

 **Afternoon Recreation: Transition/Adult Participants**  
**Enrichment Classes – Activity Schedule, Fall 2018** 

**General Information**

The Minute Man Arc Afternoon Recreation program is an array of small-group classes designed for Transition-age Students & Adults (16+yrs) who have Intellectual/Developmental disabilities (including Down Syndrome, Autism, and Cerebral Palsy). Enrichment classes promote creative expression, health, and social connection. These structured activities provide the opportunity to practice social skills, build self-efficacy, and explore personal interests. Teens (and their families) gain the additional benefit of feeling out an Adult environment via fun programming which offers service stability by accompanying participants during and beyond graduation. Prior to attending, new applicants (or current participants considering new activities) are asked to complete relevant forms and to discuss any support needs and goals. Ratios and class size vary by activity, typically 1 staff person (and an instructor) for every 8 participants (a few activities are 1:4). Participants requiring greater support are encouraged to attend with a caregiver. Please discuss all support needs in advance. Activities occur year-round and participants can apply at any time during sessions. Programming is driven by participant interest, input is always appreciated. All participants are welcome; please reach out if you or someone you know has interest. The Fillable Application form for classes is attached. Completion of the Fillable Registration form takes only a few minutes and can be immediately returned by email. Please reach out to MMArc Recreation & Inclusion Services at [dheller@minutemanarc.org](mailto:dheller@minutemanarc.org) or 978-201-2481 for assistance.

**Classes**

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|-----------------|---|--|
| <b>\$203.50</b> |  | <b>Early Yoga</b> (Mondays 3:00-4:00pm), Sept 10 <sup>th</sup> – Nov 26 <sup>th</sup> (11 wks.)          |
| <b>\$203.50</b> |  | <b>Late Yoga</b> (Mondays 4:30-5:30pm), Sept 10 <sup>th</sup> – Nov 26 <sup>th</sup> (11 wks.)           |
| <b>\$240.50</b> |  | <b>Art</b> (Tuesdays 3:00-4:00pm), Sept 4 <sup>th</sup> – Nov 27 <sup>th</sup> (13 wks.)                 |
| <b>\$240.50</b> |  | <b>Body Bootcamp</b> (Tuesdays 4:30-5:30pm), Sept 4 <sup>th</sup> – Nov 27 <sup>th</sup> (13 wks.)       |
| <b>\$240.50</b> |  | <b>Wednesday Bowling</b> (Wednesdays 2:45-4:15pm), Sept 5 <sup>th</sup> – Nov 28 <sup>th</sup> (13 wks.) |
| <b>\$222.00</b> |  | <b>Thursday Bowling</b> (Thursdays 2:45-4:15pm), Sept 6 <sup>th</sup> – Nov 29 <sup>th</sup> (12 wks.)   |
| <b>\$222.00</b> |  | <b>Ceramics</b> (Thursdays 4:30-5:30pm), Sept 6 <sup>th</sup> – Nov 29 <sup>th</sup> (12 wks.)           |
| <b>\$240.50</b> |  | <b>Chorus</b> (Fridays 3:00-4:00pm), Sept 7 <sup>th</sup> – Nov 30 <sup>th</sup> (13 wks.)               |

***Thank you for your interest!***