

ZUMBA & "LUNCH BUNCH"

Lunch Bunch" begins at 12:30pm 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 instructor par excellence Andrea Dempson! The kids choose the music.

SATURDAYS 12:30PM - 2PM
\$25 PER SESSION

FRIDAY CLUB NIGHT

Fitness, games, music, dancing and just "hanging out". Club Nighters have access to the entire gym facility which allows those who like quieter structured fun (e.g. arts and crafts) and those who like more active fun (e.g. kick-ball), and those who just like to hang out with friends and chat to each choose their own kind of activity.

Fun and great for developing social skills!
The thing I love about Club Night is I get to hang out with my friends and don't have to hang out with my parents.—Julie G.

FRIDAY 6:00PM-8:30 PM COST:\$25 FOR 1ST CHILD, \$15 FOR EACH ADDITIONAL SIBLING.

Sign up NOW to ensure a spot in our 2017/ 2018 After-school and fitness program.

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 KIDS OF ALL ABILITIES AGED 8 & UP
SUNDAYS. 2:30-3:15PM
FALL CLASSES BEG. 10/1/2017,
WINTER CLASSES BEG. 1/14/2018

COST: \$ 140 FOR EACH 10 WEEK SESSION

"HEALTHY CHOICES"

Fitness, & cooking fun. It begins with a cooking section that sometimes lends proof to the idea that "the journey is more important than the destination" interspersed with and followed by periods of games, play and fitness activities.

WHEN: THURSDAYS 4:30PM - 6PM
FALL CLASSES BEGIN 9/28/2017
WINTER CLASSES BEGIN 1/11/2018

Open for Early Release Days, MOST snow days, School Vacations, and MOST holidays. WE CATER TO WORKING PARENTS.

.BreakThru fitness offers a 4:15 to 6:15p.m. extended fitness

Email: healingheartsrecreational@gmail.com

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CLASSES



Fall 2017/ Winter 2018

Our 2017/2018 Fall/Winter Program

Healing Hearts Recreational and Social Division 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”

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. Each activity emphasizes the important of peer interaction and building strong friendships. Social Skills are addressed in a natural and supportive way.

DAILY SCHEDULE

- First 30 minutes - Arrive, settle in, have a snack and unwind.
 - Next 30 - 60 minutes (or more if needed) - Homework help
- Once their homework is done, kids can have fun with friends:*
- Play active video games (students have to be up and moving to play)
 - Workout in the gym, .Shoot hoops, Play video games

(On Mondays, Wednesdays and Fridays at 5pm, classes in KMX, a kid friendly version of the superlative Israeli self-defense system are offered.

Break Thru has a gym with kid sized cardio and strength training equipment.

**MON-FRI.. AFTER SCHOOL TILL 6PM
\$375 PER MONTH**

DANCE WITH NALINI!

Join us as we dance to the vibes and beat of the Caribbean. Influenced by Indian and African cultures this is a great way to get moving.

THURSDAYS. 6:00– 6:45PM

FALL CLASSES START SEPT.28TH

WINTER CLASSES START 1/11/2018

**\$300 12WKS
(AGES 12 & UP)**

PRACTICAL 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 1:30-2:15PM

FALL CLASSES BEGIN 10/1/2017

WINTER CLASSES BEGIN 1/14/2018

\$200 PER 8 WK. SESSION

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