The Activity Connection programs at Children’s Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The Web Connection programs provide opportunities to develop new skills, participate in physical activities, and enjoy new experiences online.

All programs are 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.

www.childrens-specialized.org/recreation
(908) 301-5548
To register visit  
www.childrens-specialized.org/recreation  
Or call (908) 301-5548.

Pre-registration is required. Registrants will receive a preparation email with the program link and instructions on how to join virtually each week two days prior to the program. If you experience any challenges with logging in to the online program please contact us for support at (908)-301-5548.

Your child’s class will have 1 instructor leading the class online via GoToMeeting. An Assistant will be signed on to the class providing visual modifications as needed in real time. If you feel you need additional support prior to the class time, please contact us at 908-301-5548 for some personalized recommendations.

**A physician-signed health form is typically required to participate in Activity Connection programs. Due to participation happening in the comfort and safety of your own home, we are requiring a consent/waiver of liability form to be completed. If your child has seizures, allergies, or asthma, you are required to indicate these needs in their profile so our staff can be adequately informed when planning activities. If your child has not participated in our programs before and you wish to provide our staff with more information on how to help your child prior to class, please submit the screening form. These forms are available in the “Forms and Documents” section on this website. Please also contact us for assistance.
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.

**Mondays July 6th to August 10th**

**Ages 10-14** 6:20pm-7:05pm  
**Ages 15-21** 7:10pm-7:55pm  

**Fees:** $60 for 6 weeks

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**Parent/Child Yoga**

Ages 5 to 10 years old and a parent, or accompanying adult over 18 years old. This class is designed to provide parents and children with the opportunity to learn and practice yoga in a safe and sensory friendly environment. Sessions will focus on stretching, mind-body connection, self-care and spending quality time bonding with your child. Parents are expected to participate in light exercise while providing hands-on assistance to their little yogi.

**Mondays July 6th to August 10th**

**Ages 5-10** 5:45pm- 6:15pm  
**Fees:** $50 for 6 weeks

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**Adaptive Yoga**

www.childrens-specialized.org/recreation
Lace up your cleats and join us on the field! Soccer Stars is an opportunity for youth to have a positive sport experience through learning basic soccer skills. Athletes will increase coordination, exercise and enjoy various skill-based activities with their teammates.

It is recommended to wear comfortable athletic clothing, as well as sneakers or cleats!

**Mondays July 6th to July 27th**

- **Kiddie Academy – Ages 2-6:** 5:45pm-6:15pm
- **Sharp Shooters – Ages 6-10:** 6:20pm-6:50pm
- **Elite Cleats – Ages 10-13:** 6:55pm-7:25pm

**Fees:** $28 for 4 weeks

[www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation)
Parent/Child Groups

Come play with us! Our parent-child play and music groups are a social group for all young children ages 1-5 and their parents or caregivers. Our Recreational Therapists provide structured social and play activities for all participants. These include but are not limited to circle time, crafts, gross motor play, pretend play, song play, exploration and more! These activities provide opportunities for children to explore and learn in a safe and supportive environment while promoting parent/caregiver-child bonding.

**Play Group** – **Tuesdays July 7th to July 28th**, 9:30am-10:00am

Weekly Play Theme Schedule (this schedule is subject to change):
- Week 1 - Day at the Beach! (water & kinetic sand play)
- Week 2 - Silly Fun Dance Party (gross motor dance moves)
- Week 3 - Fun on the Farm
- Week 4 - "Not a Box" Imagination Day (please save cardboard boxes of any size for your child to use)

**Music Group** – **Tuesdays August 4th to August 25th**, 9:30am-10:00am

Weekly Music Theme Schedule (this schedule is subject to change):
- Week 1 - Nursery Rhymes
- Week 2 - Animal Fun
- Week 3 - Body Awareness Songs
- Week 4 - Disney Music

**Fees**: $20 for 4 weeks

[www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation)
Infant Massage

Ages 6 weeks to 12 months

Learn the Benefits and Techniques of Infant Massage

Certified Instructors from Children’s Specialized Hospital are now offering an infant massage program for parents and caregivers of infants ages 6 weeks to 12 months. Learn the benefits and techniques of nurturing touch and communication between you and your infant. Infant massage offers a unique experience and benefits for both the caregiver and infant:

• Relaxes child
• Helps reduce stress for caregiver and child
• Relieves any child discomfort from constipation, gas and colic
• Helps child to sleep better
• Promotes bonding and attachment between caregiver and child
• Educates caregivers to understand a child’s needs

The program is open to infants with or without special needs. Please allow for one-on-one bonding time with your infant and find alternate childcare for any siblings.

Tuesdays July 14th to August 11th

6:00pm-6:30pm

Fees: $30 for 5 weeks

www.childrens-specialized.org/recreation
Martial Arts – Karate Fun Aerobics

Introducing - Karate Fun Aerobics (KFA) led by Wazir Barnes! This class has a Karate focus and will be conducted through an online program. Wazir will lead a 40-minute class focusing on karate-specific moves, skills and terminology while getting in some stretches, cardiovascular movements and fun!

**Wednesdays July 1st to August 19th**

**Ages 7-15**

**Fees:** $48 for 8 weeks

**Dragon Warriors 5:45pm-6:25pm**

A beginner martial arts program designed for:
- Children requiring individual attention to follow directions and/or physical support
- Introducing basic concepts of martial arts
- Coordinating basic movements
- Promoting social interaction

**Tiger Warriors 6:30pm-7:10pm**

A beginner martial arts program taught by our martial arts instructors for children 7-15 years old. This class is designed for:
- Children with an approximate attention span greater than 3-5 minutes
- Children that follow 1-2 step directions independently or with minimal redirection
- Learning martial arts concepts, movements, and language
- Practicing coordination of movement
- Building social skills

[www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation)
Introducing - Karate Fun Aerobics (KFA) led by Wazir Barnes! This class has a Karate focus and will be conducted through an online program. Wazir will lead a 40-minute class focusing on karate-specific moves, skills and terminology while getting in some stretches, cardiovascular movements and fun!

**Wednesdays July 1st to August 19th**

**Ages 12-21**

**Fees:** $48 for 8 weeks

**Mighty Ninjas 7:15pm-7:55pm**

This is an advanced martial arts program for youth with special needs. It is designed to focus on Karate forms, choreographed weaponry forms and basic grappling defenses for escaping attacks. Techniques will be practiced through repetitive and fun drills. This is a fast paced class and requires the students to have achieved fundamental physical skills for more complex drills. Students in this group must follow multi-step directions given from Wazir Barnes (instructor). Students must be able to control strength and balance while completing advanced footwork incorporating hand-eye and foot-eye coordination. This class typically serves youth with mild developmental delays, emotional and behavioral disorders.

www.childrens-specialized.org/recreation
Craft Corner

Show us your crafty talents! This group provides opportunities for self-expression, use of fine motor skills, attention to task, direction-following, and social skills. We will be making a variety of projects with the use of house-hold items. Please save items such as paper towel rolls, toilet paper rolls, plastic bottle caps, cereal boxes, milk cartons and any other reusable items your child may want to reimagine!

**Thursdays July 2nd to July 30th**

**Ages 5-10 Years Old**

6:00pm-6:45pm

**Fees**: $25 for 5 weeks

[www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation)
Teen Night – Movie Trivia

Ages 13-21 Years Old

Do you watch a lot of movies? Do you think you know everything about the biggest blockbusters? Test your knowledge during Movie Trivia Night! Teens will answer age appropriate trivia questions about some of their favorite movies while having a great time with their friends!

• **Friday, July 10th** 6:30pm-7:15pm

**Fee:** $7

Teen Night – Charades

Ages 13-21 Years Old

Test your acting skills through a fun virtual game of Charades! Teens will be given topics to act out without making any noises, trying to get their friends to guess as many as possible before the timer runs out!

• **Friday, July 31st** 6:30pm-7:15pm

**Fee:** $7

[www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation)
Teen Night – Guided Imagery

Ages 13-21 Years Old

Learn a new way to channel your energy through guided imagery. Teens will participate in guided instruction that focuses and channels their imagination while relaxing at the same time.

• **Friday, August 7**th 6:30pm-7:15pm

Fee: $7

Teen Night – Move & Groove

Ages 13-21 Years Old

Break out your dancing shoes and join us for a fun and energetic class led by our dance instructor! This class will help improve participation with therapeutic elements incorporated, such as cardiovascular activity, strengthening of the body, balance while learning some basic dance moves!

• **Friday, August 14**th 6:30pm-7:15pm

Fee: $7

[www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation)
Ages 13 to 21 Years

Teens can get creative with words in a Mad Libs night! With the help of their friends, teens will create comedic stories and tall tales. Other fun word games will be included in the evening, such as Word Scramble, the Name Game, and Story Chain!

- **Friday, August 21st** 6:30pm-7:15pm

Fee: $7

www.childrens-specialized.org/recreation
Let’s get moving! Yolo Moves Studio dedicates itself to providing dance fitness to all levels of clients. Zumba Fitness uses Latin Rhythms, POP, Hip Hop, and other genres which we turn into cardio exercises. Each song is carefully choreographed to make sure we stay on the beat while we do jumping jacks, squats, and other very easy exercises.

Yolo Moves Studio owner, Yolanda Quinones, has been a Zumba instructor since 2017 and is certified in several different levels of Zumba and holds 5 licenses to meet the needs of any client as well as an ADHD Awareness Certification.

**Saturdays July 11th to August 8th**

**Ages 4-6** (with a parent or adult 18+ participating)
10:00am-10:30am

**Ages 7-11** 10:35am-11:05am

**Ages 12-21** 11:10am-11:40am

**Fees**: $30 for 5 weeks

[www.childrens-specialized.org/recreation](http://www.childrens-specialized.org/recreation)
Choosing a Program

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 activityconnection@childrens-specialized.org

Para información en español, por favor de comunicarse con Ashley Quinones por teléfono al 908-233-3720 ext. 5495 aquinones@childrens-specialized.org.

Activity Connection Staff

- Caitlyn Foelsch, MHA, CTRS, Manager of Community Programs
- Corinna McElwain, CTRS, Community Program Coordinator
- Jenn Tricarico, CTRS, Community Recreational Therapist
- Liz Trembley, CTRS, Community Recreational Therapist
- Ashley Quinones, Community Program Assistant
- Trisha Yurochko, Lightning Wheels Head Coach

Instructors

- Wazir Barnes Reid, Martial Arts Instructor & Black Belt
- Cynthia Bearison, Yoga Instructor
- Morgan Pillar, CCLS, Certified Infant Massage Educator

Friday Night Fever Coordinators

- **Mountainside**: Jenn Cassio, CTRS, Jenn Tricarico, CTRS, and Ashley Quinones, Assistant
- **Toms River**: Jenn Tricarico, CTRS, Liz Trembley, CTRS and Angie Enrico, Assistant

www.childrens-specialized.org/recreation