

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 of Mental Retardation and 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.

>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 in 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

Session I SPU1LS

Assessment Date: Sept 11 \$12

Class dates: Sept 19 - Oct 24 \$144

Session II SPU2LS

Assessment Date: Oct 23 \$12

Class Dates: Nov 7 - Dec 12 \$120

(No Program Nov 28)

Session III SPU3LS

Assessment Date: January 8 \$12

Class Dates: Jan 9 - Feb 13 \$120

>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 11 9:00 am - 3:00 pm

Camp Fee: \$55 SPU1CD

Transportation Fee: \$55 SPT1CD

December Vacation Camp

December 27 - 30 9:00 am - 3:00 pm

Camp Fee: \$195 SPU1SH

Transportation Fee: \$230.00 SPT1SH

>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.

Fee: \$305 13 sessions

Sundays SPU1SS

Sept 19 - Jan 16 12:00 - 4:00 pm

(No Program Oct 31; Nov 28; Dec 19, 26; Jan 2)

>Friday Night Pizza, Movies, & Games

Evening for children, family and friends. Families may extend the evening by participating in the YWCA Family Swim this evening from 7:45 - 9:00 pm. There is no additional fee for participation in Family Swim when you register for the Pizza/Games Program.

Advance registration is required

Fee: \$8.00 per person

Fridays 6:30 - 8:30 pm

September 10 SPF1PM

October 8 SPF2PM

November 5 SPF3PM

November 19 SPF4PM

December 3 SPF5PM

December 17 SPF6PM

January 7 SPF7PM

>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.

Sept 18 - Jan 15 Saturdays by appoint.

Fee: \$306 SPS1ML

(No Program Oct 31; Nov 28; Dec 19, 26; Jan 2)

>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.

>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.

Fee: \$180 14 sessions

Saturdays SPS1FF

Sept 18 - Jan 15 10:00 am - 2:00 pm

(No Program Oct 30; Nov 27; Dec 25, Jan 1)

>Saturday Bowling

Adults can enjoy weekly bowling at White Plains Bowl. **Special Olympic Competitors** must participate in session I (there is no additional charge for SO competitors in session I)

Fee: \$48 per session

Sessions must be paid for in advance.

Saturdays 9:30 - 11:30 am

Session I: Sept 18 - Oct 23 SPS1SB

Session II: Oct 30 - Dec 11 SPS2SB

Session III: Jan 8 - Feb 12 SPS3SB

>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 10 Welcome Back Stomp SPFDWB

Oct 22 Harvest Moon Social SPFDHM

Why the YWCA? A member of the YWCA joins a world of caring and warmth devoted to serving the needs of the community.

> 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.

Fee: \$50 14 sessions
Saturdays SPS1SO

Sept 18 - Jan 15 10:00 am – 2:00 pm
 (No Program Oct 30; Nov 27; Dec 18, 25; Jan 1)

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

Fee: \$8.00 per person

Fridays 7:30 - 9:30 pm

September 24 SPF1PB

October 8 SPF2PB

November 5 SPF3PB

November 19 SPF4PB

December 3 SPF5PB

December 17 SPF6PB

January 7 SPF7PB

Advance registration is required.

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

The Authentic Mom

Sahaja Meditation

Jack & Jill of America

The Links, Inc.

National Association of Letter Carriers

Weight Watchers

White Plains Democratic Committee

Mission: The YWCA is not only for women, and is much more than just an activity center. We're people of all ages, shapes and races working together to make a difference in our community. Our mission is to eliminate racism and empower women. With a diverse staff of over 250 employees, the YWCA provides the following programs:

> Women's Residence

Associate Executive Director, Housing and Clinical Services

(914) 428-1130 /Fax (914) 428-1439

Located at 69 No. Broadway in White Plains, the Women's Residence offers:

- Safe, affordable housing
- Economic empowerment
- Counseling
- Health and fitness

> Awakenings

(914) 428-1130, ext. 302

Since 1987, the Awakenings program, housed at the Residence, has provided counseling and treatment referral to 12 homeless, formerly incarcerated women who are in recovery from chemical addictions.

> Stand Against Racism

The Stand Against Racism raises awareness of racism in our community through a weekend of dynamic and engaging activities and presentations. Participants are asked to sign a pledge of tolerance. This year's Stand Against Racism will take place on April 30, 2011. For more information, contact events@ywcawhiteplains.org.

> GEMS Girls Empowered through Meaningful Support

Director.....ext. 136

The GEMS program has assisted school-age girls in White Plains for more than 40 years by offering opportunities to enhance their cultural awareness, health and wellness, and to develop college

and career paths. Elementary school participants also attend the YWCA's Kids' Connection after-school program.

> Children's Center at the County Courthouse

Site Supervisor (914) 824-5466

With funding from the New York State Permanent Judicial Commission on Justice for Children and the Westchester County's Office for Women, the Center provides child care for families who come to court with their children.

(Note - Volunteers are needed to assist the staff. Please call the Site Supervisor if you wish to volunteer.)

> Encore Plus

Director (914) 428-1130, ext. 306

With funding from the NYC Affiliate of the Susan G. Komen for the Cure, the Westchester County Department of Senior Programs & Services and the Breast Cancer Alliance.

Encore Plus empowers women to become active, responsible participants in maintaining their health. Stressing the life-saving potential of early breast cancer detection, the program provides education and referrals for mammograms to low-income, un- or under-insured women over 40.

For information about our next seminar or to request a presentation at your site, please call the Director.

> Supervised Visitation & Safe Exchange Program

Director.....ext. 128

Supervised Visitation enables children to maintain healthy and positive relationships with non-custodial parents while ensuring safety for the children and the custodial parents. Monitored, weekly visits take place at the YWCAs in White Plains and in Yonkers. All visits are court mandated. The program is funded through the Westchester County Department of Probation.