

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.

Winter 2010: Basketball—Mondays at 6:00 p.m.

April 2010: Unified Volleyball, traditional volleyball,
track & field

September 2010: Soccer, candlepin bowling, & golf

Our Athletic program is totally supported by volunteer coaches and coordinated out of the Volunteer Service Office.

Please contact Margaret LeLakes
mlelakes@coletta.org or 781-829-1246

Cardinal Cushing Centers Community Recreation Program Winter 2010



Be A Part Of Our Team

Winter Session 2010

Monday, January 18th to Saturday, March 20th

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 children with challenges. So come join us. We run a variety of activities for children, and young adults, with cognitive challenges ages 10– 22 years old.

February & April School Vacation Recreation Program

February Vacation: February 16th—February 19th, 2010

April Vacation: April 20th—April 23rd, 2010

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

Tuesday to Friday

\$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, cooking, bowling at Boston Bowl and more.

Please bring a bag lunch

Winter 2010 Registration Form

PERSONAL INFORMATION:

Name _____

Address _____ City _____

Home Phone _____ Cell _____

Email _____

DOB _____ Male ___ Female ___

Diagnosis: _____ Other Health Concerns: _____

Toilet Trained? Yes ___ No ___

Assistance needed: _____

General & Behavioral Information: _____

How does your child communicate his/her needs or wants ? _____

PROGRAM REGISTRATION: **NO PROGRAM FEB. 13TH**

Saturday Morning Program: ___ Rhythmic Arts ___ Winter
___ Young Athletes Program _____ Workout

___ Adventures in Cooking ___ Scrapbooking

___ Social Skills Hour ___ Basketball Skills

Weekday/ drop in Programs: ___ Yoga ___ Zumba

___ Sp. Olympic Basketball ___ Cheerleading

___ Pep Squad ___ Nordic Skiing

Other: ___ Sibshop Workshops ___ February Vacation

___ April Vacation

**PARENT/GUARDIAN RELEASE FORM TO BE COMPLETED
UPON ACCEPTANCE TO THE PROGRAM**

PLEASE RETURN TO: Cardinal Cushing School Rec. Dept.

405 Washington St.

St. Hanover, Ma. 02339

Cardinal Cushing After School Recreation

Staffed by Cardinal Cushing staff with a 1 to 4 ratio of staff to students. The program meets each afternoon in our student lounge, equipped with a dvd player, stereo, Wii play system, a full kitchen, with access to our Rhythmic Arts and Yoga rooms.

Snacks provided each day

Mon.—Arts & Crafts

Tue.—Sports & fitness

Wed.— Cooking

Thurs.—Bowling



On going Sept. to Aug.

Monday—Thursday

2:45—5:00 p.m.

Cost: \$30.00 per day

Cardinal Cushing Centers, Inc. adheres to a non-discrimination policy in its provision of services to its clients and in its employment practices as an Equal Opportunity Employer. Our full non-discrimination policy can be found on our web page at www.coletta.org.

Cardinal Cushing Centers, Inc. is a 501(c)(3) non-profit organization. Its programs are approved by the Massachusetts Department of Elementary & Secondary Education, the Department of Early Intervention & Care and the Department of Developmental Services.

We also work closely with the Massachusetts Department of Children & Families.

Sponsored by:



Cardinal Cushing Special Olympic Basketball Program

Team members practice basketball skills, play games against other Special Olympic teams, attend the Southeast Special Olympic Basketball Assessment Round at Stonehill College and have the opportunity to participate at the 2010 Special Olympic Winter Games in Worcester. We offer a wide range of basketball teams from a very high and intensive program to a basketball skills program.



Uniforms are provided .

Team 1—Mondays 3:15—4:30 p.m. (high ability)

Team 2—Tuesdays 3:15—4:30 p.m. (medium ability)

Team 3—Wednesdays 3:15—4:30 p.m. (low ability)

Team 4—Thursdays 5:30—6:30 p.m. (medium ability)

Sp. Olympic Teams: Beginning January 19th—March 14th, 2010

Cost: \$150.00 for the season

Basketball Skills Program

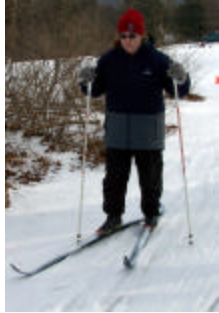
This program is designed for players with beginner basketball skills. The focus will be on basic ball handling skills, shooting, passing, catching and passing. Playing games with Boston College High volunteers, having fun and getting in shape.

Tuesdays: 5:15 to 6:00 p.m. or **Saturdays:** 11:30 to 12:30

Cost: \$80.00

Location: Cardinal Cushing Gym

Sp. Olympic Nordic Ski Team



Athletes will practice classic Nordic ski styles as they learn the life long recreational skill. Nordic skiing is a great outdoor activity for all fitness levels. Athletes will have the opportunity to compete at the Sp. Olympic Assessment Round held in February. Equipment is included.

Practice will be held with or without snow thanks to a generous donation of Nordic track ski machines.

Winter Session: Tuesdays 3:30—4:30 p.m.

Cost: \$80.00 per session

Location: Recreation Hall

Cardinal Cushing Cheerleading & Pep Squad

Cheerleading provides an opportunity to develop coordination and socialization skills, while improving self confidence and enhancing self esteem. Cheerleaders and members of the Pep Squad will learn cheers, chants and dance routines that are geared to the fitness level of the squad. They will compete at the Newton Yellow Cab Cheerleading Tournament, and will cheer for the basketball games. Uniforms will be provided.



Cheerleading Practice: Tuesdays 6:30—7:30 p.m.

Pep Squad Practice: Thursdays 3:30—4:30 p.m.

Cost: \$150. 00 for the season

Sibshops Support Group

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.

Goal 1: Sibshops will provide brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed, recreational setting.

Goal 2: Sibshops will provide brothers and sisters with opportunities to discuss common joys and concerns with other siblings of children with special needs..

Goal 3: Sibshops will provide siblings with an opportunity to learn how others handle situations commonly experienced by siblings of children with special needs.

Program details: The second Saturday of each month, beginning in February.

Time: 10:30 a.m. —1:30 p.m.

Cost: \$15.00

Lunch is included

Location: Kennedy Building



Saturday Morning Activities

Scrapbooking

Your child will enjoy preserving school and holiday memories in the fun, easy and relaxed program. Scrapbooking is a great way to showcase family history and preserve memories. All materials are provided. Students only need to bring photos, souvenirs, memorabilia and their imagination to have fun



saving these treasures forever.

Saturdays: 10:30—11:30 a.m.

Cost: \$80.00 for the 8 week session

Minimum of 4 needed

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.

Saturday Mornings: 10:00 –11:30 a.m.

Cost : \$50.00 for the 8 week session

Location: Gym

Yoga

Learn the ancient art of meditation and physical well being. Use stretching and relaxation to create balance throughout your body. Find inner peace through breathing and meditation that will help you focus and relieve inner stress. Each class will contain exercises, poses, and meditation which have specific physical benefits. The course is lead by a certified yoga trainer.



Mondays: 5:45—6:30 p.m.

Cost: Drop-in class for \$10.00 per session

On going program Sept—May

Location: Kennedy building

Zumba Aerobics

Join the Latin dance fitness craze with our certified “Zumba” aerobics 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—May

Location : Cardinal Cushing Gym



Saturday Morning Activities

Winter Workout & Fitness

Work off the winter blues by getting active and having fun at the same time.

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, Stairmaster and weight training machines. The group will participate in a variety of activities lead by Cardinal Cushing School staff and our Adapted Physical Education instructor.



Saturdays: 9:30—10:30 a.m.

Cost: \$80.00 for the 8 week session

Location: Kennedy Building

Adventures in Cooking

This course is designed to teach the students about healthy and fun foods. A variety of cooking techniques will be introduced. Learning to be more comfortable in the kitchen will lead to a healthier diet. 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

Saturday Morning Activities

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.

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

Cost: \$80.00 for the 8 week session

Location: Kennedy Building

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.

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

Cost: \$80.00 for the 8 week session

Location: Kennedy Building