

## ZUMBA & "LUNCH BUNCH"

Lunch Bunch" begins at 12:15pm with games, movies, play, chat and general fun. The kids decide the activities themselves. (Children bring their own lunch but snacks are provided.) "Zumba" begins at 1:15pm and it's dance, dance, dance with Zumba instructor par excellence April Vercere! The kids choose the music.

**SATURDAYS 12:15PM - 2:15PM  
EACH 10 WK. SESSION: \$250**

## FRIDAY CLUB NIGHT

Fitness, games, sensory gym, music, dancing and just "hanging out". There's a fresh theme every week along with pizza and other food and refreshments Fun and great for developing social skills!

**FRIDAY 6:00PM-8:30 PM**



**Sign up NOW to ensure a spot in our 2016/2017 After-school and fitness program.**

## COMING THIS SUMMER!!!

### "TECH CAMP"

Camp Tech is the type of fun interactive camp for older children of all abilities ages 10 and up, who love to play Tech games! If your child enjoys Dungeons and Dragons, MineCraft, X-Box Kinect, Play Station, Wii, Magic the Gathering, and other rpg's, this camp is for them! Each day is filled with activities and opportunities for social growth, and building positive peer relationships in a supportive, fun, tech environment. Add on an afternoon session with Camp Fit or Camp Teen Fit to have a full day experience! (Minimum 5 children to run week session)  
**MON-FRI.. 10AM-1PM (BEG. JULY 10)**

### "AFTERNOON CAMP"

An interactive camp that offers opportunities for social growth through building positive peer relationships in a supportive and fun environment. There will be some combination of Arts & Crafts, Team & individual sports, Fitness and Music Activities every day.

**MON-FRI.. 1PM-4PM (BEG. JULY 10)**

#### COST FOR EACH INDIVIDUAL CAMP

**\$200 FOR 1 WEEK. \$375 FOR 2 WEEKS**

**\$425 FOR 3 WEEKS. \$500 FOR 4 WEEKS**

**Attn working parents. BreakThru fitness offers a 4:15 to 6:15p.m. extended fitness camp if needed.**

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**SPRING/SUMMER 2017**



# WELCOME TO OUR 2017 SPRING/SUMMER PRO- GRAMS!

## Healing Hearts Recreational and Social Divi-

sion is dedicated to improving the lives of children with a wide range of developmental disabilities and neuro-motor challenges. Classes are open for children of varied abilities. Each class emphasizes the importance of peer interaction, increasing language skills and age appropriate activities.

## “HH AFTERSCHOOL” (THRU JUNE 16TH)

Healing Hearts after school program is available for children and teens of varied abilities. The after school program offers individualized support for those who may have difficulty getting started and staying focused on homework. In addition, kids will participate in a variety of classes as well as Break Thru Fitness classes such as Krav Mage and Boot Camp for Kids. Break Thru has a gym with kid sized cardio and strength training equipment. Each activity emphasizes the important of peer interaction and building strong friendships. Social Skills are addressed in a natural and supportive way.

MON-FRI.. HOMEWORK HELP/FITNESS. AFTER  
SCHOOL TILL 6PM

2 DAYS \$175, 3 DAYS \$250,  
4 DAYS \$300, 5 DAYS \$375\*

## SELF DEFENSE

Through the use of drills and games, children learn life skills, self-reliance and self-defense along with discipline, focus, common sense and respect for others.

This program will enhance their strength, flexibility and confidence levels. Classes end with Stranger Danger Awareness Drills where flash cards are used to develop instinctive responses to dangerous situations.

**SUNDAY JULY 9 1:30PM  
(8 WEEKS) \$200**

## GROUP FITNESS

Certified professional trainer Kimberly Colletto leads a fitness training session consisting of a small group of up to 4 people. Activities include cardio, strength training, core training and balance training Individual training in a group. See Kim **(Offered Year Round)**

**(PRIVATE TRAINING IS AVAILABLE  
AT \$85 PER SESSION OR \$800 FOR  
10 SESSIONS)**



## DANCE

Dance with an emphasis on Ballroom, Latin and jazz styles. Dance is great fun, good for you both physically and mentally .

**MONDAY JULY 10TH, 4:15 -  
5, \$300 12WKS  
(7-14 AGES)**

## SPORTS SKILLS EXPRESS

Play ball! Play games! Move to the beat! Have fun while developing motor skills and hand/eye coordination. (The priority is always on fun. ) with the very creative, coordinated and kid friendly Andre Woodberry. (Andre is a prolific Sports Skills Instructor and Assistant Coach at the Elementary School level as well as a talented personal trainer)

**FOR PEOPLE OF ALL ABILITIES AGED 8  
AND UP.**

**SUNDAYS. BEG. JULY 9, 2:30-3:15PM**

**COST: \$ 140 FOR EACH 10 WEEK SESSION**

