

Recreational Activities for the Developmentally Disabled

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Fall 2018 Youth Activities

<p><u>Chair Yoga Class</u> Sundays 1:00 - 3:00 pm Sealed Air YMCA 8501 Campus Drive Mt. Pleasant</p> <ul style="list-style-type: none"> ● Oct. 28 ● Nov. 4 ● Nov. 11 ● Nov. 18 ● Nov. 25 <p><i>Activity Fee: \$80.00</i></p> <p>16 & Up Sessions: 5</p>	<p><u>6 Hour Respite</u> Days Vary Mount Pleasant Village Hall 8811 Campus Drive Mount Pleasant, WI 53406</p> <ul style="list-style-type: none"> ● Nov. 9 ● Jan. 21 ● Mar. 8 <p>A mid-day snack will be provided!</p> <p><i>Activity Fee: \$75.00</i></p> <p>AGES 5-17 Per Respite</p>	<p><u>Movies</u> Times Vary Marcus Renaissance Cinema 10411 Washington Ave. Sturtevant, WI 53177</p> <ul style="list-style-type: none"> ● Oct. 2 ● Oct. 30 ● Nov. 20 ● Dec. 4 ● Jan. 8 <p>Office will call participants ahead of movie day to give time.</p> <p><i>Activity Fee: \$75.00</i></p> <p>ALL AGES Sessions: 5</p>	<p><u>Cooking Class</u> Thursdays 6:00 – 8:00 pm Mt. Pleasant Luth. Church 1700 S. Green Bay Road Mt. Pleasant</p> <ul style="list-style-type: none"> ● Oct. 4 ● Oct. 11 ● Oct. 18 ● Oct. 25 ● Nov. 1 ● Nov. 8 <p><i>Activity Fee: \$80.00</i></p> <p>16 & Up Sessions: 6</p>
<p><u>Dance Club</u> Tuesdays 6:00 – 8:00 pm *See our Facebook page for themes! Or Call the office at 262-633-0291* St. Patrick's McCarthy Hall 1100 Erie Street Racine</p> <ul style="list-style-type: none"> ● Sept. 11 ● Oct. 9 ● Oct. 23 ● Nov. 13 ● Dec. 11 <p><i>Activity Fee: \$30.00</i></p> <p>AGES 16 & Up Sessions: 5</p>	<p><u>Youth Game Night</u> Fridays 6-8pm Mount Pleasant Village Hall 8811 Campus Drive Mount Pleasant, WI 53406</p> <ul style="list-style-type: none"> ● Sept. 14 ● Oct. 12 ● Nov. 9 ● Dec. 14 ● Dec. 28 <p><i>Activity Fee: \$50.00</i></p> <p>AGES 5 to 17 Sessions: 5</p>	<p><u>Youth Respite</u> Friday 5:00 pm to Noon Saturday Country Inn & Suites 13339 Hospitality Court Sturtevant</p> <ul style="list-style-type: none"> ● Sept. 7-8 ● Oct. 5-6 ● Nov. 2-3 ● Dec. 7-8 <p>*A 24 hour cancellation notice is required for all Respite(s)!</p> <p><i>Activity Fee: \$200.00</i></p> <p>AGES 5 to 17 per Respite</p>	<p><u>Dance Class</u> Thursdays 6-8 pm Country Inn & Suites 13339 Hospitality Court Sturtevant</p> <ul style="list-style-type: none"> ● Nov. 15 ● Nov. 29 ● Dec. 13 ● Dec. 27 ● Jan. 10 <p><i>Activity Fee: \$50.00</i></p> <p>AGES 16 & UP Sessions: 5</p>

*Each participant is responsible for a seasonal registration fee of \$10.00 for join RADD.

Fall 2018 Youth Activity Guide

Chair Yoga Class

Ages 16 and up

\$80.00 for 5 Sessions

Chair yoga is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises while being in a chair. Participants can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

Youth Game Night

Ages 5 to 17

\$50.00 for 5 Sessions

Youth Game Night promotes interest in indoor/outdoor games as well as other social games (particularly with regards to games that rely on and develop problem-solving and critical thinking skills). This Game night is open to any of our youth and teens that want to spend time relaxing and spending time with others.

Cooking Class

Ages 16 and up

\$80.00 for 6 Sessions

Cooking class is a fun and interactive way to learn about making healthy choices, basic kitchen etiquette, hygiene, and safety. Participants prepare, cut, measure, bake and cook healthy recipes! Three different recipes will be made at each session. Most importantly, participants get to proudly taste the healthy food they have prepared.

Dance Club

Ages 16 and up

\$30.00 for 5 Sessions

Dance Club promotes healthy living and results in improved balance, coordination, and motor skills. Through dance, members gain confidence, strengthen peer interactions and enhance cognitive development. Members of all ability levels learn the hottest new dances and enjoy dressing the part for monthly themes. Dance Club also improves mood, muscle coordination, motor skills, balance, and flexibility.

Dance Class

Ages 16 and Up

\$50.00 for 5 Sessions

At Dance Class participants will explore movement concepts, develop dance skills, and give teens and adults the opportunity to learn simple developmentally-appropriate choreography.

Overnight Youth Respite

Ages 5 to 17

\$200.00 per overnight Respite

An incredibly fun packed overnight stay at a local hotel or camp site. Participants have the opportunity to engage in conversation with peers and staff, swim, play games, make crafts, all while gaining skills in daily living, contributing to greater independence. The benefits that accompany being able to take a break from the demands of daily routines reach well beyond our participants. The impact extends deep into the lives of the families and caregivers, as well.

6 Hour Respite

Ages 5 to 17

\$75.00 per Respite

Six hour respites provide participants the opportunity for continued community engagement and development, even when outside of school. While utilizing a community based multipurpose location, our youth will be able to participate in preparing a nutritious family style meal for the entire group. In breaking up the six hour blocks of time, our possibilities are endless and include things like parachute play, learning a new dance, listening to music, learning new fitness activities, having a talent show, singing karaoke, learning to sew, playing games and getting creative with arts and crafts. Lunch and afternoon snack are included!

Movies

All Ages

\$75.00 for 5 Sessions

A wonderful opportunity to be in the community socializing with friends enjoying the newest released movies with a bag of popcorn & beverage. Come join the fun! Participants will be notified 1 week prior to event with start & end time of movie as well as title.

