

Special Needs Hip Hop Class

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-16, to participate and enjoy meeting new friends, moving to the beat and learning hip hop routines. Students achieve a feeling of success each week as they gain a new skill, improve balance, stability and stamina, and socialization skills.

Class can be done unassisted but aides, parents, or guardians are welcome to join in for success. For questions specific to this class contact Kick It Up! at (562) 430-1812. Instructor: Kick It Up Staff!

- **Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach.**
- 10757 Th 4:30pm-5:30pm 6/28-8/2 Off Site \$42/6 Mtgs
- 10758 Th 4:30pm-5:30pm 8/9-9/20 Off Site \$49/7 Mtgs

Special Needs Yoga



Children ages 5 to 12, with various learning and developmental disabilities, will be led through a yoga sequence appropriate for their developmental level. Children will learn how to use their bodies to move in space and use their breath as a tool in a fun, learning environment using games to facilitate language while promoting social skills. Instructor: Rainbow Connection Yoga

- **Please bring a yoga mat or towel to class.**
- **Class on August 20 meets at Mayfair Park.**
- **No class September 3.**

10842	M	4:00pm-5:00pm	6/25-7/23	CTR	\$75/5 Mtgs
10844	F	9:00am-10:00am	7/6-8/3	CTR	\$75/5 Mtgs
10843	M	4:00pm-5:00pm	8/13-9/17	CTR	\$75/5 Mtgs

Top Flight on Ice

This class is specifically designed for the Special Needs Community, ages 3 and older. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day: Wednesday 7:10-7:40 p.m. and Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff

- **Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.**
- **No class July 4 & 7.**

10767	W	6:10pm-6:40pm	6/27-7/25	Off Site	\$45/4 Mtgs
10768	Sa	9:45am-10:15am	6/30-7/28	Off Site	\$45/4 Mtgs
10769	W	6:10pm-6:40pm	8/1-8/22	Off Site	\$45/4 Mtgs
10770	Sa	9:45am-10:15am	8/4-8/25	Off Site	\$45/4 Mtgs
10771	W	6:10pm-6:40pm	9/5-9/26	Off Site	\$45/4 Mtgs
10772	Sa	9:45am-10:15am	9/8-9/29	Off Site	\$45/4 Mtgs



Adaptive Recreation

Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs. For participants 8 years of age through adults who can function at 1:4 ratio (staff to participants). Activities include arts and crafts, life skills, mini-trips and sports training. Special events are offered once a month for a marginal fee. Registration is limited. The Adaptive Recreation program meets at Bloomfield Park, Tuesdays from 3:30 p.m. – 5:30 p.m. There is a \$5 fee on special “party” days.

Saturday, July 21
ARP Pool Party & BBQ at McCormick Pool
(at Bolivar Park)
4 p.m. - 8 p.m. \$5

Saturday, August 4
Family Play Day & Pot Luck at Palms Park
9 a.m. - 2 p.m. Free

Saturday, August 11
ARP End of the Summer Luau
at Bloomfield Park
6:30 p.m. - 9:30 p.m. \$5



Special Olympics

For our “special” athletes, we have a year-round Special Olympics program. Intellectually disabled individuals participate in mainstream leagues and tournaments. Program registration is required for participation. Sports include: Spring: basketball and bocce. Fall: soccer, softball and golf. Summer: bowling. Ages 8 – adult welcome.

Practices held every Thursday from 6:30 - 8:30 p.m. at Bloomfield Park.

For more information on the Adaptive Recreation or Special Olympics program, call (562) 865-1717.