Winter 2020

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 programs provide opportunities to make new friends, develop new skills, participate in physical activities, and enjoy new experiences.

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
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 encouraged to, and often do, participate! We believe that every child has unique needs, and do our very best to work with each child and family to address concerns, individual needs, and ensure that they have the best, most inclusive experience.

Registration

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

Pre-registration is required before the indicated closing date on RecDesk. If accommodations are able to be made after registration closes, a late registration fee of $10 will be applied.

[Click here](http://www.childrens-specialized.org/recreation) for an online tutorial and help with registration.

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

Scholarships and Discounts

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 siblings for some programs are available upon request for programs over $100.

**Refer a friend!** If someone you refer registers for one of our programs- we offer a referral DISCOUNT! (Excludes adaptive aquatics, martial arts programs and programs under $100)

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

(908) 301-5548
Waiting Lists

If a program you desire is full please place your child on a waiting list. We often are able to accommodate children from the waiting list and will contact you in this event.

Screenings and Evaluations

What are your child's current skills related to social engagement with peers, and participation in activities such as sports, clubs, hobbies, and recreation? A Recreational Therapist can help identify your child's strengths, as well as the types of supports available 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 and summer camps. Recreational therapy evaluations are held Tuesdays and Thursdays between 3:00pm and 5:00pm. Call (908) 301-5548 to schedule one today.

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, Creative Cooking, Creative Drama, and STEM & Experiments, 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 request a 1:1 aide for an additional fee. Please contact our office at 908-301-5548 to arrange these services or schedule a screening.

www.childrens-specialized.org/recreation
(908) 301-5548
Sports Connection offers competitive and recreational sports programs for youth with special health needs. These sports and physical-based activities help promote strength, coordination, and teamwork for youth of all ages.

Parent-Child Aquatics
Supported Swim
Adaptive Aquatics
Martial Arts
Soccer
Lightning Wheels

www.childrens-specialized.org/recreation
(908) 301-5548
Parent-Child Aquatics

Ages 1-5 Years Old

An introductory swim program for children with special needs between 1 and 5 years old. The program is designed to help the child and caregiver develop comfort in the water, promote an increase in child and caregiver bond, help caregivers become more comfortable swimming with and supporting their child, to provide opportunities for social interaction and fun! A parent or an adult over the age of 18 must accompany the child in the pool.

- Saturday, January 18th -February 29th Mountainside 12:00pm to 12:45pm

Fee: $180 for the 7-week session

Individual Aquatics

Ages 3 to 21 Years Old

Individual aquatics sessions focus on fundamental swimming skills, overcoming sensory challenges and/or fear, promoting comfort in various positions, and teaching water safety. Individual classes are reserved for children that require 1:1 attention for reducing unsafe behaviors, increasing attention, increasing ability to follow directions and provide additional support in a calm and therapeutic environment. Our goal for individual sessions is to return to group classes for increased social opportunities through peer interactions and group games. In order to enroll, children will be added to a waitlist and participation will be based on instructor screening and availability.

- Individual Aquatics will be offered at Mountainside,
  New Brunswick and Toms River locations.
- Please contact us if you are interested!
Blue Guppies

Ages 3 to 6 Years Old

A therapeutic 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 promoting a positive and fun swim 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. A component of parent education is also incorporated to promote water safety for all.

- Monday, January 13th – March 2nd in Mountainside  6:15pm-7:00pm (*NO CLASS 2/17)
- Tuesday, January 14th – February 25th in New Brunswick  6:15pm-7:00pm
- Wednesday, January 15th – February 26th in Mountainside 6:15pm-7:00pm

Fee: $185 for the 7-week session

Green Guppies

Ages 3 to 6 Years Old

A therapeutic 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.

- Tuesday, January 14th – February 25th in New Brunswick  7:00pm- 7:45pm
- Wednesday, January 15th – February 26th in Mountainside 7:00pm- 7:45pm

Fee: $185 for the 7-week session

www.childrens-specialized.org/recreation
(908) 301-5548
Blue Sharks

Ages 7 to 10 Years Old

A therapeutic 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 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.

- Tuesday, January 14th – February 25th in Mountainside 6:15pm-7:00pm
- Wednesday, January 15th – February 26th in New Brunswick 6:15pm-7:00pm
- Thursday, January 16th – February 27th in Mountainside 6:15pm-7:00pm

Fee: $185 for the 7-week session

Green Sharks

Ages 7 to 10 Years Old

A therapeutic 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.

- Tuesday, January 14th – February 25th in Mountainside 7:00pm- 7:45pm
- Wednesday, January 15th – February 26th in New Brunswick 7:00pm- 7:45pm
- Thursday, January 16th – February 27th in Mountainside 7:00pm- 7:45pm

Fee: $185 for the 7-week session

www.childrens-specialized.org/recreation

(908) 301-5548
Ages 11 to 15 Years Old

A therapeutic small group aquatics program focusing on fundamental swimming skills, becoming more confident in the water, and water safety. This class is specifically designed for swimmers with prior swim instruction, and who have 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 rules and other swimmers in the pool. A component of parent education is also incorporated to promote water safety for all.

- Monday, January 13th - March 2nd in Mountainside 7:00pm-7:45pm (*NO CLASS 2/17)
- Saturday, January 18th – February 29th in Mountainside 11:10pm-11:55am

Fee: $185 for the 7-week session

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, 9:30am-10:15am, ages 5-12 years
- Saturdays in Mountainside, 10:15am-11:00am, ages 12-21 years

Fee: $28 per class

www.childrens-specialized.org/recreation
(908) 301-5548
Guppies – TOMS RIVER

Ages 3 to 6 Years Old

A therapeutic 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 promoting a positive and fun swim experience.

• Sunday, January 19th - February 23rd 11:00am-11:30am

Fee: $175 for the 6-week session

Sharks – TOMS RIVER

Ages 7 to 10 Years Old

A therapeutic 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.

• Sunday, January 19th- February 23rd 11:30am-12:15pm

Fee: $185 for the 6-week session

All Toms River Aquatics classes are held at:
Toms River Fitness and Aquatics Center
213 Route 37
Toms River, NJ 08753

www.childrens-specialized.org/recreation
(908) 301-5548
Ages 11 to 15 Years Old

A therapeutic small group aquatics program focusing on fundamental swimming skills, becoming more confident in the water, and water safety. This class is specifically designed for swimmers with prior swim instruction, and who have 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 rules and other swimmers in the pool. A component of parent education is also incorporated to promote water safety for all.

- Sunday, January 19th- February 23rd 12:15pm-1:00pm

Fee: $185 for the 6-week session

All Toms River Aquatics classes are held at:
Toms River Fitness and Aquatics Center
213 Route 37
Toms River, NJ 08753

www.childrens-specialized.org/recreation
(908) 301-5548
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 in and 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 child’s CSH aquatics instructor to provide you with information that should be communicated with a new swim instructor to set your child up for success in their program.

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

For more information on water safety, drowning prevention, and to view fact sheets, tip sheets, and videos from our partnering organization - Safe Kids Worldwide.
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 5 to 10 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.

- Thursday, January 16th - February 27th 5:45pm - 6:30pm
- at LIFETOWN 10 Microlab Road Livingston, NJ
- Fee: $130 for the 7-week session

Jiu Jitsu Focus – Tiger Warriors

Ages 7 to 14 Years Old

A beginner martial arts program designed for students needing 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.

- Thursday, January 16th - February 27th 6:30pm-7:15pm
- at LIFETOWN 10 Microlab Road Livingston, NJ
- Fee: $130 for the 7-week session
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 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.

- Wednesday, January 15th-February 26th in Mountainside 5:45pm-6:30pm

Fee: $130 for the 7-week session

Karate 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. 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.

- Wednesday, January 15- February 26th in Mountainside 6:30pm-7:15pm

Fee: $130 for the 7-week session
Karate Focus–Mighty Ninjas (Advanced)

Ages 12 to 21 Years Old

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 games and 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 with other students. This class typically serves youth with mild developmental delays, emotional and behavioral disorders.

- Wednesday, January 15- February 26th, in Mountainside 7:15pm-8:00pm

Fee: $130 for the 7-week session

www.childrens-specialized.org/recreation
(908) 301-5548
Ages 3 to 6 Years Old

A beginner program designed to teach children the basics of TaeKwonDo!

This class has a focus in listening, respect, and self-control while incorporating energizing TaeKwonDo drills and techniques.

This program is great 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.

Tuesday, January 15th- February 25th in Mountainside

6:00pm-6:30pm

or

6:30pm-7:00pm

Fee: $115 for the 7-week session

www.childrens-specialized.org/recreation
(908) 301-5548
Ages 2 to 6 Years Old

This is an opportunity for youth to have a positive sport experience and gain exposure to basic soccer skills.

- Monday January 13th-February 24th at FC Futbol Morristown

Ages 2-4 years old: 6:15pm-7:00pm
Ages 4-6 years old: 7:00pm-7:45pm

Fee: $135 for the 6-week session

www.childrens-specialized.org/recreation
(908) 301-5548
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.
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.

Friday Night Fever
Social Club
Cooking for Independence
Teen Night

www.childrens-specialized.org/recreation
(908) 301-5548
Ages 7 to 14 Years Old (Contact us about age limits. Ages may vary based on group dynamic)

Join us for Social Club! This group helps youth meet new friends and improve social skills in a fun and supportive environment. This club offers a variety of popular social and recreational activities for youth and teens who are looking to try new activities and have fun.

Participant Criteria:
• Members must be between the ages of 7 and 14 years old (We make exceptions to age limits on a case-by-case basis-please contact us)
• Demonstrate the ability and desire to initiate and respond to social interactions
• Ability to attend to and engage in group activities for up to 1 hour given minimal support
• Members with and without special healthcare needs are welcome

Dates:
• Wednesday, January 15th- February 26th, in New Brunswick 6:00pm-7:00pm
• Saturday, January 18th – February 29th, in Mountainside 2:30pm- 3:30pm

Registration:
New participants may be asked to complete an in-person screening prior to registration

Fee: $145 for the 7-week session in New Brunswick
 $165 for the 8-week session in Mountainside

www.childrens-specialized.org/recreation
(908) 301-5548
Cooking For Independence

Ages 15 to 21 Years Old (Contact us about age limits. Ages may vary based on group dynamic)

This cooking program is designed for teens and young adults to learn and practice independent cooking skills. Participants can expect to learn kitchen safety and cooking skills including measurements, recipe reading, budgeting for groceries, and navigating shopping with minimal support. Self-advocacy and appropriate social skills will be incorporated into each lesson.

Participants will attend two trips to a local grocery store to practice and complete age appropriate community integration skills including money management and self-advocacy.

• Thursday, January 16th – February 27th in Mountainside 6:00pm-7:30pm

Fee: $140 for the 7-week session

www.childrens-specialized.org/recreation
(908) 301-5548
Teen Night – STEM: Food Edition

Ages 13 to 21 Years Old

Mad scientists need to eat too! Especially dessert, which is the topic of this week’s project! Participants will be making their own ice cream and learn how science and math play a role in culinary arts in a fun group setting!

• Friday, December 20th 5:30pm- 8:30pm in Mountainside

Fee: $40

Teen Night – End of the Year Family Celebration

Ages 13 to 21 Years Old

Come celebrate the upcoming new year with your friends and family at Teen Night!

Families are invited to join us for a fun night filled with food, games, music and more! Feel free to bring care providers, parents and siblings along! Please note that at least one adult over the age of 18 is required to attend this event with their registered teen.

• Friday, December 27th 5:30pm- 8:30pm in Mountainside

Fee: $20

*Teen Night program plans are subject to change at the discretion of the instructor. Families will be notified of any changes*

www.childrens-specialized.org/recreation
(908) 301-5548
Teen Night – Drumming

Ages 13 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. All are welcome-this is a very inclusive activity!

• Friday, January 17th 5:30pm- 8:30pm in Mountainside

Fee: $40

Teen Night – Talent Show

Ages 13 to 21 Years Old

Lights, camera, action! Showcase your special talents! Enjoy a night of skits, special skills and a performance from friends!

• Friday, January 24th 5:30pm-8:30pm in Mountainside

Fee: $40

*Teen Night program plans are subject to change at the discretion of the instructor. Families will be notified of any changes*

www.childrens-specialized.org/recreation
(908) 301-5548
Teen Night – Winter Carnival

Ages 13 to 21 Years Old

Join us to celebrate the season. Keeping the cold outside, join us for a night of carnival games, crafts and prizes!

• Friday, January 31st 5:30pm- 8:30pm in Mountainside

Fee: $40

Teen Night – Pool Party

Ages 13 to 21 Years Old

Surfin’ USA! Join us for a pool party in our therapeutic swimming pool! Teens will enjoy fun group games while socializing with their friends and learning water safety skills.

• Friday, February 7th 5:30pm- 8:30pm in Mountainside

Fee: $40

*Teen Night program plans are subject to change at the discretion of the instructor. Families will be notified of any changes*

www.childrens-specialized.org/recreation
(908) 301-5548
**Teen Night – Valentine’s Day!**

**Ages 13 to 21 Years Old**

Time to spread the love! Tonight’s activities include candy making, creating valentines for family and friends, and other getting to know you games.

- **Friday, February 14th 5:30pm- 8:30pm** in Mountainside

Fee: $40

**Teen Night – Spa Night**

**Ages 13 to 21 Years Old**

DIY face masks! Teens can have the opportunity to pamper themselves! Face masks, beading, manicures, and more!

- **Friday, February 28th 5:30pm- 8:30pm** in Mountainside

Fee: $40

*Teen Night program plans are subject to change at the discretion of the instructor. Families will be notified of any changes*
Teen Night – Family Feud

Ages 13 to 21 Years Old

Test your teen knowledge! Teens will be challenging their friends in a game of family feud. See all that goes into the making of a game show.

- Friday, March 6th 5:30pm- 8:30pm in Mountainside

Fee: $40

Teen Night – Taco Party

Ages 13 to 21 Years Old

Join us for a social night of cooking tacos! Teens will have the opportunity to learn basic kitchen safety and skills while cooking a popular meal to share with their friends.

- Friday, March 20th 5:30pm- 8:30pm in Mountainside

Fee: $40

*Teen Night program plans are subject to change at the discretion of the instructor. Families will be notified of any changes*

www.childrens-specialized.org/recreation
(908) 301-5548
Ages 13 to 21 Years Old

Friday Night Fever is a social program for teens and young adults. This program provides opportunities to develop and strengthen friendships through monthly events both on site and in the community. Members will be able to try new leisure activities, increase independence and enjoy participating in various activities. This program is a yearly membership. Please contact staff if you are interested in adding your child to our waitlist.

**Criteria for enrollment:**
1. Demonstrate the ability / desire to initiate and respond to social interactions
2. Able to communicate with volunteers and peers verbally or via communication device
3. Able to follow group rules and directions in public settings independently or with reminders
4. Must be independent with ADLs

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**Teen Night- Jeopardy**

Ages 13 to 21 Years Old

What is the best way to end your week? Yes, that’s Teen Night for $100. “What is Teen Night?” is correct! Come on down and test your skills in our teen themed Jeopardy night. This fun filled evening with be packed with fun facts and friendly competition.

- Friday, March 27th 5:30pm- 8:30pm  in Mountainside

Fee: $40
Active Connection provides therapeutic and recreational activities for children of all ages. These programs promote physical activity, body awareness, confidence, and health education, and provide access to common childhood activities.

Panda Prep
Adaptive Yoga

www.childrens-specialized.org/recreation
(908) 301-5548
**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. These skills include basic body awareness, coordination, balance, fitness, direction following, and attention to task. They are fun, structured, and offer an opportunity for growth to children with developmental delays and other cognitive or physical challenges, while introducing basic martial arts concepts. For help identifying which group is best suited for your child please call our office at 908-301-5548.

**Panda Prep – Sensory, Balance, & Body Awareness**

**Ages 4 to 6 Years Old**

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 program led by our Recreational Therapy staff provides gross motor activities, sensory activities, and incorporates music and movement. The group is structured and incorporates routine and repetitive skills for reinforcing fundamentals. This class provides a therapeutic opportunity that promotes body awareness, basic motor coordination, attention to task, direction following, and turn-taking. Participants may be introduced to basic martial arts concepts.

- Saturday, January 18th – February 29th in Mountainside 9:30am-10:15am
- Sunday, January 19th – February 23rd in Toms River 8:45am-9:30am

Fee: $130 for 7-week session Mountainside, $115 for 6-week session Toms River

**Panda Prep – Fit and Fun**

**Ages 4 to 6 Years Old**

Recreational Therapy staff focus on providing therapeutic opportunities through gross motor movement and coordination, balance, exercise, direction following and attention skills. 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. Participants will be introduced to basic martial arts skills and terminology.

- Saturday, January 18th – February 29th in Mountainside 10:20am-11:05am
- Sunday, January 19th – February 23rd in Toms River 9:30am-10:15am

Fee: $130 for the 7-week session, $115 for 6-week session Toms River
Parent/Child & Adaptive Yoga

Ages 5 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. During the Parent/Child class parents or guardians will be actively participating in movement-based activities throughout program along with the participant.

Dates:
Wednesday, January 15th- February 26th at LIFETOWN, 10 Microlab Rd. Livingston, NJ

- Ages 5-10 – Parent/Child: 5:30pm-6:00pm
- Ages 11-15: 6:00pm-6:45pm
- Ages 16-21: 6:45pm-7:30pm

Fee:
- Ages 5-10- Parent/Child: $175 for 7-wks
- Ages 11-15: $200 for 7-weeks
- Ages 16-21: $200 for 7-weeks

www.childrens-specialized.org/recreation
(908) 301-5548
Program Locations

Mountainside
Children’s Specialized Hospital
150 New Providence Road
Mountainside, NJ 07092

Toms River
Aquatics held at Toms River Fitness and Aquatics Center
K-Mart Shopping Center, 213 Route 37
Toms River, NJ 08753

New Brunswick
Children’s Specialized Hospital
200 Somerset Street
New Brunswick, NJ 08901

Friendship Circle/Life Town
10 Microlab Road
Livingston, NJ 07039

Where to Watch & Wait

Adaptive Aquatics, Martial Arts, and Yoga
A parent/guardian is required to stay on the premises during these programs, as they are only 30-45 minutes in duration. 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 will be asked to wait outside the room. Siblings or other children must be supervised at all times by an adult over age 18.

Drop-off Programs:
• Teen Night
• Adaptive Yoga
• Creative Cooking
• Social Club

These are drop-off programs. You are welcome to wait in the building or come back at pick-up time. Participants requiring emergency medications and toileting assistance may need to have a parent or trained caregiver on premises. We may be able to provide accommodations to our best abilities when we are provided advanced notice. We are unable to administer any emergency medications as needed; please communicate this need with staff prior to the first day of class.

www.childrens-specialized.org/recreation
(908) 301-5548
Required Paperwork

The following forms must be signed and submitted prior to participation. We understand that doctor offices are very busy; 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 one 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 in your RecDesk profile. 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 and Friday Night Fever.

Please contact us if you need assistance with completing any forms.

**Mail forms to:**
Children’s Specialized Hospital
Attention: Community Recreation Programs
150 New Providence Road
Mountainside, NJ 07092
Cancellations and Refunds

Since every program is staffed and designed to each child’s specific needs, refunds are not available for cancellations after 1 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 we can 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 and your class will be rescheduled to the best of our ability (up to two weeks additional). Our programs run at maximum capacity, and are designed for children with special needs. Routines and special supports are put into practice for individual children; you must only attend the group/program you register for.

When a Child is Sick ...

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.

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.

www.childrens-specialized.org/recreation
(908) 301-5548
Program Coordinating 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

Martial Arts Instructors
- Wazir Barnes Reid, Martial Arts Instructor & Black Belt
- Coach Andy Larson, Jiu-Jitsu Instructor

Activity Connection Instructors
- Michelle Buurman, CTRS
- Donna Riccardi, CTRS
- Nico Mercadante, CTRS
- Megan Keogh, CTRS, CCLS
- Cynthia Bearison, Yoga Instructor
- Beth Painter, Drama Instructor

Program Assistants
- Kayla Tlatelpa
- Danielle Jaffe
- Jane Ehlers
- Nicky Lalueza
- Anthony Manduca
- Britanie Montero

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