



## Fall Dance & Movement Group for Youth with Special Needs



For online registration and credit card payment go to <https://register.communitypass.net/summit> or call the office at 908-277-2932. Questions? Contact TryCAN at [summitcan@gmail.com](mailto:summitcan@gmail.com) or 908-277-2932 x 13.

Children (ages 5-9) participate in a free expression workshop, a unique learning environment they will get moving through use of original and traditional music and songs, creative movement, dance and rhythms, games, props that provide sensory stimulation, art, and storytelling.

### These dance and movement activities will help build:

- Cognitive skills
- Fine and gross motor coordination
- Working with others in a group, and self esteem



Teen Peer Mentors will be on hand to assist and help the kids have fun!

Participants will have fun and be able to participate at their own pace!

**Time:** Sundays, 11:00-11:45 am

### Fall 2016 dates:

- Series A: September 25 - October 16
- Series B: October 23 - November 6
- Series C: November 20 - December 11 (no class 11/27)

**Location:** Summit Community Center (in the Benson Room), 100 Morris Avenue

**Instructor:** Michele Goldin, Expert Dance & Movement Therapist

**Cost:** \$65 series A; \$49 series B; \$49 series C

Financial assistance may be available based on the Federal Free and Reduced Lunch Program. One subsidized program per child, per season. (Summit resident only).

*TryCAN, a 501(c)(3) non-profit charitable organization, collaborates with several communities to offer an array of recreation programs for youth with special needs or those who need special accommodation. No non-resident fees are involved and all are welcome!*



## FALL Mini-Yoga for Youth with Special Needs



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Children (ages 8-12) use breathing and relation techniques, as well as fun poses and group games based on anatomy to learn respect for themselves, each other and the world around them.

### These yoga activities can help build:

- Strength, flexibility and balance
- Concentration, focus and attention
- Body awareness and awareness of breath
- Working with others in a group, and self esteem



# KIDS YOGA

Teen Peer Mentors will be on hand to assist and help the kids have fun!

Participants will have fun and be able to participate at their own pace!

**Time:** Sundays, 11:50 am - 12:35 pm

### Fall 2016 dates:

- Series A: September 25 - October 16
- Series B: October 23 - November 6
- Series C: November 20 - December 11 (no class 11/27)

**Location:** Summit Community Center (in the Benson Room), 100 Morris Avenue

**Instructor:** Michele Goldin, Expert Dance & Movement Therapist

**Cost:** \$65 series A; \$49 series B; \$49 series C

Financial assistance may be available based on the Federal Free and Reduced Lunch Program. One subsidized program per child, per season. (Summit resident only).

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## FALL Dance & Movement for Older Youth with Special Needs



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Youth (ages 10-15) will have a blast learning new ways to move to their favorite music while working together with peers to begin to master the art of dance.

### These dance and movement activities will help build:

- Strength and flexibility
- Gross motor coordination
- Teamwork
- Confidence from learning a new form of expression



Teen Peer Mentors will be on hand to assist and help the kids have fun!

Participants will have fun and be able to participate at their own pace!

**Time:** Sundays, 10:00-10:45 am or 12:40-1:25 pm (final time TBD by group consensus)

### Fall 2016 dates:

- Series A: October 23 - November 6
- Series B: November 20 - December 11 (no class 11/27)

**Location:** Summit Community Center (in the Benson Room), 100 Morris Avenue

**Instructor:** Michele Goldin, Expert Dance & Movement Therapist

**Cost:** \$55 series A; \$40 series B

Financial assistance may be available based on the Federal Free and Reduced Lunch Program. One subsidized program per child, per season. (Summit resident only).

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Contact [summitcan@gmail.com](mailto:summitcan@gmail.com) for information about other programs/events for special populations.



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