



# Aspirations

Winter 2018  
Program Brochure

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## IMPORTANT DATES

- January 15:  
**REGISTRATION  
OPENS**
- January 26th:  
**REGISTRATION AND  
PAYMENT DUE**
- February 3rd:  
**CLASSES BEGIN**
- Feb 10th:  
**OPEN HOUSE/CAMP  
REGISTRATION 9am-  
12pm Noyes School**

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*Aspirations would like  
to thank the Jack and  
Mae Rosenberg  
Charitable Trust and  
Herbert Stoller,  
Trustee, for their  
generosity in funding  
our program!*

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## Winter Wonderland!

We hope all of our Aspirations friends and families had a wonderful, relaxing winter break! Good gracious, it has been cold!!

We hope that you will all join us for our Winter session. Programs will continue to be held at Noyes school, with the exceptions of bowling, which is held at Acton Bowladrome and Rock Climbing, which will be held at Central Rock Climbing in Worcester.

Friends who are joining groups for the first time this Winter will find that our groups, which serve kids ages 4-22 with ASD and related diagnoses, are unique in our low staff-student ratio, highly-trained staffing, focus on social thinking, and individualized therapeutic goals. Those that are new to our programs are welcome to come by and try a class for free. Please remember that Aspirations works to make our programs accessible to ALL of our friends, regardless of skill or need level. We believe that every child deserves the opportunity to participate in quality therapeutic recreational programming, and we will do whatever it takes to help your child succeed!

Our Winter session will run from **February 3<sup>rd</sup>** to **March 16**.

## Registering for our Winter Session

Please check out our class offerings on the following pages and **mail** the attached registration form, with payment, to:

Aspirations  
40 Fairbank Road  
Sudbury, MA 01776

We'll send you a confirmation once your registration and payment have been received. If you have questions regarding our programs please contact us at [aspirations@sudbury@gmail.com](mailto:aspirations@sudbury@gmail.com), or (978) 639-3222.

## Winter 2018

### Music Therapy

We will use the fun and motivation of music to address the social, behavioral and sensory goals of participants. Children will be singing, playing a variety of instruments and moving to the music as they engage in supportive and therapeutic music making. Goals may include increasing communication skills, turn taking, joint attention and learning songs that can carry over into the home. Services provided by Roman Music Therapy.

**Days:** Saturday

**Time:** 9:45-10:30

**Ages:** 4 and up

**Dates:** Feb 3, 10,17,24; Mar 3, 10

**Cost:** \$96 Sudbury resident/\$108 non-resident

**Location:** Noyes School

### Calm Bodies Calm Minds

Find your Zen! This class is designed to help you relax through gentle movements, exercise and meditations.

**Days:** Saturday

**Time:** 10:30-11:15

**Ages:** 4 and up

**Dates:** Feb 3, 10,17,24; Mar 3, 10

**Cost:** \$96 Sudbury resident/\$108 non-resident

**Location:** Noyes School

### Make and Take Arts and Crafts

Join us for some creative, Saturday morning fun! We will get messy and create our own masterpieces. Let try some sensory friendly arts and crafts that are refrigerator-worthy ready!

**Days:** Saturday

**Time:** 9:00-9:45

**Ages:** 4 and up

**Dates:** Feb 3, 10,17,24; Mar 3, 10

**Cost:** \$96 Sudbury resident/\$108 non-resident

**Location:** Noyes School

### Tae Kwon Do

Beginning level class introduces kids to the basics of Tae Kwon Do.

**Days:** Saturday

**Time:** 11:15-12:00

**Ages:** 6 and up

**Dates:** Feb 3, 10,17,24; Mar 3, 10

**Cost:** \$96 Sudbury resident/\$108 non-resident

**Location:** Noyes School

### Up, Up and Away- Rock Climbing

We tried it at camp and we loved it! Come boost your confidence and face your fears. This is an all-levels experience for any friends of ours that would like to rock climb.

**Days:** Mondays

**Time:** 6:00-8:00

**Ages:** 8 and up

**Dates:** Feb 5,12,19,26; Mar 5,12

**Cost:** \$108Sudbury resident/\$120 non-resident

**Location:** Central Rock Gym, Worcester

### Cooks in the Kitchen

Calling all chefs! We will work together to prepare simple foods that are fun to cook and tasty to eat! No cooking experience necessary. Please advise of allergies upon registration!

**Days:** Tuesday

**Time:** 5:30-6:30

**Ages:** 13 and up

**Dates:** Feb 6, 13, 20, 27; Mar 6. 13

**Cost:** \$96 Sudbury resident/\$108 non-resident

**Location:** Noyes School

Trifecta @ Longfellow  
W/Teresa

TBA

**Bowling**

Fabulous Friday night at the lanes!

**Days:** Friday

**Time:** 4:45-5:30

**Ages:** 10 and up

**Dates:** Feb 9, 16, 23; Mar 2, 9, 16

**Cost:** \$96 Sudbury resident/\$108 non-resident

**Location:** Acton Bowl-A-Drome

### Aspirations Program Registration

Please print and return with payment

Please list all programs for which you are registering:

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Program name \_\_\_\_\_ Fee \$ \_\_\_\_\_

Total # of Programs: \_\_\_\_\_ Total Fee Enclosed: \$ \_\_\_\_\_

**Child Information:**

Last Name: \_\_\_\_\_ First: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M or F \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Medical Information:**

Allergies: \_\_\_\_\_

Physical Limitations: \_\_\_\_\_

Medications: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

In the event of an emergency what is your hospital preference? \_\_\_\_\_

Medical Carrier: \_\_\_\_\_ ID# \_\_\_\_\_

**Additional Information:** \_\_\_\_\_

**Parent Information:**

Last Name: \_\_\_\_\_ First: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**Emergency Contact Information (other than parent):**

1. Contact Name: \_\_\_\_\_ 2. Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_