

# ADAPTIVE RECREATION

## HUNT RECREATION CENTER

90 Stow Street  
Concord, MA 01742  
978-287-1050 main  
978-318-3190 fax  
Mon-Fri 7:30 am - 6:00 pm  
concordrec.com



We welcome kids and adults of all ages and abilities to participate in any of our Concord Recreation programs. To help visually identify programs that are specifically designed for participants with disabilities, please look for this inclusion logo throughout the brochure.

1) As a Department, we support the reverse inclusion model. If a program is notated as an adaptive program, we still welcome participants WITHOUT disabilities to participate. Siblings, aides and classmates welcome!

2) As a Department, we acknowledge that the experience that takes place within these identified classes are open to different learning styles and accommodations. These classes will typically have fewer participants, more breaks, and visual schedules, when possible.

3) As a Department, we want parents to be proactive in identifying that their child may need extra help. To assure we are prepared to work with your child, you will be asked to fill out an intake assessment.

For questions, adaptations, and accommodations, please contact Anna McKeown, Assistant Recreation Director, Certified Therapeutic Recreation Specialist.



# WINTER 2019 ADAPTIVE PROGRAMS



## ARTFUL ANIMAL ADVENTURES

The arts provide an invaluable avenue of self-expression for children and the hands-on opportunity to experiment, play and create. This class will provide needed access to creative art experiences for children with Autism Spectrum Disorder and other special needs by exploring a variety of mediums. Each day will be a new art adventure as we explore different themes through art-making activities, sensory experiences, and participants' own personal interests. This class is appropriate for kids that can work independently in a setting of 1 adult for 4 kids. Parents and caregivers are asked to remain on site.

**LOCATION** 55 Church Street      **MIN/MAX** 4/8      **AGES**      **INSTRUCTOR** Dani Schechner

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Winter	4:30-5:30P	M	3/4-4/8	401103-M1	\$143.00



## MINDFUL MARKS & MOVES

Umbrella Arts Embodiment is a form of mindfulness where we explore and honor the wisdom cultivated through movement, the body, sensory perception, and mind-body connections. This course is inclusive for all bodies, forms of mobility, and artistic experiences. We will utilize two interdisciplinary frameworks: on some days, we will engage in movement activities and create artwork about our movements, and on others we will create art that actively utilizes our movement and vice versa. The class will consist of yoga and movement exercises, interdisciplinary art workshopping creative writing, expressive drawing, painting, and more! For example, invent a movement phrase; then simultaneously practice the moves and paint the phrase with a giant paint brush! This class is best suited for children that can work independently in a group with 1 adult to 4 kids.

**LOCATION** 55 Church Street      **MIN/MAX** 4/8      **AGES**      **INSTRUCTOR** Dani Schechner

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Winter	5:30-6:30P	M	3/4-4/8	401104-S2	\$143.00



## GUARDUP SWORD & NERF ADVENTURE

Participants will engage in an immersive educational story that combines teamwork, communication, and sword and Nerf fun! We integrate a storyline for the entire fall season that will run weekly and will contain instruction time for equipment as well as education and a ton of fun!

**LOCATION** Ripley Gym      **MIN/MAX** 6/12      **AGES** 7-15      **INSTRUCTOR** Guard Up      **NO CLASS** 10/8, 11/12, 11/22, 11/23, 2/21

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Winter	4:30-5:30P	Th	1/17-3/14*	401119-H1	\$229.00



## INTRODUCTION TO GOLF

Boys and girls will learn the fundamentals of swinging, putting, and body position at this indoor, introduction to Golf program with Skyhawks Sports. using the SNAG (Starting New at Golf) system, Skyhawks has simplified instruction so that young players can make an effective transition onto the golf course in the spring. All equipment provided.

**LOCATION** Ripley Gym      **MIN/MAX** 6/16      **AGES** 5-8      **INSTRUCTOR** Skyhawks Sports      **\*NO CLASS** 2/21

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Winter 1	5:30-6:25P	Th	1/10-3/7*	401102-H1	\$104.00
Winter 2	6:30-7:30P	Th	1/10-3/7*	401102-H2	\$104.00



## CALM BODIES, CALM MINDS

Participating in meditation classes reduces stress and helps to create calm and focus. This class is specially designed for children. Guided meditation, yoga stretches, moving meditation and various calming techniques will be introduced, providing students with tools for use in school and at home. Most of all its fun and your children will love it! This class is appropriate for kids that can remain quiet and take calm breaks as needed. Parents are asked to stay on site during the class, but do not participate.

**LOCATION** 55 Church Street      **MIN/MAX** 4/4      **AGES** 9 -13      **INSTRUCTOR** Creating Calm Staff

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Winter	5:45-6:30P	We	1/9-2/13	401106-W1	\$211.00



## TAE KWON DO

In this class your child will learn basic Tae Kwon-Do moves while building strength and coordination and endurance. The rules of martial arts-respect, responsibility and self-control will be emphasized. We begin with a warm up; learn how to form the tools needed for correct punches kicks and chops, practice the moves we learn, and end with a fun game designed to increase focus and listening skills. Programming will be specialized to meet the needs of the students. This class is appropriate for kids who can function successfully in a 1:4 ratio and who can take calming breaks independently, as needed.

**LOCATION** 55 Church Street      **MIN/MAX** 4/4      **AGES** 13-17      **INSTRUCTOR** Creating Calm Staff      **\*NO CLASS** 2/21

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Winter	4:45-5:30P	W	1/9-2/13	401107-W1	\$211.00



## ADAPTIVE LEARN TO SKATE

In this ice skating program, beginner skaters with disabilities will get comfortable on the ice while learning basic skating techniques. Each participant will have a 1:1 skating instructor if necessary, but will learn to skate in a small-group setting. Parents need not participate but are asked to remain on site. Skaters need their own single blade skates, a caged helmet, snow pants and gloves. Participants must be able to stand. PLEASE NOTE: Rental skates are not available at Valley Sports Ice Arena. Participants must bring their own skates. Please also bring a helmet, gloves, snow pants, and any other equipment you see fit.

**LOCATION** Valley Sports, Concord      **MIN/MAX** 1/30      **AGES** 4+      **INSTRUCTOR** Sharper Edge Skating School

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Winter	12:35-1:20P	Sa	1/12-3/30	401114-s1	\$211.00

# WINTER 2019 ADAPTIVE AQUATICS



## ADAPTIVE AQUATICS-BEGINNER

Focus will be on participant's ability in the water as well as emphasis on safety, having fun, social interaction and developing positive self-image through successful participation. Participants will work with American Red Cross Water Safety Instructors and a group of specially trained volunteers. All program and pool staff at the Beede Center is certified in ARC Lifeguard Training, CPR, AED and First Aid.

**LOCATION** Lap/Dive                      **MIN/MAX** 5/10                      **AGE** 6-13 years                      **\*NO CLASS** 10/7, 11/11, 1/20, 2/17

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Winter	12:30-1:00P	Su	1/13-3/17*	461300-71	\$132.00	\$228.00
Winter	1:00-1:30P	Su	1/13-3/17*	461300-72	\$132.00	\$228.00



## ADAPTIVE AQUATICS

To participate in this training program participant must be able to safely swim 25 yards in 7 feet of water. Freestyle, backstroke and breaststroke will be developed and butterfly will be introduced. Participants will work on technique and endurance throughout this program as well as increase participant's level of physical fitness. Focus will be on participant's ability as well as emphasis on safety, having fun, social interaction and developing positive self-image through successful participation. Participants will work with American Red Cross Water Safety Instructors and a group of specially trained volunteers. All program and pool staff at the Beede Center is certified in ARC Lifeguard Training, CPR, AED and First Aid.

**LOCATION** Lap/Dive                      **MIN/MAX** 5/10                      **AGE** 14-18 years                      **\*NO CLASS** 2/17, 2/19

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Winter	7:00-7:45P	Tu,Th	1/8-3/14*	461301-11	\$256.50	\$470.00



## CONCORD CHALLENGERS

The Concord Challengers is a swim team that accommodates all ages and abilities. Staff works both in the pool and on the deck with groups and individuals to practice technique and endurance. All aspects of swimming are addressed, including Safety, Water Integration, and Mechanics. Pre-Requisites: Participants must be able to swim 2 lengths of the pool independently and unassisted, using any stroke and minimal prompts. All participants have the option of using flotation or 1:1, even 2:1 assistance if needed and beneficial to the athlete. Practice runs 1 hour. From 3-4pm the youngest swimmers do a modified workout. These swimmers are aged 8-13 years old, and need more assistance and support. Most swimmers are still developing strokes and basic skills. From 4-5pm our most advanced swimmers participate in a full workout including warmup, drills, endurance swimming, and warmdown.

**LOCATION** Lap/Dive                      **MIN/MAX** 5/15                      **AGE** 14-18 years                      **\*NO CLASS** 1/20, 2/17

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Winter	1:30-2:30P	Su	1/20-3/17*	461302-71	\$115.50	\$199.50
Winter	2:30-3:30P	Su	1/20-3/17*	461302-72	\$115.50	\$199.50