

NortheastArc

Changing lives. Discovering abilities.

Recreation Programs

July 8 - September 1, 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 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.

Program Director Katie Sweet / ksweet@ne-arc.org / 978-624-2308

Assistant Director Stephen Bouchie / sbouchie@ne-arc.org / 978-624-2385

Special Olympics Coordinator Aiyanna Lamkin / alamkin@ne-arc.org / 978-624-3752

General Contact recreation@ne-arc.org / 978-766-4368



Thank you!



- Softball: Tuesdays, 6:00 - 7:30 pm
- Bocce: Thursdays, 6:00 - 7:00 pm

Great job to our powerlifters for kicking some serious behind in the summer games!
Congrats to our tennis squad for sending one athlete to competition
and receiving bronze!

Thank you so much to all of our amazing coaches, volunteers and athletes!
We appreciate all of you.

Email Aiyanna Lamkin at alamkin@ne-arc.org with any questions you have
regarding Special Olympics programming.

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 - 6:00 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.

6:30 - 7:30 pm *Adult Fitness* Ages 40+ preferred / \$80 for the session 

Over 40 and looking for a fitness alternative? Well, it is here! We are looking for adults looking to change their lifestyle and get healthy with us. Join us at the Arc and we will focus on balance, endurance, and strength training.

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

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

Wednesday

5:15 - 6:15 pm *Boxing* Ages 16+ / Staff ratio 8:1 / \$140 for the series

This is an inclusive program. 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.

6:00 - 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.

6:30 - 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.

7:00 - 8:00 pm *Chair Yoga* Ages 13+ / \$80 for the series 

Chair Yoga is a form of yoga that people with limited mobility can utilize. It offers a practical alternative to regular yoga therapy while enhancing flexibility and strengthening personal body awareness. Come try out this new class at the Arc! It's a perfect class for people using wheelchairs as well.

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.

5:00 - 6:00 pm *Golf* Ages 13+ / \$80 for the series

Have you always wanted to learn how to play golf? This is the perfect class to do so! We will be meeting at Sun 'N Air Golf Center (210 Conant Street in Danvers) to learn the proper swing techniques, putting, driving and chipping. We will be hitting the course at least once over the summer, so don't miss this!

6:00 - 7:00 pm *Youth Fitness* Ages 6-13 / Staff ratio 6:1 / \$80 for the series

This program is designed to build strong athletic and motivational skills for young children. We will work on coordination, ability, and strength. Workouts consist of aerobic exercises, cardio, core work, and small weight repetition. The class is structured yet flexible to work with the needs of each individual. This is a buddy class so we ask that each child brings an adult companion.

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.

Read on for details about our Friday Night Happenings and our 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.

July 12th - Pizza & Trivia Night

Tonight we will be ordering pizza and breaking up into teams for a fun night of trivia! Come and see if you can answer questions about books, movies, celebrities and much more!

Please bring \$3 if you will be having pizza.



July 26th - Arts & Crafts

Tonight we will get together for a creative night of arts and crafts. Let's get those creative juices flowing!



August 9th - Tie Dye Night

Tonight, we tie dye! Let's get creative and see who can make the coolest tie dye apparel! We are doing it a little different this year; please bring your own attire: a shirt, socks, hat — whatever you would like!



August 23rd - Karaoke

Tonight 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 together? We do!



July 19th - Summer Lovin' Dance

Tonight we will be joining our friends for a fun night of dancing with a Grease-inspired theme!

"Summer lovin' had me a blast..."



August 2nd - Beach Night

Tonight we will be playing beach games and building sandcastles right here at the Arc. Be prepared to get sandy and build your own sand fortress.



August 16th - Summer Formal Dance

Tonight we dress in our most fancy clothes. We cannot wait to see all the stars that show up for the red carpet!

Remember, it's still warm out, so heavy sports coats are not needed!



August 30th - Board Game Night

Tonight we will be playing all of your favorite board games. Get excited to play Apple to Apples, Life, Monopoly, Uno, Organ Attack and many more!



Saturday Outings

Ages 16+ Staff ratio 4:1

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

Please note that this summer, we are offering each outing twice!

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>.

July 13th & July 20th
Winnekenni Park
11:30 am - 2:30 pm

Tickets: Free

Today we will return to Winnekenni Park for a trail hike around the pond. We will picnic at the park and enjoy all the amazing wild-life around us. We may be able to head up to the castle if it is not booked for an event! Did you know that Winnekenni means "very beautiful?"

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

July 13th & July 20th
Orangetheory
11:45 - 2:15 pm

Tickets: \$10

Today we will be getting a good sweat on! We will go to Orangetheory Fitness for a group exercise class which involves cardio on treadmills and rowing machines, along with weight training and core exercises.

Please pack a lunch, we will eat at Arc after the workout.

July 27th & August 3rd
Stage Fort Park
Noon - 4:00 pm

Tickets: Free

Today we will go to Stage Fort Park in Gloucester. We will play games, go for a scenic walk on the water, and enjoy our lunch! Please bring money for ice cream or slush if you would like one.

Please pack a lunch and bring money for ice cream or slush (\$5). 

Saturday Outings cont'd

July 27th & August 3rd
Salem & Peabody Essex Museum
11:00 am - 3:00 pm

Tickets: Free

Today we will be walking around historic Salem and popping into Peabody Essex Museum to see which new exhibits they have. We will walk around local shops, art galleries and local hang-out spots of Salem! Come enjoy the beautiful scenery that Salem has to offer!

Please pack a lunch, we will be eating outside in Salem. 

August 10th & August 17th
Duck Tour
11:30 am - 4:00 pm

Tickets: \$25 / Subway \$5.50

Today we will be going on a tour of historic Boston in a World War II-era amphibious vehicle. Come see all the sites and learn more about Boston's history. We will also be taking the subway today from Wonderland, since it went so well last time!

Please pack a lunch, we will eat prior to leaving. 

August 10th & August 17th
Painting with a Twist
Noon - 3:30 pm

Tickets: \$25

This outing, we will be learning to paint step by step with an instructor! Our instructor will show us every technique needed to paint the selected picture. After, you will be able to take your masterpiece home and hang it up for everyone to admire!

Please pack a lunch, we will eat at Painting with a Twist. 

August 24th (2 outings)
Breakheart Reservation
11:00 am - 2:00 pm or
Noon - 3:00 pm

Tickets: Free

Come hike with us at beautiful Breakheart Reservation in Saugus. We are going to enjoy a beautiful day outside in the wilderness. We will each lunch at the picnic area before we explore the two beautiful lakes and the forest!

Please pack a lunch, we will eat at Breakheart. 



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

NortheastArc

Changing lives. Discovering abilities.

www.ne-arc.org

