



ACTIVITY Connection

Sports • Recreation • Social Programs

Summer 2021

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



We are so excited to be running classes this Summer!
Summer registration opens on Saturday, April 24th at 8:30 am

We are excited to continue offering virtual programs and in person programs as well!

Pre-registration is required for all programs so staff can plan accordingly.

To register visit

www.childrens-specialized.org/recreation

Or call (908) 301-5548.

For Web Connection programs, registrants will receive a preparation email two days prior to the program with the program web link and instructions on how to join virtually each week. 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.

PLEASE NOTE: At this time siblings are not permitted to attend in person programming unless registered for the program. This is a CSH/RWJBH Safety Policy put in place to limit contact and promote a safe environment during these uncertain times.

[Click here](#) 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.

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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.

Medical Packet

If your child is participating in a **In Person Program** they **will** be required to have a completed Medical Packet before starting the program – No Exceptions.

If your child is participating **virtual programs**, a signed physician Medical Packet is **not required**. Due to participation happening in the comfort and safety of your own home, we do require the Web Connection Consent Form to be completed and signed prior to the first day of classes.

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 for Friday Night Fever and summer camps. Recreational therapy evaluations are held Tuesdays and Thursdays between 3:00pm and 5:00pm. Call (908) 301-5548 to schedule an appointment.

www.childrens-specialized.org/recreation

(908) 301-5548

Web Connection: Active

Yoga

Ages 10 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.

Date: Monday, June 7 – July 19th (*No class 7/5)

Ages 10-14: 6:15pm-7:00pm

Ages 15-21: 7:05pm-7:50pm

Fees: \$60 for 6 weeks



Zumba

Ages 7 to 21 years old

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.

Date: Saturday, June 5 – July 17

Ages 7-13: 10:30am-11:00am

Ages 13-21: 11:05am-11:35am

Fee: \$70 for 7 week session





Web Connection: Expressive Arts

Craft Corner

Ages 7 to 21 years old

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, tissue boxes and any other reusable items your child may want to reimagine! **Participants must provide their own materials; a list of materials will be sent in advance.*

Date: Tuesday, June 1 – July 13

Ages 7-13: 5:30pm-6:15pm

Ages 13-21: 6:20pm-7:05pm

Fee: \$49 for a 7 week session

Musical Me

Ages 7 to 21 years old

Music is a motivating, enjoyable and fun way to learn new strengths and successes. Our new music classes aim to provide a therapeutic music experience for children of all abilities. Participants will learn how to use music as a form of play, different types of instruments, self-expression and more!

Date: Wednesday, June 2 – July 14

Ages 7-13: 5:45pm-6:15pm

Ages 13-21: 6:20pm-7:00pm

Fee: \$70 for a 7 week session





Web Connection: Social

Teen Nights – Ages 13 to 21

Teen Night – Wild Crafts

Let's have a hoot and make some fun crafts with things around your house! Join us for creating fun woodland creatures and coming up with fun adventures for them to go on.

Date: Friday, June 4

Time: 6:30pm-7:15pm

Fee: \$7

Teen Night – Make a Pizza!

Are you ready for a pizza party? Come out your kitchen skills to the test and have fun while making own pizza with whatever toppings you love! Whether it's cheese, pepperoni, or pineapples you love on your pizza, all are welcome!

Date: Friday, July 16

Time: 6:30pm-7:30pm

Fee: \$7

Teen Night – Disney Trivia

Let's test your Disney knowledge! Guess the character based off descriptions, songs, and characteristics!

Date: Friday, July 30

Time: 6:30pm-7:15pm





Web Connection: Social

Teen Nights – Ages 13 to 21

Teen Night – Play with Clay Day

Come make your own air dry clay with us. We'll use a recipe to make your very own clay to play with during our session, with friends, or any other time.

Date: Friday, August 13

Time: 6:30pm-7:15pm

Fee: \$7

Teen Night – Learn to Tap Dance

Are you ready to make some noise? Get ready to tip tap your way to fun while learning some of the basics of tap dancing, and rhythm. Participants will have the opportunity to develop improved balance and physical skills.

Date: Friday, August 27

Time: 6:30pm-7:15pm

Fee: \$7



In Person: Active

Martial Arts: Dragon Warriors 7 to 13 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.

Date: Wednesday, June 1 – July 14

Time: 6:30pm-7:10pm

Fee: \$105 for 7 week session



Martial Arts: Mighty Ninjas 13 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 (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.

Date: Wednesday, June 1 – July 14

Time: 7:20pm-8:00pm

Fee: \$105 for 7 week session

Location for Martial Arts Classes: Mountainside Borough Soccer Field
1395 Route 22 Mountainside, NJ 07092



In Person: Active

Field Games

Ages 3 to 18 years old

Field Games is an outdoor program that provides fun for all levels. Kids will play a variety of games such as soccer, SPUD, Frisbee and more! Sessions will include warm ups games, drills, and activities to get the body moving, work as a team, and learn techniques for each activity.

Dates: Tuesday, June 1 – July 13

Ages 3-6: 5:15pm-5:50pm

Ages 7-10: 6:00pm-6:40pm

Ages 10-18: 6:50pm-7:30pm

Fee: \$70 for 7 week session

Location: Mountainside Borough Soccer Field 1395 Route 22 Mountainside, NJ 07092



In Person: Active

Creative Movement Ages 3 to 6 years old

Have fun while we explore music and movement! Learn to dance, move and socialize through the use of our body mechanics and imagination! Participants will have the opportunity to work on developing physical skills, channeling energy, stimulating energy and creativity through music and dance!

Dates: Thursday, June 3 – July 15

Time: 5:15pm-6:00pm

Fee: \$70 for 7 week session

Location: Mountainside Borough Soccer Field 1395 Route 22 Mountainside, NJ 07092





In Person: Social

Teen Night – Lip Sync Battle Ages 13 to 21 years old

Let's see who has the best lip singing out there! Join us in a one night only show and tell of your lip singing talent. For this event please come with two songs you want to lip sing to your friends. You can dress like your favorite celebrity, and use props to show everyone your musical talent! Please make sure the song you give is appropriate or we will ask you to pick a different song.

Date: Friday, June 18

Time: 5:30pm-7:00pm

Fee: \$20

Location: Mountainside Borough Soccer Field 1395 Route 22 Mountainside, NJ 07092





In Person: Camp

Camp Pal's Paradise Ages 8 to 15 Years Old

Pals Paradise is a one-week inclusive day camp for children with special needs. Families may register an additional child (sibling or friend) without disabilities to participate in this camp. Activities include cooperative games, crafts, sports, water play, special visitors, and music.

Children with special needs are provided with supervision from staff Children's Specialized Hospital. Children attend camp for 1 week from Monday-Friday, AM or PM Session. Campers must pack their own snacks, no food will be provided.

Transportation to and from camp is not provided.

Campers can only be registered for one session, AM or PM.

Monday, August 16 – Friday, August 20, 2021

Camp	AM Session: 9:00am – 12:00pm	\$175
	PM Session: 1:00pm – 4:00pm	
Before Care (AM only)	8:00am – 9:00am	\$7
After Care (PM Only)	4:00pm – 5:00pm	\$7

**Campers must be registered in advance for Before/After Care*

Location: Liberty Hall, Kean University 1003 Morris Ave Union, NJ 07083



Camp
registration
closes April
30th!

In Person: Camp

Camp BECOME

Ages 4 to 10 Years Old

Camp BECOME is a 3 week therapy intensive program run by the Community Recreation and Occupational Therapy Departments at Children's Specialized Hospital. Constraint Induced Movement Therapy can be used to improve the strength and function of an upper extremity impacted by hemiparesis, resulting at birth or a traumatic brain injury. It involves "constraining" the strong or unaffected arm using a removable cast. This approach allows the child to only use their affected or weaker arm during play and recreational activities. Individualized and intensive bimanual and unilateral activities will be provided within individual and group formats, each focusing on the child's ability to use their affected arm alone, or both arms together. All program staff are sensitive to each child's needs and provide support to each participant to help them reach their full potential and achieve their goals.

Campers are provided supervision from staff & volunteers from Children's Specialized Hospital. Children must attend camp for all 3 weeks Monday through Friday. Campers must provide their own snacks, no food will be provided. Transportation to and from camp is not provided.

Monday – Friday, July 5 – July 23, 2021

Camp	8:30am – 1:00pm	\$300
Before Care	8:00am – 8:30am	\$5 per day
After Care	1:00pm – 2:00pm	\$7 per day

**Campers must be pre-registered for before/after care,
Campers registered for after care must bring lunch.*

Location: Liberty Hall, Kean University, 1003 Morris Ave Union, NJ 07083

www.childrens-specialized.org/recreation



Camp
registration
closes June
1st!

Virtual: Camp

Camp Chatterbox Summer Hangout!

Ages 5 to 22 Years Old

Camp Chatterbox is a one week overnight camp for children and young adults, ages 5-22, who use synthesized Augmentative and Alternative Communication (AAC) devices. All campers participate in a range of social, recreational, and educational activities to promote use of their communication systems and interact with other children. Therapy activities are led by licensed and ASHA Certified Speech-Language Pathologists, special education teachers, recreational therapists, and other qualified professionals. Activities facilitate AAC device use throughout the day, and help build expressive language and critical thinking skills in a fun and functional environment. In addition, recreational activities include swimming, nature exploration, art, and sports. Each evening, campers, siblings, parents, and staff gather for activities such as campfires, dances, and a camp talent show.

To assist you with making the challenges and activities as awesome and creative as possible, we will be providing each camper with our camp "Swag Bags" - we will be sending each camper one box packed with a variety of items, surprises and a camp T-Shirt for each family member that orders one. Our goal for virtual camp is to keep you and your kids connected to us and their friends while providing fun activities you can all participate in from the comfort and safety of your own home.

Sunday, August 22 – Friday, August 27, 2021

Summer Hangout Fee

\$50 per household

www.childrens-specialized.org/recreation



Web Connection: Social

Friday Night Fever

Ages 13-21 Years Old

Friday Night Fever is a membership-based social program for teens and young adults. This program provides monthly events on site and in the community for members to hangout with each other, try new activities, increase independence and meet new friends.

Criteria:

1. Demonstrate the ability/desire to initiate and respond to social interactions
2. Able to communicate with volunteers and peers via communication device or verbally
3. Able to follow group rules and directions in public settings independently or with reminders

Register: Participants who wish to participate in this group must meet the above criteria and will be screened and selected prior to attendance.

Fee: \$300 Annual Membership Fee

**** 2021 Fee is \$100 due to programs being offered virtually.**

Locations: Mountainside and Toms River Areas



Click here to fill out the [Friday Night Fever Interested Participant Application](#).



Lightning Wheels

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.



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.

Cancellations and Refunds

Since every program is staffed and designed to each child's specific needs, refunds are not available for cancellations after one 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 to 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. Our programs run at maximum capacity, and are designed for children with special needs. Therefore routines and special supports are put into practice for individual children, therefore 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.

www.childrens-specialized.org/recreation

Activity Connection Staff

Program Coordinating Staff

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

Recreation Therapists

- Megan Keogh, CTRS, CCLS, CPST
- Nicolas Mercadante, CTRS
- Anthony Manduca, CTRS
- Brielle Downes, CTRS
- Laura Caligiuri, CTRS

Program Assistants

- Kayla Tlatelpa
- Danielle Jaffe
- Shadya Hamdan

Program Instructors

- Wazir Barnes Reid – Martial Arts Instructor
- Giulia Vitolo, CTRS, CPST – Sports Coach
- Kelly Winkler – Yoga Instructor
- Demetria Sardo, BCMT (board certified music therapist)
- Lucy Santiago – Art Instructor

Friday Night Fever Coordinators

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