

Cardinal Cushing Centers
Community Recreation Program
Spring/Summer 2011



All Ages. All Abilities. All Together

Spring Session 2011

Saturday, April 9th to Saturday, June 11th

Please contact the Cardinal Cushing Recreation Department
at 781-829-1295 or

tmcelman@coletta.org



The recreation department at Cardinal Cushing Centers is welcoming the community to join in our activities. We realize that many programs have been eliminated in our local community, or simply not available for people with challenges. We run a variety of activities for children, and young adults, with cognitive challenges ages 10 and up to adults.

April School Vacation Recreation Program

April Vacation: April 19th—April 22rd, 2011

Tuesday to Friday 9:00 a.m. to 3:00 p.m.

\$60. 00 per day or \$240. for the week

\$30.00 per day for the extended day

3:00 p.m. to 5:00 p.m. (min. of 3 required)

Your child will join in a variety of physical, social and cultural activities on and off the Cardinal Cushing School campus. Activities will include sports, arts & crafts, music, swimming at the Percy Walker Pool in Duxbury, bowling at Boston Bowl, Big Apple Circus, and more.

Please bring a bag lunch

Saturday Morning Activities

Spring Workout & Fitness

Learn the basics of staying fit during the long winter. This 8 week program will focus on getting fit using light hand weights, exerciser balls, fitness bands and an introduction to tread mills, Stair-master and weight training machines. The group will participate in a variety of activities lead by our Adapted Physical Education instructor.

Saturdays: 9:30—10:30 a.m.

Cost: \$80.00 for the 8 week session

Location: Kennedy Building



The Rhythmic Art Program



Thanks to the Eddie Tuduri "TRAP" program, we will provide a new and exciting way for your child to express themselves through using drums and other percussion instruments. Rhythm Therapy is great for

those with Autism and other challenges. Skills that are addressed include: physical strength, cognitive skills, coordination skills, social and recreational skills. **OPEN TO ALL AGES**

Saturdays: 9:30 -10:30 a.m.

Cost: \$80.00 for the 8 week session

Location: Kennedy Building

Saturday Morning Activities

Adventures in Cooking



This course is designed to teach about healthy and fun foods. A variety of cooking techniques will be introduced.

The goal of this course is to teach the basics of an important life long skill and to promote healthy eating habits.

Saturday Mornings: 10:30 - 11:30 a.m.

Cost: \$80.00 for the 8 week session

Location: Kennedy Building

Special Olympic Track & Field

Our Special Olympic Track & Field team will practice on our 200 meter track and will have the opportunity to pick two events they would like to train for.

Track events include the mile walk or run, 100 meter or 200 meter run or walk. Athletes will have the chance to participate at the Sp. Olympic assessments at Brockton High School and attend the 2011 Massachusetts Sp. Olympic Summer Games in Boston.



Saturdays: 10:30 to 11:30 a.m. or Tuesdays 3:30—4:30

Cost: \$80.00 for the 8 week session

Location: Cardinal Cushing Track .

Saturday Morning Activities

Spring & Summer Young Athlete Program

This program, in conjunction with the Massachusetts Special Olympics, will offer children with developmental disabilities under the age of 8 years old, and their families, the chance to develop beginner sport skills through fun activities. The program is held in our gymnasium with full use of all of our equipment including our rock climbing wall. In June, these children will have the opportunity to use our heated outdoor pool for fun and to develop beginner swimming skills. Our pool is staffed by certified Water Safety instructors and American Red Cross Life Guards

Saturday Mornings: 10:00 –11:30 a.m.

Cost : \$50.00 for the session
(April—June)

Location: Gym & pool



Saturday Social Skills Hour

Participants will have the opportunity to get together with peers and learn some important social behaviors. The group will use the Circles Program to focus on personal space and stranger danger. We will also use the First Impressions Curriculum to learn eye contact, tone of voice, and good hygiene. This group will use games and social activities to help foster friendships.

OPEN TO ALL AGES !!

Saturdays: 11:30 a.m. -12:30 p.m.

Cost: \$80.00 for the 8 week session

Location: Kennedy Building



Cardinal Cushing Sp. Olympic Programs

Comets Volleyball Team

Learn basic volleyball skills, serving, score keeping, and playing games. Team members will have the opportunity participate in the Massachusetts Sp. Olympics held in June. The Cardinal Cushing Gym is air conditioned for the comfort for all participants

Thursdays: 6:00—7:00 p.m.

Cost: \$150.00 to include Sp. Olympics Summer Games June 18 & 19 at Harvard University

Location: Cardinal Cushing Gym

Cardinal Cushing Swim Team



Join our swim team every Tuesday afternoon to train for the Southeast Special Olympic Assessment round held in May, or come to get in shape and improve your swimming skills. We train at the Percy Walker Pool in Duxbury. The pool is

staffed by American Red Cross Lifeguards and our coaches are certified by Sp. Olympics and the Rec. Staff with her American Red Cross WSI Certificate.

Tuesdays: 3:00—4:00 p.m. (we depart Hanover at 2:30)

Cost; \$150.00 to include Sp. Olympic events

Location: Percy Walker Pool, Duxbury, Ma.

Ongoing Programs

Zumba Aerobics

Join the Latin dance fitness craze with our qualified instructor for a fun filled hour of dance and exercise. Get in shape for this summer with this new and exciting fitness routine.

All you need is sneakers and the ability to shake your hips.

Wednesdays: 5:00 -6:00 p.m.

Cost: drop in class—\$10.00 per week

On going program Sept—June

Location : Cardinal Cushing Gym

Cardinal Cushing Bike Club

Learn the rules for safe bike riding, get in shape and have fun while enjoying this life long recreation activity. We have groups for all abilities and ages riding around Hanover or enjoying riding around our beautiful campus. Trips can include Wompatuck State Park, Cape Cod Canal Trail and other bicycle locations.



Days are determined by ability

Cost; \$80.00 for 8 weeks

Location: Cardinal Cushing Recreation

Summer Programs

Summer Break Program

Participants will enjoy swimming, hiking, arts & crafts, team sports, bowling, archery, cooking, fitness and challenge course activities.



Field trips will include Boston Swan Boats, Lobster Tales Excursions in Plymouth and more.

Monday to Friday 9:00 a.m. to 3:00 p.m.

Session 1: June 27 to July 1, 2011

Session 2: August 29 to Sept 2, 2011

Cost: \$60.00 per day/extended day 3:00—5:00: \$30.00

Location: Cardinal Cushing Recreation Center

Summer After School Recreation Program

Staffed by Cardinal Cushing teacher assistant, 1:4 ratio of staff to students. Activities will include: arts and crafts, cooking, fitness, bowling, archery, swimming, water aerobics.

Monday July 6th to Thursday August 12th

2:45 to 5:00 p. m.

Monday to Thursday

Cost: \$30.00 per day

Location: Cardinal Cushing Recreation Center



Summer Programs

Comet Softball Teams

We have two teams to accommodate different skill levels. Our higher level team plays games against other local teams and will attend Special Olympic Assessment Round. While our lower level will learn the basic skills. Each player will practice finding the proper glove and how to properly put it on and getting all the fingers where they are supposed to be and how to take care of your glove.



Wednesdays: 4:00 –5:00 p.m. (Higher level)

Cost: \$150.00 for the season (April—August)

Mondays: 4:00—5:00p.m (lower ability)

Cost: \$80.00 (May, June & July)

Water Aerobics

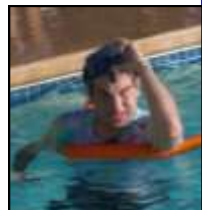
Enjoy the summer in our 4 foot outdoor heated pool while doing water aerobics. This is a great way to stay in shape and have fun while exercising to music. The program is lead by a certified American Red Cross Life-guard and is under the watchful eyes of 2 certified life-guards. Swimming experience is not necessary.

Wednesdays: 3:30—4:30 p.m.

July 6th to August 10th

Cost: \$10.00 drop in class

Location: Cardinal Cushing Pool



Sibshop Workshop

The Sibling Support Project is an opportunity for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational context. Sibshops are designed for school age children that provide peer group support through fun and interactive activities. Sibshops are not therapy, although their effect may be therapeutic for some children. Sibshops recognizes that most brothers and sisters of people with special needs are doing well, despite the challenges of an illness or disability.

Program details: The second Saturday of each month, beginning in May, minimum of 4 needed.

Time: 10:30 a.m. —12:30 p.m.

Cost: \$15.00 Lunch is included

Location: Kennedy Building

Birthday Parties & More

- **Birthday Parties** in our multi Recreation Hall equipped with basketball game, air hockey, pool table & more or in our full size gymnasium, and during the summer we have a beach entry pool
- **Adventure Birthday Parties** in our indoor & outdoor Challenge Course. Build confidence, increase group cooperation, take a chance on our 100 foot zip line.
- Design your own party... climb inside or out, play games, basketball in our full sized gym.
 - Available for all ages & abilities

Spring/Summer 2011 Registration

PERSONAL INFORMATION:

Name _____

Address _____ City _____

Home Phone _____ Cell _____

Email _____

DOB _____ Male ___ Female ___

Diagnosis: _____ Other Health Concerns:

PROGRAM REGISTRATION:

Saturday Morning Program: ___ Spring
 ___ Young Athletes Program Workout
 spring/summer

 ___ Adventures in Cooking ___ Rhythmic Arts

 ___ Social Skills Hour ___ Track & Field

Weekday/ drop in Programs: ___ Zumba

 ___ Sp. Olympic Volleyball ___ Track & Field

 ___ Softball Team 1 ___ Softball Skills Team

 ___ Water Aerobics

Other: ___ Sibshop Workshops ___ April Vacation

 ___ June Break ___ August Break

 ___ Summer Afterschool Recreation Program

**PARENT/GUARDIAN RELEASE FORM TO BE COM-
PLETED UPON ACCEPTANCE TO THE PROGRAM**

PLEASE RETURN TO:

Cardinal Cushing School Rec. Dept.

405 Washington St.

St. Hanover, Ma. 02339

Cardinal Cushing Adult Athletic Program

Cardinal Cushing Centers now offers community participation to join its Adult Athletic Program for individuals with intellectual disabilities over the age of 22. This very successful program has been in existence since 1997, improving lives by building self confidence, positive self-images, promoting healthy lifestyles, teaching team work, as well as respect for one another, socialization and fun.

April 2011: Unified Volleyball, traditional volleyball, & track

September 2011: Soccer, candlepin bowling, & golf

mlelakes@coletta.org or 781-829-1246

Team Building & Challenge Course Programs

Cardinal Cushing Centers is proud to offer team building programs for any group or organizations. Our indoor and outdoor Challenge Course help individuals and groups increase their sense of personal confidence, build mutual support, and increase levels of physical coordination.

A one day Challenge Course Team Building Program includes several lead up activities to help the group begin to work together. Moving on, the group will learn about the equipment involved with our Challenge Course. Our course begins at 4 feet off the ground and ends at our Zip line at 30 feet in the trees.

For more information please contact
tmcelman@coletta.org or 781-829-1295