



Cardinal Cushing Centers Hanover



Young Athlete Recreation Program

Summer 2009

This new program in conjunction with Massachusetts Special Olympics will offer children with developmental disabilities under the age of 8 and their families an opportunity to develop beginner sport skills through fun activities that promote physical fitness. In addition, these children will have the opportunity to use our outdoor swimming pool for fun and to develop beginner swimming skills.

The program will run on Saturday mornings. For more information please contact the Cardinal Cushing Recreation Department.

Summer Fins/Swim Program

Swimming is a great way to get in shape and enjoy the summer months. Cardinal Cushing will offer a fun swimming hour that will focus on improving swimming skills, learning basic water safety techniques and having fun. Our four foot pool with a beach entry and water toys is a great way to spend a summer day.

Times & dates will be determined

Please contact the Recreation Department if interested.

Tom McElman
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 Hanover, MA 02339
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www.coletta.org

Cardinal Cushing Centers Community Recreation Program Late Spring / Summer 2009



Be A Part Of Our Team

Creating an opportunity for your child to make friends, achieve better self esteem, and to improve social and recreational potential through team and individual sports and recreation activities.



**Cardinal Cushing Centers
is opening it's doors to the community!**

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.

Late Spring Session:

Every Saturday from May 2 to June 13, 2009

Summer Session:

Tuesday July 7 to Saturday, August 15, 2009

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

tmcelman@coletta.org

So that we may serve you best, a more detailed registration form must be completed upon enrollment.

**Spring/ Summer 2009 Recreation Program
Community Pre-Registration Form**

PLEASE REGISTER ME FOR THE FOLLOWING PROGRAMS

- | | |
|---|---|
| <input type="checkbox"/> Fitness fun | <input type="checkbox"/> "Zumba" |
| <input type="checkbox"/> Saturday morning Social Hour | <input type="checkbox"/> Water Aerobics |
| <input type="checkbox"/> Cooking for the beginner | <input type="checkbox"/> Archery |
| <input type="checkbox"/> Scrapbooking | <input type="checkbox"/> Softball/T Ball |
| <input type="checkbox"/> Rhythmic Arts | <input type="checkbox"/> April Vacation Program |
| <input type="checkbox"/> Arts & Crafts | <input type="checkbox"/> June program |
| <input type="checkbox"/> Volleyball | |

Suggestions for future programs: _____

Payment Must Accompany Completed Registration Form.

Please make checks/money orders payable to Cardinal Cushing Centers and return the completed form with payment.

A parent/Guardian release form must be signed upon acceptance to the program.

Cardinal Cushing Centers, Inc. adheres to a strict 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:



 **Spring/ Summer 2009 Recreation Program
Community Pre-Registration Form** 

Personal Information

Participants Name: _____
 Parent/Guardian: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Home Phone: _____ Cell: _____
 Email: _____ DOB: _____
 Male ___ Female ___

Health History

Diagnosis: _____
 Other Health conditions: _____

 Allergies: _____ Epi Pen _____
 Asthma: Yes No inhaler? _____
 Visually Impaired? Yes No
 Hearing Impaired? Yes No
 Toilet Trained? Yes No
 Menstruating? Yes No
 Assistance needed if any: _____

General and Behavioral Information:

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

 To help us service your child better, please describe any behavioral issues your child has:

 Is your child able to follow multiple step directions: _____
 Any other pertinent information you feel we should know? _____

 **April School Vacation
Recreation Program** 

**April 21st – April 25th
9:00 a.m.– 3:00 p.m.**

Cost: \$ 60.00 per day or \$240. 00 for the week
 \$20 per day extra for the extended program

Tuesday—Friday 3:00 p.m.—5:00 p.m.

Participants will join in a variety of physical, social and cultural activities on and off the Cardinal Cushing School campus. Activities will range from team sports, social skills, cooking, bowling and swimming at the Percy Walker Pool in Duxbury. Lunch will be included.

 **2 Week Summer Program** 

**June 22 - July 3 & August 24 - Sept 4
Monday through Friday
9:00 a.m. to 3:00 p.m.**



Cost: \$60. 00 per day or
 \$480. 00 for the two weeks

Extended day: \$20.00 per day extra (3:00 p.m.—5:00 p.m.)

Participants will enjoy swimming, hiking, arts & crafts, team sports, bowling, archery, challenge course activities. Field trips to Boston and a Capt. John’s Whale Watch out of Plymouth (June) and a day at Camp Kiwanee in Hanson (August). Our outdoor pool is staffed by American Red Cross Lifeguards.

Social Programs

Monthly Dances

Dances are held each month on Friday, Saturday, or Sundays. Each month participants will have the opportunity to interact and have fun with other children in their age group. Themed dances are offered throughout the year depending on the month. Music is provided by our resident D.J. Snacks and refreshment are served.

Parents can stay with their child for \$10.00 or we offer supervision from our qualified staff for an additional fee of \$15.00

Caribbean Day Celebration Pool Party— Saturday, July 18th
2:00 p.m. to 4:00 p.m.

Mid Summer Night Semi Formal—Saturday, August 8th
6:00 p.m. to 8:00 p.m.

Water Aerobics

Wednesdays
3:30 p.m.—4:15 p.m.
6 week session
\$ 70.00 per session



Course Description:

Enjoy a summer afternoon in our 4 foot outdoor pool while doing water aerobics. This is a great way to stay in shape and have fun while exercising to music. Swim noodles, kickboards, dive toys will all be a part of this fun and fit hour in our beach entry pool. The pool is located behind the Kennedy building and is staffed by American Red Cross Lifeguards. Swimming experience is not necessary.



Scrapbooking

Summer session: Wednesdays

3:30 p.m.—4:30 p.m.

July 8th to August 5th

Cost \$ 70.00



Course Description:

Enjoy preserving your school and summer memories in this fun and relaxed program. Scrapbooking is a great way to save all of your experiences and family history. All materials are provided, all you have to bring is your photos, memorabilia, souvenirs and your imagination to have fun saving these treasures forever.

“Zumba” Aerobics

Wednesday evenings 5:30 p.m.—6:30 p.m.

Cardinal Cushing gym

Drop in class for \$10.00 per week

Or join for 6 weeks for \$50.00

Course Description:

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 the summer with this new and exciting fitness routine. All you need is sneakers and the ability to shake your hips.



Volleyball

Beginning April 2nd to June 11th

Summer Session: July 9th to August 6th

10 weeks for \$100.00

Thursdays 6:30 p.m. -7:30 p.m.

Learn the basic volleyball skills, serving, keeping score, and playing games for fun and fitness. Team members will be eligible to participate in the Mass Special Olympics.

Massachusetts Special Olympic Summer Games is held the weekend of June 19th.

The Cardinal Cushing gym is air conditioned for the late spring & summer sessions.



Archery

Thursdays 3:30 p.m-4:30 p.m.

Thursday July 9th to Thursday August 6th

6 week session for \$70.00 per session

Course Description:

Archery historically was used in hunting and combat. Today it has become a precision sport. Archery is a great way to improve hand/eye coordination, muscle control and focusing. The goal of the program is to allow the participants the opportunity to learn about the different types of bows and arrows while shooting at targets in a safe and well managed area on our campus.



Social Skills

Saturday Morning Social Hour

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

6 week session, May 2nd—June 13th

cost is \$70

Course Description: 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.



Creative Arts Programs



Rhythmic Arts Program

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

6 week session for \$70.00

Course Description:

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.



Creative Arts Programs

Cooking for the beginner Chef



Saturdays 10:30 a.m.-11:30 p.m.

Instructors:

Kristen Scalata & Darrin Brown

6 week session for \$70.00

Course Description:

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.

Art Work Shop

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

Instructor: Terri Keenan

6 week session for \$70.00

Course Description:

Create beautiful art work using a variety of materials. Some projects will take more than one week to complete, while others can be brought home after just one class.

All materials will be provided.

Limit: 6-8 students

Fitness Programs

Softball/T ball

Saturdays 11:30 a.m.—12:30 p.m.

6 week session for \$ 70.00 per session



Course Description:

The goal of this is for participants be exposed to the basics of playing softball, catching throwing, batting, running the bases. 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. Everyone gets to hit and no one ever gets out, we play for fun and exercise and to learn the basics of the games.

Fitness Fun

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

Instructors: Darrin Brown & Kristen Scalata

6 week session for \$60.00

Course Description:

The goal of this program is for the participants to begin the life skill of keeping active and fit. Learn the basics for staying fit while having fun. This 6 week program will focus on keeping fit using light hand weights, exercise balls, fitness bands, an introduction to tread mills and weight training machines. Participants will exercise using a variety of equipment and activities to include hiking on our fitness trails.