

Services for People with Developmental Disabilities and Their Families

Significant financial support for these programs is provided by: Hudson Valley Developmental Disabilities Service Office, a regional office of the State of New York Office for People with Developmental Disabilities.

Program Information

Director.....ext 108



Offering therapeutic recreation programs that support and strengthen cognitive, physical, social and affective skills in a safe, supportive and fun-filled environment. Family members receive support, respite, and the opportunity for family participation in recreational activities.

New participants are provided with a pre-registration assessment and tour prior to beginning the program. Financial assistance is available to those who qualify. Families are encouraged to call Jim Sullivan at ext 108 to discuss assessment and financial need.

>Individuals with Traumatic Brain Injury (TBI) Available to persons injured prior to age 22. Individualized therapy-based program of fitness, aquatics and social support for people recovering from Traumatic Brain Injury. Use of Fitness Center and swimming pool. Call ext. 108 for details.

>Learn to Swim (Ages 5 1/2 - 21)
Formal instructional swim class: 4 students per instructor supported by 2 additional teaching assistants. Children with 1:1 aides will need to be accompanied by those persons to the lessons. Students have a single assessment session followed by six weeks instructional swim. Families must contact the Special Programs office in order to register.

Assessment fee is \$12 for each session. *This fee is non-refundable.* SPU1PT

Sundays

Session I	SPU1LS
Assessment Date: Sept 10	\$12
Class dates: Sept 11 - Oct 9	\$130

Session II	SPU2LS
Assessment Date: Oct 15	\$12
Class Dates: Oct 16 - Nov 20	\$130

Session III	SPU3LS
Assessment Date: Dec 3	\$12
Class Dates: Dec 4 - Jan 22	\$156

Session IV	SPU4LS
Assessment Date: Jan 28	\$12
Class Dates: Jan 29 - Feb 26	\$130

Session V	SPU5LS
Assessment Date: Mar 3	\$12
Class Dates: Mar 4 - Apr 15	\$130

Session VI	SPU6LS
Assessment Date: Apr 21	\$12
Class Dates: Apr 22 - Jun 10	\$130

>Sensational Sundays (Ages 4 - 21)
For children and teens. Safe, nurturing, and well-staffed environment with activities such as art, music, games, swimming, and outdoor play.

Fall Session: \$320	14 sessions
Sundays	SPU1SS
Sept 11 - Jan 15	12:00 - 4:00 pm
<i>(No Program Oct 30; Nov 27; Dec 18, 25, 31)</i>	

Winter/Spring Session: \$365	16 sessions
Sundays	SPU1SS
Jan 22 - Jun 10	12:00 - 4:00 pm
<i>(No Program Feb 19, Apr 8, May 13, 27)</i>	

> Friday Night Dance, Swim & Fitness New funding! For children & young adults ages 13-25. Programs include active games, dance lessons, swimming and a healthy dinner! Advance registration is required.

Fall Session: \$72	SPF1DFS
Fridays	6:30 - 9:30 pm
Program Dates: Sep 23, Oct 7, Oct 21, Nov 4, Nov 18, Dec 2, Dec 16, Jan 6	

Winter/Spring Session: \$90	SPF1DFS
Fridays	6:30 - 9:30 pm
Program Dates: Jan 20, Feb 3, Feb 17, Mar 2, Mar 16, Mar 30, Spr 20, May 4, May 18, Jun 1, Jun 15	

>School Vacation Camps (Ages 6 - 21) We provide six hours of daytime recreation and socialization during school vacations. Advance registration is required.

Columbus Day Camp	
October 10	9:00 am - 3:00 pm
Camp Fee: \$60	SPV1CD
Transportation Fee: \$65	SPT1CD

December Vacation Camp	
December 27 - 30	9:00 am - 3:00 pm
Camp Fee: \$195	SPV1SH
Transportation Fee: \$230	SPT1SH

President's Week Camp Camp	
February 20 - 24	9:00 am - 3:00 pm
Camp Fee: \$239	SPV1PW
Transportation Fee: \$239.00	SPT1PW

April Vacation Camp	
April 9 - 13	9:00 am - 3:00 pm
Camp Fee: \$239	SPV1AV
Transportation Fee: \$239.00	SPT1AV

Community Members

> Dance the Night Away

DJ, dancing, refreshments, novelty gifts and door prizes. No charge for staff or parents. *Pre-registration is required for all participants.* Ages 16 and Over.

Fees: \$8.00 per person

Fridays	7:30 – 9:30 pm	
Sept 9	Welcome Back Stomp	SPFDWB
Nov 18	Harvest Moon Social	SPFDHM
Mar 30	Mardi Gras Social	SPFDMG
Jun 15	Beach Party Social	SPFDBP

> Friday Bingo & Pizza for Adults (Age 17 years & older)

Advance registration is required.

Fee: \$8.00 per person

Fall Fridays	7:30 - 9:30 pm	
September 23	SPF1PB	
October 7	SPF2PB	
October 21	SPF3PB	
November 4	SPF4PB	
December 2	SPF5PB	
December 16	SPF6PB	
January 6	SPF7PB	

Winter/Spring Fridays	7:30 - 9:30 pm	
January 20	SPF1PB	
February 3	SPF2PB	
February 18	SPF3PB	
March 2	SPF4PB	
March 16	SPF5PB	
May 4	SPF6PB	
May 18	SPF7PB	
Jun 1	SPF8PB	

> Music Lessons: Piano or Guitar (Debbie Moran, Instructor)

Individual lessons for children and adults. Scheduled appointments arranged by instructor. **Limited space available for non-disabled children at higher rate.** Call Special Programs staff x108 for details. Saturdays by appointment.

Fall Session: \$325	Sept 10 - Jan 14
Saturdays	SPS1ML
<i>(No Program Nov 26; Dec 17, 24, 31)</i>	

Winter/Spring Session: \$325	Jan 21 - Jun 9
Saturdays	SPS1ML
<i>(No Program Feb 25, Apr 7, 14, May 13, 27)</i>	

> Fun & Fitness for Adults

Adults aged 17 and over enjoy 4 hours of enhanced therapeutic recreation that supports health and positive social interaction. Designed for adults still living at home. Group homes should call ext. 108 to explore options for participation.

Fall Session: \$180	14 sessions
Saturdays	SPS1FF
Sept 10 - Jan 14	10:00 am – 2:00 pm
<i>(No Program Oct 29, Nov 26, Dec 24, 31)</i>	

Spring Session: \$180	14 sessions
Saturdays	SPS1FF
Jan 21 - Jun 9	10:00 am – 2:00 pm
<i>(No Program Feb 25, Apr 7, Apr 14, May 26)</i>	

> Saturday Bowling Adults can enjoy weekly bowling at White Plains Bowl. **Special Olympics Competitors** must participate in session I (there is no additional charge for SO competitors in session I) Sessions must be paid for in advance.

Saturdays	Times TBD	
Session I: 9/10 - 10/22	(\$48)	SPS1SB
Session II: 11/5 - 12/10	(\$40)	SPS2SB
Session III: 1/7 - 2/4	(\$40)	SPS3SB
Session IV: 2/11 - 3/17	(\$40)	SPS4SB
Session V: 3/24 - 5/5	(\$40)	SPS5SB

> Special Olympics Training and Competition

The YWCA is an official training site for Westchester-Putnam Special Olympics. Registered adult athletes can train and participate with Certified Special Olympic Coaches in Special Olympic sanctioned events including: swimming, bowling, track and field and Adapted Games. Uniforms and personal training equipment is provided.

Fall Session: \$50	14 sessions
Saturdays	SPS1SO
Sept 10 - Jan 14	10:00 am – 2:00 pm
<i>(No Program Oct 29; Nov 26; Dec 24, 31)</i>	

Winter/Spring Session: \$50	14 sessions
Saturdays	SPS1SO
Jan 21 - Jun 9	10:00 am – 2:00 pm
<i>(No Program Feb 25, Apr 7, 14, May 26)</i>	

The YWCA strives to build community. Many organizations meet regularly at our Activity Center, such as:

The Authentic Mom

Meets weekly on Thursdays. For more information, visit their website at: www.theauthenticmom.com.

Guided Chaos: Adaptive Self-Defense Course

Meets weekly on Mondays, 7:30pm. For more information visit their website at: www.attackproof.com.

Jack & Jill of America

For more information view their website at: www.jackandjillwc.org.

Life Point Church

Weekly Sunday Service at 10:00am starting September 18, 2011. For more information please visit their website at: www.lifepointchurchny.org.

The Links, Inc.

Meets monthly; visit their website at www.linksinc.com.

Musical Munchkins

Classes held Tuesdays, Wednesdays, Thursdays and Sundays at the YWCA. Visit their website at: www.musicalmunchkins.com.

National Association of Letter Carriers

Sahaja Meditation

Meets weekly on Wednesdays at 7:00pm. For more information contact Roni at (914) 433-8830

Weight Watchers

For current schedule, please contact 1-800-374-9191

White Plains Democratic Committee

eliminating racism
empowering women
ywca