



# SUMMER FUN! 2009

JUNE 22<sup>ND</sup> – AUGUST 28<sup>TH</sup>



Daily Schedule	MONDAY				TUESDAY				WEDNESDAY				THURSDAY			FRIDAY			
	Elementary	Middle School	High School	Postsecondary	Elementary	Middle School	High School	Postsecondary	Elementary	Middle School	High School	Postsecondary	Elementary & Middle School	High School	Postsecondary	Elementary	Middle School	High School & Postsecondary	
10:00 - 10:45	Sensory Group	Fitness	Leisure Skills	Career Builder	Multi Media	Brain Gym	Social Skills	Vocational	Crafty Arts	Mental Health	Brain Gym	Computer	Outing	Fitness	Vocational	Pre A	Health Mgmt	Outing	
10:45 - 11:30	Pre A	Pay it Forward	Mental Health	Leisure Skills	Pre A	Aquatics	Multi Media		Fun & Fitness	Sensory Group	Values	Mental Health		Values		Mental Health	Values		
11:30 - 12:15	Brain Gym	Aquatics	Cooking	Health Mgmt	Cooking	Comm. Group	Aquatics		Sensory Group	Values	Computer	Yoga		Cooking		Social Skills	Cooking		
12:15 - 12:45	Lunch			Lunch			Lunch			Lunch				Lunch					
12:45 - 1:30	Aquatics	Pre Voc	Values	Multi Media	Aquatics	Multi Media	Values		Yoga	Pre Voc	Social Skills	Values		Comm. Group		Computer	Yoga		
1:30 - 2:15	Leisure Skills	Pre Voc	Health Mgmt	Values	Comm. Group	Leisure Skills	Computer		Pre A	Pre Voc	Yoga	Fitness		Pay it Forward		Games Galore	Social Skills		
2:15 - 3:00	Rewards Program & Dismissal																		

## Key to program schedule:

- Aquatics** Therapeutic swimming
- Brain Gym (OT & PT)** Physical training/activities that stimulate the brain and body to enhance focus, learning and performance
- Career Builders** A functional approach to finding and maintaining a job
- Comm. Group (SLP)** Communications Group - Using written & spoken language to improve communication skills
- Computer** Elementary – Encouraging emerging skills; computer, mouse & keyboard Middle/High School/Postsecondary; Navigating the Internet & reinforcing skills
- Cooking** Basics - following recipes, using a stove, oven & small appliances / kitchen safety
- Crafty Arts** Projects with various art mediums & techniques - drawing, painting, sculpture, fabric, collage, print making and more
- Fitness (PT)** Cardiovascular and strength-building activities
- Fun & Fitness (PT)** A group focused on improving physical well-being by incorporating cardiovascular exercise, strength training and stretching with age-appropriate games and activities
- Health Mgmt (OT)** Health Management – Promoting good health practices through interactive real life experiences ... good hygiene, nutrition, gardening activities, etc.

- Leisure Skills (RT)** Various recreational activities to encourage/develop leisure skills
- Mental Health** This group will explore a variety of issues, such as problem solving, appropriate communication and diversity
- Multimedia (SLP & OT)** Using film, theater, photography and writing to improve both expressive & receptive communication skills
- Outing** Community-based outings (field trips)
- Pay it Forward (OT & PT)** Volunteering
- Pre A** Pre-Academics - academic activities led by a certified teacher
- Pre VOC** Prevocational – Vocational-based training
- Rewards Program** Review day, receive star rewards (behavior program) to trade in stars or points for rewards
- Sensory Group (OT)** Tactile, movement-based activities, development of fine motor skills, reinforcement of everyday movement
- Social Skills** Education in pro-social interactions
- Values** Character education
- Yoga (MH)** Relaxation – both physical & mental exercise