

# NortheastArc

*Changing lives. Discovering abilities.*

## Recreation Programs

April 29 - June 23, 2019





## Recreation Programs

### Department Information

Northeast Arc Recreation Programs run for 8 weeks at a time and all are open enrollment. All new participants are required to schedule an introductory meeting with Recreation staff before attending programs, and may include parents, legal guardians, etc. To schedule your meeting, email us at [recreation@ne-arc.org](mailto:recreation@ne-arc.org) or call 978-624-2308.

### Program Information

We offer a variety of weekly programs that change seasonally, as well as Friday Night Happenings and Saturday Outings. Information about the price of participating in each is found in each specific section throughout this booklet. You can register online at <https://www.nearc.org/recdesk.com>. We offer specialty programs at different times throughout the year, and additional sports opportunities in conjunction with Special Olympics Massachusetts.

### Program Social Stories

Social Stories for most Recreation programs can be found online alongside the program details. Social Stories are written and visual guides describing various social interactions, situations, behaviors, skills or concepts that may face your family member when participating in our events. The goal of our Social Stories is to share relevant social cues, perspectives and common responses with people served, in a reassuring manner that can be easily understood.

### Payment Information

Payments are due in full before a program begins; please note that registration is not complete until payment is processed. Upon receiving program registration confirmation, please pay via cash or check, or online via credit card. Checks made payable to *Northeast Arc* can be mailed to Katie Sweet's attention at 6 Southside Road, Danvers, MA 01923.

### Policies & Procedures / Transportation Information

To help us provide safe, quality programs, participants are to be escorted into program sites. **It's very important that you do not leave anyone at a program site without confirming that program staff has arrived.** Before leaving the building, please ensure that the participant is checked in with a member of the Recreation staff. There are several different programs running in the building on a daily basis, and as a result there may be other staff in the building — however, they are not able to cover Recreation participants. Please note the start and end times of each program and plan accordingly. Participants should not arrive more than 15 minutes early nor be picked up more than 15 minutes after the program ends. If your family member will be utilizing The Ride or any other transportation service, please schedule drop-off as close to the program time as possible. **The safety of our participants is paramount.**

### Emergency Protocol

Northeast Arc Recreation staff will not utilize restraints in *any* situation. In the event of an emergency or severe behavioral occurrence, the supervising employee will call 911, safely secure the area, and notify the parent/guardian immediately. In the event of minor injuries — bumps, bruises, scrapes — first aid will be administered on-site.

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Thank you!



- Powerlifting is underway
- Young Athletes begins on April 27<sup>th</sup>
- Tennis begins on April 28<sup>th</sup>
- Softball begins on June 11<sup>th</sup>

Please let us know if you are interested  
in signing up!

# Weekly Programs

Weekly programs are hosted at our Center for Developmental Excellence, 6 Southside Road in Danvers, unless otherwise noted. To register, visit <https://nearrec.recdesk.com>.

**Programs with low enrollment are subject to change or cancellation.**

## Monday

### 5:00 - 6:30 pm North Shore Bowling

Ages 13+                      Staff ratio 8:1                      \$15 per week

Join us at Sunnyside Bowladrome (176 Water Street in Danvers), and have a blast as you bowl alongside your friends for two games. Learn turn-taking and social skills and good sportsmanship. **This program is currently full. Please call to be added to the wait list.**

## Tuesday

### 5:00 - 6:00 pm Walking Club

Ages 16+                      Staff ratio 4:1                      \$60 for the series

Meet us at 6 Southside Road for some exercise! This program will help you get your steps in. We will monitor and track our steps and heart rate during each walk and will discuss the importance of health and fitness.

### 6:00 - 7:00 pm Fitness & Dance

Ages 16+                      Staff ratio 4:1                      \$80 for the series

We will be working on weightlifting, aerobic exercises, cardio, core work, and mixing in some dance. Fitness improves personal health, spiritual health and behavioral health.

## Wednesday

### 6:00 - 7:00 pm Yoga

Ages 13+                      Staff ratio 8:1                      \$80 for the series

This is a fun, challenging, all-levels yoga class. Students will learn basic yoga postures to increase overall health and wellness. We have mats, so do not worry about bringing your own.

### 6:00 - 7:00 pm Boxing

Ages 16+                      Staff ratio 8:1                      \$140 for the series

BRAND NEW! Our Recreation team is partnering with TITLE One Boxing in Danvers (29 Andover Street) for a new boxing class! Are you ready for some boxing? Come build your strength and confidence with us! Please bring your own wraps; gloves will be provided.

### 6:30 - 8:00 pm Cape Ann Bowling League

Ages 18+                      Staff ratio 8:1                      \$10 per week

For our friends closer to Cape Ann than Danvers, join us at Cape Ann Lanes (53 Gloucester Ave in Gloucester), as we bowl alongside our friends for three games and practice turn-taking, social skills and good sportsmanship.

# Weekly Programs

Weekly programs are hosted at our Center for Developmental Excellence, 6 Southside Road in Danvers, unless otherwise noted. To register, visit <https://nearrec.recdesk.com>.

## Thursday

### 3:00 - 4:00 pm Heritage Bowling League

Ages 22+      Staff ratio 8:1      \$10 per week

Join us at Metro Bowl (63 Foster Street in Peabody) and bowl alongside your friends for two games and practice turn-taking, social skills and good sportsmanship.

### 5:00 - 6:30 pm "Seasoned Chefs" Cooking for Adults

Ages 22+      Staff ratio 4:1      \$120 for the series

This class offers fun, healthy, and delicious recipes that are easy to make at home! Not only is this class a great way to learn how to cook, but it is a great way to build relationships. When registering, please inform us of any food allergies.

### 7:00 - 8:00 pm Arts & Crafts

Ages 16+      Staff ratio 4:1      \$80 for the series

This class offers different imaginative projects each week that for the most part are finished to be taken home that night. You will be able to make items to keep for yourself or even give as gifts!

## Friday

### 5:00 - 6:30 pm Young Apprentices - Cooking for Teens!

Ages 13-21      Staff ratio 4:1      \$120 for the series

This class offers fun, healthy and delicious recipes that are easy to make at home! Not only is this class a great way to learn how to cook, but it is a great way to build relationships. When registering, please inform us of any food allergies.

### 6:30 - 8:30 pm Friday Night Happenings

Ages 13+      Staff ratio 8:1      \$15 per week

Keep reading to see our current calendar of Friday Night Happenings.

## Saturday

### Times vary Saturday Outings

Ages 16+      Staff ratio 4:1      \$30 registration fee plus applicable outing cost

Keep reading to see our current calendar of Saturday Outings.

# Friday Night Happenings

6:30 - 8:30 pm    Ages 13+    Staff ratio 8:1    \$15 per week

Unless otherwise noted, all Friday Night Happenings are hosted at our Center for Developmental Excellence, 6 Southside Road in Danvers. To register, visit <https://nearrec.recdesk.com>. To participate, a Medical Fact Sheet and intake interview are required.

## May 3<sup>rd</sup> - Game Show Night

Tonight we will get together for a fun-filled night of game show games. We will be splitting into 2 teams and playing games like Family Feud, The Price is Right, and Deal or No Deal!



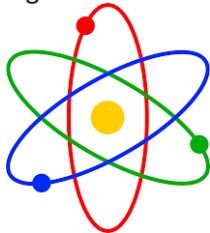
## May 17<sup>th</sup> - Luau Dance

Tonight we will be dancing the night away with our leis and hula skirts! Come on down to Northeast Arc and hula with all of your friends!



## May 31<sup>st</sup> - Science Night

Tonight we will be conducting experiments and having fun while learning!



## June 14<sup>th</sup> - Campfire & S'mores Night

S'mores, stories and overall fun!  
Come enjoy the fire!



## May 10<sup>th</sup> - Karaoke

This is everyone's absolute favorite night, including staff! Get ready to show us what you are made of and sing until your heart aches! We cannot wait to see how talented you are! Do you think the staff should all sing a song together?

We do!



## May 24<sup>th</sup> - Outdoor Movie

Movie night — it's time to relax and watch a movie with friends! Please bring a blanket just in case it gets chilly!



## June 7<sup>th</sup> - Outdoor Sports

Tonight we will be having some fun in the fresh air! Come hang out and play different sports and games with all of your friends!



## June 21<sup>st</sup> - Summer Dance

Come welcome summer back with a fun dance! There will be plenty of fun to be had and dancing to be done, so come on out and boogie all night!



# Saturday Outings

Ages 16+ Staff ratio 4:1

\$30 pre-registration fee per outing, plus applicable outing cost

Drop-off and pick-up for each outing are at our Center for Developmental Excellence at 6 Southside Road, Danvers.

In the event of inclement weather during outdoor outings, we will have an alternative activity planned. In the event of snow, we will decide whether the roads are safe enough for travel or if the outing should be cancelled. If the decision is made that it is unsafe to go on the outing, you will be notified of its cancellation and a credit will be applied to your account if you had prepaid.

*Cancellation policy:* The Recreation department requires 48 hours' notice for cancellation of Saturday Outing attendance. If 48 hours is not given and we cannot fill the spot, you will be charged the full \$30 registration fee plus the ticket price.

To register, visit <https://nearcrec.recdesk.com>.

May 4<sup>th</sup>  
SkyZone  
Noon - 3:00 pm

Tickets: \$25.00

Today we will head to SkyZone for a day of jumping! This trampoline park offers dodgeball, basketball, and a foam pit!

*Please pack a lunch, we will eat prior to the outing.*

May 11<sup>th</sup>  
Salem Trolley  
Noon - 4:00 pm

Tickets: \$12.00

Today we will be going on a trolley tour of historic Salem, Mass. We will get to see many sights and learn the history of the city.

*Please pack a lunch, we will eat at Salem Willows.*

May 18<sup>th</sup>  
Orangetheory Fitness  
Noon - 3:00 pm

Tickets: \$10.00

Today we will be getting a good sweat on! We will all be going to Orangetheory Fitness for a group exercise class which involves cardio on treadmills and rowing machines, along with weight training and core exercises. All exercises are monitored and tracked for future outings.

*Please pack a lunch, we will eat after the outing.*

# Saturday Outings cont'd

May 25<sup>th</sup>  
No Outing

There will be no outing this weekend.  
Happy Memorial Day Weekend!

June 1<sup>st</sup>  
Lunch & Arcade at  
Salem Willows  
Noon - 4:00 pm

Food \$15 / Arcade \$10

Today we will be going to the Salem Willows for lunch and arcade games! Please bring money for both. We suggest \$10 for the arcade and \$15 for food (or more for bigger appetites).

*Please pack a lunch or bring money for food.*

June 8<sup>th</sup>  
Picnic at Endicott Park  
Noon - 3:00 pm

Tickets: FREE

Today we are going to have a picnic at Endicott Park. We will bring games to play and go on walks to see the animals!

*Please pack a lunch, we will eat at the park.*

June 15<sup>th</sup>  
Orangetheory Fitness (class 2)  
Noon - 3:00 pm

Tickets: \$10.00

Today we will be getting a good sweat on! We will all be going to Orangetheory Fitness for our second group exercise class which involves cardio on treadmills and rowing machines, along with weight training and core exercises. All exercises are monitored and tracked for future outings.

*Please pack a lunch, we will eat after the outing.*

June 22<sup>nd</sup>  
Halibut Point State Park  
Noon - 4:00 pm

Tickets: FREE

Today we will go to Rockport to hike in Halibut Point State Park. This gorgeous state park offers beautiful views of the coastline. Please wear comfortable clothing and footwear!

*Please pack a lunch, we will eat at the park.*





*Register for Recreation Programs online at:*  
<https://nearcrec.recdesk.com>

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