitting/pushing)
- Always walk on the pool deck (No running)

Many children of all abilities are not developmentally ready to learn to swim until at least age 4. Please understand that it takes more than 7 weeks for any child to learn to swim proficiently. Our adaptive aquatics program provides fundamental safety, swim instruction, and recreational activities, but is not a strict learn-to-swim program. If you have a goal to teach your child to swim proficiently, we encourage you to enroll your child in additional frequent and long-term swim instruction programs at your community pool, swim teams, and Special Olympics programs to help strengthen your child’s swimming skills. Swimming is a lifelong skill that takes a lot of time for children to acquire proficiency. Please ask your aquatics instructor to provide you with information on how to help your child’s other swim instructors succeed in helping to reinforce skills learned here.

We look forward to partnering with you to keep all children healthy, happy, and safe!

For more information on water safety, preventing drowning, and to view fact sheets, tip sheets, and videos from our partnering organization, Safe Kids Worldwide.
Does your child have Autism Spectrum Disorder?

You may be eligible to receive a scholarship for our Adaptive Aquatics program! In order to qualify you must submit our financial aid application prior to the registration open date for adaptive aquatics.

If your child currently receives support through the CSH Benefit Fund, or Medicaid, you will automatically qualify after submitting the application! Funding is prioritized based on financial need, and to children that have not participated in this program in the past.

Please register online for “Autism Speaks Scholarship Registration” and submit the application to be considered. Families must have approval prior to registration to register with financial aid.

We strongly encourage families to register for an aquatics screening for our recreational therapists to evaluate your child’s water orientation skills and comfort, safety skills, and swimming skills. The therapist will be able to provide you and the aquatics instructors with a written plan with goals and recommendations.

Screenings are held on Saturday mornings. The cost is $35 for a thirty-minute screening and written report.

Call (908) 301-5548 to schedule an appointment.
Jiu Jitsu

What is Jiu Jitsu?
Jiu Jitsu is one of the martial arts styles that we offer. Jiu Jitsu focuses on self-defense aspects of martial arts, including grappling and ground fighting techniques, body positioning, take-downs, physical fitness, and character building.

Jiu Jitsu Focus – Dragon Warriors

Ages 7 to 15 Years Old
A beginner program designed for children requiring individual attention to follow directions, adhering to a strict routine, and breaking skills into short tasks. Children may also need physical support or modifications for physical challenges and/or motor planning. This program introduces basic concepts of martial arts, coordinating basic movements, building endurance, and promotes attention to task.

- Mondays, September 18 to October 30 in Mountainside from 5:30pm to 6:15pm
- Thursdays, September 21 to November 2 in New Brunswick from 5:00pm to 5:45pm

Cost: $115 for the 7-week group of sessions

Jiu Jitsu Focus – Tiger Warriors

Ages 7 to 15 Years Old
A beginner martial arts program designed for students needing only occasional support and prompting to master various body positions and movements. These students should have an interest in physical activity, and the ability to participate in competitive games with peers. Tiger Warrior students may never have taken martial arts before, but will be able to master new concepts each week without needing strict repetition and structure.

- Mondays, September 18 to October 30 in Mountainside from 6:15pm to 7:00pm
- Thursdays, September 21 to November 2 in New Brunswick from 5:45pm to 6:30pm

Cost: $115 for the 7-week group of sessions
Jiu Jitsu Focus – Black Turtles (Advanced)

Ages 12 to 21 Years Old

This is an advanced Jiu Jitsu program for youth with special needs. It is designed to focus on grappling and ground fighting techniques (techniques on holding and grabbing), and body positioning including take-downs. This is a more fast-paced class than our other groups, and requires that students have achieved fundamental physical skills for more complex drills. Students in this group must follow multi-step instructions from the coach, and be able to control strength and grip while grappling with other students. This class typically serves youth with mild developmental delays, and emotional and behavioral disorders.

• Mondays, September 18 to October 30 in Mountainside from 7:00pm to 7:45pm

Cost: $115 for the 7-week group of sessions
Karate

What is Karate?

Karate is one of the martial arts styles that we offer. It primarily a striking art, focusing on punching, kicking, and open-hand techniques. It promotes awareness of self, energy, focus, performance, and control.

Karate – Dragon Warriors

Ages 7 to 15 Years Old

A beginner program designed for children requiring individual attention to follow directions, adhering to a strict routine, and breaking skills into short tasks. Children may also need physical support or modifications for physical challenges and/or motor planning. This program introduces basic concepts of martial arts, coordinating basic movements, building endurance, and promotes attention to task.

- Wednesdays, September 20 to November 1 in Mountainside from 5:45pm to 6:30pm

Cost: $115 for the 7-week group of sessions

Karate – Tiger Warriors

Ages 7 to 15 Years Old

A beginner martial arts program designed for students needing only occasional support and prompting to master various body positions and movements. These students should have an interest in physical activity, and the ability to participate in competitive games with peers. Tiger Warrior students may never have taken martial arts before, but will be able to master new concepts each week without needing strict repetition and structure. This program teaches martial arts concepts, movements, and language. The group also focuses on awareness of thought and energy, building confidence and practicing performance of tasks in front of peers and others.

- Wednesdays, September 20 to November 1 in Mountainside from 6:30pm to 7:15pm

Cost: $115 for the 7-week group of sessions
Panda Prep

What is Panda Prep?

Panda Prep is a fun program for young children to develop and build on the fundamental gross motor skills needed to be successful in learning martial arts. These skills include basic body awareness, coordination, balance, fitness, direction following, and attention to task. These classes may not be significantly focused on karate or martial arts skills, but they are fun, structured, and offer an opportunity for growth to children with developmental delays and other cognitive or physical challenges.

Panda Prep – Fit n’ Fun: Sensory, Balance and Body Awareness

Ages 4 to 6 Years Old

Is your child developmentally ready to understand martial arts concepts? Many young children require support with organizing their body, thoughts, and sensory inputs first, in order to lay the foundation for the high-level skills that martial arts requires. This group gross motor program led by our Recreational Therapy staff provides gross motor activities, sensory activities, and incorporates music and movement. The group is highly structured and incorporates routine, repetitive skills for reinforcing fundamentals. This class promotes body awareness, basic motor coordination, attention to task, direction following, turn-taking.

• Saturdays, September 23 to November 4 in Mountainside from 9:45am to 10:30am

Cost: $115 for the 7-week group of sessions

Panda Prep – Fundamentals of Martial Arts

Ages 4 to 6 Years Old

This gross motor program led by our Recreational Therapy staff focuses on gross motor movement and coordination, balance, exercise, direction following and attention skills while introducing very basic martial arts skills and terminologies. These young students must demonstrate an organized, calm body state, and the ability to participate in group drills and games. New exercises are introduced and taught frequently. For help identifying which group is more appropriate for your child please call our office at 908-301-5548.

• Saturdays, September 23 to November 4 in Mountainside from 10:35am to 11:20am

Cost: $115 for the 7-week group of sessions
Evening Recreation – Sports Skills

Ages 8 to 21 Years Old

- Thursday, September 14 in Mountainside from 5:45pm to 7:15pm
- Thursday, October 5 in Mountainside from 5:45pm to 7:15pm

Cost: $25
Register for 5 evening recreation activities/groups at once and get one free.
(Please call to register for discount.)

Soccer Clinic

Ages 8 to 21 Years Old

Class is held at Morristown-Beard School 70 Whippany Rd, Morristown, NJ

Children’s Specialized Hospital, in collaboration with FC Futbol Foundation, is providing a soccer clinic for youth with specials needs ages 8-21 years old. This is an opportunity for youth to have a positive sport experience and gain exposure to basic soccer skills. Children will be grouped by age and participate in soccer drills and games in an instructional and non-competitive environment. Water and snacks will be provided. Dress warmly! Please wear sneakers and we recommend shin guards.

- Saturday, October 21 from 12:00pm to 1:15pm

Cost: $10
Children’s Lightning Wheels, a Paralympic Sports Club, is a sports team for athletes ages 6 – 22 that have a primary diagnosis of a physical disability. These athletes may use walkers, crutches, or wear orthotics and braces.

**About Lightning Wheels**

**Ages 6 to 22 Years Old**

Children’s Lightning Wheels PSC (Paralympic Sport Club) is a nationally recognized athletic team for children, ages 6 – 22 years of age, that have a primary diagnosis of a physical disability and are looking for the opportunity to get in shape, be a member of a sports team and participate in a competitive sports experience. We conduct a weekly conditioning program and practice track, field, swimming and archery, as well as work on building athlete independence, self-esteem and confidence.

**How to Join**

To determine if this sports program is the best for your child please contact Trisha Yurochko. A screening may be required prior to registering for the program. Please note that this is a competitive sports team and families of participating athletes are required to commit to regular attendance at practices and other events.

- Contact Trisha Yurochko at 1-888-CHILDREN ext. 5424 or tyurochko@childrens-specialized.org
- Practices are held in the community surrounding our Mountainside, NJ location
Active Connection provides therapeutic and recreational activities for children of all ages.

These programs promote physical activity, body awareness, confidence, health education, and provide access to common childhood recreational activities.

- Adaptive Yoga Classes
- Parent & Child Playgroups – Fit n’ Fun
- Gross Motor Groups
- Evening Recreation – Work-it-Circuit
- Fitness Groups
- Teen Night – Kickboxing
Parent & Child Playgroup – Fit n’ Fun

Ages 1 to 7 Years Old

Practice the fundamentals of body awareness, coordination, gross motor development and more through exercises, group games, and obstacle courses. Turn taking, body awareness, and fitness will be addressed. Every child earns a participation ribbon after completing this group.

- Wednesday, September 6 in Mountainside from 4:00pm to 4:45pm
- Saturday, September 16 in Mountainside from 4:00pm to 4:45pm
- Wednesday, October 4 in Mountainside from 4:00pm to 4:45pm
- Saturday, October 14 in Mountainside from 4:00pm to 4:45pm
- Wednesday, October 25 in Mountainside from 4:00pm to 4:45pm
- Wednesday, November 1 in Mountainside from 4:00pm to 4:45pm
- Saturday, November 11 in Mountainside from 4:00pm to 4:45pm
- Wednesday, November 22 in Mountainside from 4:00pm to 4:45pm

Cost: $20 per session
Register for 5 playgroup sessions at once for $85. (Please call to register for discount.)

Teen Night – Kickboxing

Ages 13 to 21 Years Old

Get your heart pumping during a fun workout with friends! Join us for a fun high energy aerobics class featuring upbeat music.

- Friday, November 10 in Mountainside from 5:30pm to 8:30pm

Cost: $30 per session
Register for 6 teen night sessions at once and get one free. (Please call to register for discount.)

Evening Recreation – Work-it Circuit

Ages 8 to 21 Years Old

Fitness made fun! Wear gym clothes and sneakers for this fun group. Participants will be exercising and not even realizing it! Structured and supportive stations with exercises and motivating games are provided to build body awareness, strength, endurance, and to help participants feel good!

- Tuesday, October 17 in Mountainside from 5:45pm to 7:15pm
- Thursday, November 16 in Mountainside from 5:45pm to 7:15pm

Cost: $25 per session
Register for 5 evening recreation sessions at once and get one free. (Please call to register for discount.)
Adaptive Yoga

Ages 8 to 21 Years Old

Our adaptive yoga program is designed to introduce the practice of yoga to children with special healthcare needs while teaching basic fundamental skills such as regulating emotions, managing stress, and providing an opportunity for physical activity and social interaction. Our goals are to create a safe and supportive place for your child to practice and study yoga, to foster creativity and self-understanding, and to promote a happy and healthy lifestyle.

- Sundays October 1 to November 12 in Mountainside Auditorium B

Cost: $195 for the 7-week group of sessions

Youthful Yogis

A class designed for youth with developmental disorders and/or physical challenges. Adaptations and supports are provided on an individual basis.

No prior yoga experience required

Peaceful Warriors

A class designed for youth with emotional and behavioral disorders such as anxiety, depression, ODD, ADHD. This class provides youth an opportunity for a positive experience with peers. Enrollment criteria: Students in this class must be able to independently follow 3-step directions and attend to a 45 minute yoga class without the assistance of a 1:1 aide.
Expressive Arts Connection promotes self-expression through art, music, dance, and drama.

Children and teens will explore their imagination in a safe setting that promotes friendship, social skills, and confidence, while building fine motor and coordination skills, and exploring various sensory experiences.

- Evening Recreation – Music Therapy, Creative Drama, Drumming & Percussion Class, and Arts & Crafts Groups
- Teen Night- Dance & Hip Hop Classes, and Instrument & Karaoke Night
- Parent & Child Playgroups – Music and Movement Classes
Evening Recreation – Creative Clay Creatures

Ages 8 to 21 Years Old

Show off your creative side while we create clay monsters, beasts and fairy tale characters that you can take home! This program provides opportunities for participants to socialize and meet new friends while practicing following directions, fine motor skills and being creative.

- Tuesday, September 5 in Mountainside from 5:45pm to 7:15pm
Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session!
(Please call to register for discount.)

Evening Recreation – Scrapbooking Night

Ages 8 to 21 Years Old

Create a small scrap book using photos of yourself, friends and family! This program provides opportunities for participants to socialize and meet new friends while practicing following directions, fine motor skills and being creative.
*Participants should bring 6 to 8 photos*

- Thursday, September 7 in Mountainside from 5:45pm to 7:15pm
- Thursday, November 9 in Mountainside from 5:45pm to 7:15pm
Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session!
(Please call to register for discount.)

Evening Recreation – Drumming and Percussion

Ages 8 to 21 Years Old

Join us for an evening of drumming and percussion! Our friend from The ArtWorks Foundation will lead the group in learning about percussion instruments and playing djembes, bongos, hand drums, and more. This group provides an inclusive sensory experience for participants to learn a new skill, discover their rhythm, build confidence and release energy and emotions.

- Tuesday, September 12 in Mountainside from 5:45pm to 7:15pm
- Tuesday, October 24 in Mountainside from 5:45pm to 7:15pm
Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session!
(Please call to register for discount.)
Parent & Child Playgroup: Music and Movement

Ages 1 to 7 Years Old

Move & groove with us for a session of song play, play with instruments, and dancing. Every child goes home with a song book & song cards.

- Wednesday, September 13 in Mountainside from 4:00pm to 4:45pm
- Saturday, September 23 in Mountainside from 4:00pm to 4:45pm
- Wednesday, September 27 in Mountainside from 4:00pm to 4:45pm
- Wednesday, October 18 in Mountainside from 4:00pm to 4:45pm
- Saturday, October 28 in Mountainside from 4:00pm to 4:45pm
- Wednesday, November 15 in Mountainside from 4:00pm to 4:45pm
- Saturday, November 25 in Mountainside from 4:00pm to 4:45pm

Cost: $20 per session
Register for 5 playgroup sessions at once and get 1 free session!
(Please call to register for discount.)

Teen Night – Music, Instruments and Karaoke

Ages 13 to 21 Years Old

Join us for a fun night of playing musical instruments, dance games and karaoke with your friends. This program offers a creative outlet, opportunities to build confidence and share your musical abilities!

- Friday, September 15 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)

Evening Recreation – Creative Drama

Ages 8 to 21 Years Old

Participate in acting and improvisation activities with props and your imagination! This class encourages self-expression, builds confidence, and provides a positive outlet for releasing energy and emotions.

- Tuesday, September 19 in Mountainside from 5:45pm to 7:15pm
- Tuesday, October 10 in Mountainside from 5:45pm to 7:15pm
- Tuesday, November 21 in Mountainside from 5:45pm to 7:15pm

Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session!
(Please call to register for discount.)
**Evening Recreation – Music Therapy**

_Ages 8 to 21 Years Old_

Join us for a fun evening of music making and songs with our Music Therapist. This program offers a creative outlet, opportunities to build confidence, and socialize with new friends!

- Tuesday, September 26 in Mountainside from 5:45pm to 7:15pm

Cost: $25

Register for 5 evening recreation sessions at once and get 1 free session! (Please call to register for discount.)

**Evening Recreation – Music and Karaoke**

_Ages 8 to 21 Years Old_

Join us for a fun night of playing musical instruments, dance games and karaoke with your friends. This program offers a creative outlet, opportunities to build confidence and share your musical abilities!

- Thursday, October 19 in Mountainside from 5:45pm to 7:15pm

Cost: $25

**Evening Recreation – Arts & Crafts Night**

_Ages 8 to 21 Years Old_

This group provides opportunities for self-expression, use of fine motor skills, attention to task, direction-following, and social skills.

- Tuesday, October 3 in Mountainside from 5:45pm to 7:15pm
- Tuesday, November 28 in Mountainside from 5:45pm to 7:15pm

Cost: $25

**Teen Night – Dance and Hip Hop Class**

_Ages 13 to 21 Years Old_

Join us for a fun class featuring teen-friendly songs and dancing! Show off your best moves while meeting new friends and being active.

Friday, October 6 in Mountainside from 5:30pm to 8:30pm

Cost: $30 per session

Register for 6 teen night sessions at once and get one free. (Please call to register for discount.)
Social Connection provides children and teens an environment to come together and have fun.

Children’s Specialized Hospital’s recreational therapists create structured activities focused on building friendships, self-expression, and improving confidence, in an enjoyable environment.

- Teen Night-Science, Cooking, Luau Party, Halloween Party, Movie Nights, Team Building, and Scavenger Hunts
- Evening Recreation- Girls Night In, Science Experiments, Cooking, and Jumbo Games
- Parent & Child Playgroups-Messy Time and Cooking Groups
Teen Night – Science Experiments and STEM

Ages 13 to 21 Years Old

Teens and young adults will practice following written instructions, taking turns, learning about science, technology, engineering, and math. Part of the night is dedicated to social activities and games.

• Friday, September 8 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)

Parent & Child Playgroup – Messy Time

Ages 1 to 7 Years Old

Explore new and fun textures and play materials and GET MESSY! Its okay—we always clean up before you go home. A great opportunity for little ones to have positive experiences and support exploring new sensory experiences. Every child goes home with a recipe or activity.

• Wednesday, September 20 in Mountainside from 4:00pm to 4:45pm
• Wednesday, October 11 in Mountainside from 4:00pm to 4:45pm
• Wednesday, November 8 in Mountainside from 4:00pm-4:45pm
• Wednesday, November 29 in Mountainside from 4:00pm-4:45pm
• Saturday, September 30 in Mountainside from 4:00pm-4:45pm

Cost: $20
Register for 5 playgroup sessions at once and get 1 free session! (Please call to register for discount.)

Evening Recreation – Science Experiments

Ages 8 to 21 Years Old

Participants will practice following written instructions, taking turns, learning about science, technology, engineering, and math. in a small and fun group setting.

• Thursday, September 21 in Mountainside from 5:45pm to 7:15pm
• Thursday, November 2 in Mountainside from 5:45pm to 7:15pm

Cost: $25
Register for 6 evening recreation sessions at once and get 1 free session!
(Please call to register for discount.)
Teen Night – Cupcake Wars

Ages 13 to 21 Years Old

We will be having a cupcake decorating competition! Learn to safely prepare meals & snacks in our kitchen. Incorporates direction-following, following recipes, learning about health and wellness, and kitchen safety.

- Friday, September 22 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session! (Please call to register for discount.)

Evening Recreation – Girls Night In

Ages 8 to 21 Years Old

A chance for the girls to get together, relax, get to know one another, and participate in activities such as team building, expression activities, manicures & pedicures, face masks, and hair styling. Sandwiches and snacks provided as well.

- Thursday, September 28 in Mountainside from 5:45pm to 7:15pm
- Thursday, October 26 in Mountainside from 5:45pm to 7:15pm
- Tuesday, November 7 in Mountainside from 5:45pm to 7:15pm

Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session! (Please call to register for discount.)

Evening Recreation – Baking Muffins

Ages 8 to 21 Years Old

Learn to safely prepare meals & snacks in our kitchen. Incorporates direction-following, following recipes, learning about health and wellness, and kitchen safety.

- Thursday, October 12 in Mountainside from 5:45pm to 7:15pm

Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session! (Please call to register for discount.)
Teen Night – Team Building Games

Ages 8 to 21 Years Old

Get to know your friends and work as a team to complete the challenge! These team building games and activities promote communication skills, collaboration, and comradery.

- Friday, October 13 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)

Teen Night – Luau Night

Ages 13 to 21 Years Old

Come Luau with us! This themed night includes tropical snacks, beach games, and crafts. Don’t forget to wear your Hawaiian shirts and bright colors!

- Friday, October 20 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)

Teen Night – Pumpkin Carving & Halloween Party

Ages 13 to 21 Years Old

Celebrate Halloween with your friends from Teen Night! We will be carving pumpkins, playing group games, and dancing! Participants are encouraged to come wearing a costume!

- Friday October 27 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)
Teen Night – Cooking Make Your Own Pizza

Ages 13 to 21 Years Old
Choose your toppings! Prepare and bake your own pizza with your friends from Teen Night!

- Friday November 3 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)

Teen Night – Movie Night

Ages 13 to 21 Years Old
Join us for a night in with friends to play games, have pizza, popcorn, & watch a movie. Please note that we will show a PG or PG-13 movie. Movie choice list will be sent out to parents 1 week prior.

- Friday, November 17 in Mountainside from 5:30pm to 8:30pm

Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)

Evening Recreation – Cooking Ice Cream Tacos

Ages 8 to 21 Years Old
Participants will bake waffles with friends and scoop ice cream onto them before folding it like a taco! Participants will be able to choose from a variety of toppings for the finishing touch on their ice cream taco!

- Thursday, November 14 in Mountainside from 5:45pm-7:15pm

Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session!
(Please call to register for discount.)
Teen Night– Cooking Tacos

Ages 13 to 21 Years Old

Participants will cook tacos with friends and get to select, wash, and chop fresh produce, and cook beef tacos to their individualized tastes!

- Friday, November 24 in Mountainside from 5:30-8:30pm
Cost: $30
Register for 6 teen night sessions at once and get 1 free session!
(Please call to register for discount.)

Evening Recreation – Jumbo Game Night

Ages 8 to 21 Years Old

Have you ever seen a life-sized checkers board or other games? Join us for a night of fun with board games and more!

- Thursday, November 30 in Mountainside from 5:45pm to 7:15pm
Cost: $25
Register for 5 evening recreation sessions at once and get 1 free session!
(Please call to register for discount.)
Parent & Child Playgroup – Kids in the Kitchen

Ages 3 to 7 Years Old

These cooking & food-based activities are provided in a safe environment to provide a positive and fun experience with food.

- Saturday, September 9 in Mountainside from 4:00pm-4:45pm
- Saturday, October 7 in Mountainside from 1:45pm-2:30pm
- Saturday, November 4 in Mountainside from 4:00pm-4:45pm
- Saturday, November 18 in Mountainside from 4:00pm-4:45pm

Cost: $20
Register for 5 playgroup sessions at once and get 1 free session!
(Please call to register for discount.)

Teen Night – Fall Scavenger Hunt

Ages 13 to 21 Years Old

Join us for a Fall themed night including video games, board games, and an interactive scavenger hunt!

- Friday, September 29 in Mountainside from 5:30pm to 8:30pm

Cost: $30 per session
Register for 6 teen night sessions at once and get one free. (Please call to register for discount.)
Program Locations

<table>
<thead>
<tr>
<th>Mountainside</th>
<th>Toms River</th>
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</thead>
<tbody>
<tr>
<td>Children’s Specialized Hospital 150 New Providence Road</td>
<td>Aquatics held at Howard Johnson Hotel Pool 955 Hooper Avenue</td>
</tr>
<tr>
<td>Mountainside, NJ 07092</td>
<td>Toms River, NJ 08753</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>Morristown-Beard School</td>
</tr>
<tr>
<td>Children’s Specialized Hospital 200 Somerset Street</td>
<td>70 Whippany Road</td>
</tr>
<tr>
<td>New Brunswick, NJ 08901</td>
<td>Morristown, NJ 07960</td>
</tr>
</tbody>
</table>

Where to Watch and Wait

**Adaptive Aquatics, Martial Arts, and Playgroups**
A parent/guardian is required to stay on the premises during these programs, as they are only about 45 minutes long. We ask that you either watch quietly in the room/poolside, or wait in the hallways or waiting areas. Any visitors or family members causing a disturbance to the program, or unsupervised children, will be asked to wait outside the room.

**Evening Recreation, Teen Night, and Community Skills Groups**
These are drop-off programs. You are welcome to wait in the building or come back at pick up time. Participants requiring emergency medications may need to have a parent on premises, but we provide accommodations to our best abilities when provided advanced notice.
The following forms must be signed and submitted prior to participation. We understand that doctor offices are very busy, so please plan ahead and submit the form to your physician’s office at least 2 weeks prior to paperwork being due.

**Health Form**
All participants must have a health form on file that is signed by a physician prior to participating in any program. This form is valid for one year. Parents/guardians are responsible for submitting a new form when changes in medical status occur within the 1 year period. [Download the health form here](#)

**Emergency Action Forms**
Does your child require emergency action or medications for diabetes, allergies, seizures, asthma, or other conditions? If so, please submit one of the following forms signed by a physician. *Please send in your diabetes action form from school.*
[Download the seizure action form here](#)
[Download the allergy action form here](#)
[Download the asthma action form here](#)

**Screening Form**
Has your child participated in any of our programs before? If not, please complete this form and email or mail it back to our team. This form helps us understand more about your child’s needs and abilities, to best plan on how to support them in our programs. This form is required for applications to camp, weekend trips, and Friday Night Fever. [Download the screening form here](#)

**Mail forms to:**
Children’s Specialized Hospital
Attention: Community Recreation Programs
150 New Providence Road
Mountainside, NJ 07092
Since every program is staffed and designed to each child’s specific needs, refunds are not available for cancellations after one week prior to class. Cancellations within 1 week, on the day of, or after the session begins do not qualify for any refunds or class credits. This policy helps us ensure that our program costs remain low and reasonable, and to help us keep our waiting lists low. If you have questions or concerns about your child’s participation, or suggestions on how to better meet their needs, please call us or discuss directly with your instructor. We are always open to feedback and looking for ways to improve.

Refunds and make-ups are not available for class absences. In the event that a class is cancelled by the hospital you will be notified by phone and/or email & your class will be rescheduled. Our programs run at maximum capacity, and are designed for children with special needs. Therefore routines and special supports are put into practice for individual children, therefore you must only attend the group/program you register for.

Please protect the health and safety of all others and do not come to class if your child has a contagious illness or condition. Please remember refunds and make-ups are not available for class absences. Visit our website for more specific contraindications for our aquatics and swimming programs.

Not sure which group is right for your child? Need help with registration? Want to talk with one of our staff about accommodations and support? Please contact us at (908) 301-5548 or email
- Jordan Graham at jgraham@childrens-specialized.org
- Danielle Jaffe at djaffe@childrens-specialized.org
- Kayla Tlatelpa at ktlatelpa@childrens-specialized.org

Para información en español, por favor de comunicarse con Kayla Tlatelpa por teléfono al 908-233-3720 ext. 5737 o por correo electrónico ktlatelpa@childrens-sepcialized.org
Community Recreation Staff

Program Coordinating Staff
- Kaylee McGuire, CTRS, Manager of Community Programs
- Jordan Graham, CTRS, Community Recreational Therapist
- Kayla Tlatelpa, Community Recreation Assistant
- Danielle Jaffe, Community Recreation Assistant
- Trisha Yurochko, Lightning Wheels Head Coach

Martial Arts Instructors
- Wazir Barnes Reid, Martial Art Instructor & Black Belt
- Coach Greg Schwalje, DPT & Jiu-Jitsu Instructor
- Donna Riccardi, CTRS & Panda Prep Instructor

Adaptive Aquatics Instructors
- Kristin Betau, CTRS
- Michelle Buurman, CTRS
- Ashley Connelly, CTRS
- Jordan Graham, CTRS
- Megan Keogh, CTRS
- Caitlyn Foelsch, CTRS: Water Safety Curriculum Coordinator

Program Assistants
- Jane Ehlers
- Robin Weintraub
- Marissa Farnkopf

Friday Night Fever Coordinators
- Toms River: Bobbi Jo Pansier, CTRS & Carolyn Romond, CTRS
- Mountainside: Jenn Cassio, CTRS, Jordan Graham, CTRS, and Kayla Tlatelpa