

Music, Movement, Swim & Gym Programs

This Spring the Autism Resource Center will offer programs for your child, made possible through YOUR fundraising efforts. Classes are offered across the region, and serve children across the spectrum. Register and send payment by mail with the form below. Groups are for Child & Parent Pairs and require parent participation Most groups can not include siblings (unless they are also on the spectrum or unless otherwise specified in the activity description) 1:1 aides are welcome in that case so that each child has an adult with them and can enjoy the experience.

Music with Susan Warren MT-BC

Shake It Up at the Resource Center

Dates: February 24, March 3, 10, 24, 31st April 7th 2:45 PM– 3:45 PM Children 3-6 (8 pairs)

Shake It Up at the Rutland Public Library ,280 Main Street Rutland MA Dates: February 27th March 6, 13, & 27th April 3 & 10th 10:30- 11:30 AM Children 3-6 (8 pairs)

Drumming for Fun-A Social Skills Group for ages 8-14 with Brianne Miers MT-BC Autism Resource Center

Dates: February 5, 12, 26th March 5, 12, 19th Snow date March 26th 4:30 PM- 5:30 PM (limited to 8 participants)

Sensory Gym with Kids OT

Sterling Academy of Gymnastics 15 Industrial Drive, Sterling, MA

Dates: February 6, Feb 20, 27 and March 6 March 13th March 20th 2-3 PM Children 3-7 (10 pairs) 3-4 PM Children 7-12 (10 pairs)

Last 2 sessions will be Field Trips in the Community Locations TBA

Sensory Gym with Kim Backunas MS OTR/L

Cheer Works Academy* 3 Boulder Parkway. North Oxford MA Dates: February 27, March 6, March 13, March 27, April 10, 2010 April 17, 3-4 PM children 3-10 (10 pairs) 4-5 PM Children 11-20 (10 pairs)

* This Gym has a Clean Sneaker policy- Participants must wear shoes & change into Clean sneakers in the Gym

Jammin Moves for Bodies & Brains Girls Inc. 125 Providence St. ,Worcester, MA

A therapeutic movement to music group for kids ages 7-14, sibs & a parent. The whole family has fun moving to a mix of martial arts, simple dance steps & yoga stretches. The class is led by a Board Certified Music Therapist & the music is fun for "tweens" and their parents, too. Bring a yoga mat or large bath towel and a water bottle for each family member in attendance. Dates : March 6,13,20, 27 April 3 & 10th 11-12 PM (A second Class will be scheduled 12– 1 if needed)

Saturday Family Swim at Girl's Inc 125 Providence St Worcester MA (Parents & Siblings welcome)

Dates Saturday January 9, 16, 23 & 30th 12 noon-1:00 PM 1:00 PM- 2:00 PM Limited to 25 swimmers/ session
Saturday February 6, 13, 20, & 27th 12 noon-1:00 PM 1:00 PM -2:00PM Limited to 25 swimmers/ session

Child's Name _____ Diagnosis _____ Age: _____

Parent Name _____ Phone: _____ E-mail _____

Suggested Donation \$30.00/group Make Checks payable to Autism Resource Center

Cheerworks ____ Sterling Academy ____ Girls Inc Jammin Moves _____ Girls Inc. Swim _____ (Specify number of family members please)

Shake it Up Rutland Music Group ____ Shake It Up At Resource Center _____ Drumming Group ____

Mail to: Autism Resource Center, 71 Sterling St, West Boylston MA 01583