

Oops...

**WINTER/SPRING 2009
BROCHURE ADJUSTMENTS**

Every effort has been made to assure the accuracy of information contained within the Winter/Spring 2009 brochure. However, some errors have occurred and we have made adjustments (in red ink) to fees, schedules, locations, or other aspects.

We apologize for any inconvenience these errors or adjustments may cause.

**Please call the FVSRA office if you have any questions.
(630) 907-1114**

Thank you for your understanding.

FVSRA

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SUPER SATURDAYS SOUTH



Every Saturday you and your friends will show your creativity through seasonal crafts, games and music. We will head to the leisure pool for water games and a chance to go racing down the slides. **The goal of the program is to expand your imagination, socialize and have fun!**

Age: 3-19 years
Location: FVSRA Kiwanis Activity Room
Time: 9:00am-11:30am
Min/Max: 12/18
Transportation: No Transportation

SESSION ONE (6 weeks)

Leader: Kayla Linden
Date: Saturdays, Feb 7-Mar 14
Res/Non-Res: \$120/200
Program Code: 309-1030-1

SESSION TWO (6 weeks)

Leader: Meghan O'Keefe
Date: Saturdays, Mar 21-May 9
No Program: Apr 11, 4
Res/Non-Res: \$120/200
Program Code: 309-1030-2

Participants should bring a swimsuit and a towel each week.

If medication will be administered during the program, please turn in appropriate forms and medications prior to the program.

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COOKING CONNECTION



NO DOOR TO DOOR TRANSPORTATION

Come and learn some kitchen basics. We'll chop, measure, and stir our way to a variety of healthy dishes. We will work on our independence in the kitchen while socializing and working as a team. Each week participants will enjoy the recipes they created for dinner. **(7 weeks)**

Leader: Jen Borrowman
Age: 14 years and older
Location: FVSRA Kiwanis Activity Room
Date: Mondays, Feb 9, 23; Mar 9, 23; Apr 13, 27; May 11
Time: 5:00pm-7:00pm
Min/Max: 18/20
Res/Non-Res: \$83/156
Transportation: SE, SCS, WP, BCC, OSW, SG
Program Code: 309-2020-0

Program is designed for participants who are able to assist with meal preparation with limited staff assistance.

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CULINARY CREATIONS



Calling all experienced cooks! We have doubled your culinary opportunities this season! FVSRA has joined kitchens with a renowned chef to teach you the ins and outs of the kitchen and more advanced dishes. **The goal of this program is to build your independence by taking your culinary skills to the next level. Each week you will prepare and enjoy a different meal. (NEW 8-week session!)**

Leader: Staff
Age: 13 years and older
Location: FVSRA Kiwanis Activity Room
Date: Wednesdays, Apr 1-May 27
No Program: Apr 22
Time: 5:30pm-7:30pm
Min/Max: 6/12
Res/Non-Res: \$109/227
Transportation: SE, SCS, WP, BCC, OSW, SG
Program Code: 309-2031-0

Participants must be independent in activities of daily living.

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EXPLORE YOUR SENSES



Feel weightless in the air after a huge bounce of the trampoline, hear the ding of the bell as it signals the dumping of the water, and smell the food that is being created before we dig in. This program is designed for participants that need one-to-one assistance with all activities of daily living.

Leader: Claire Kelly and Terri Adame
Age: 13-19 years
Time: 5:15pm-6:30pm
Min/Max: 6/8
Transportation: SE, SCS, WP, BCC, VAC, OSW, SG

Swimming at Vaughan Athletic Center (3 weeks)

Date: Thursdays, Feb 12, 19, 26
Location: FVSRA Kiwanis Activity Room/VAC Pool
Res/Non-Res: \$68/133
Program Code: 309-1040-1

Gymnastics (3 weeks)

Date: Thursdays, March 5, 12, 19
Location: Boulder Hill, Oswego
Res/Non-Res: \$68/133
Program Code: 309-1040-2

Cooking (3 weeks)

Date: Thursdays, Apr 9, 16, 23
Location: FVSRA Kiwanis Activity Room
Res/Non-Res: \$68/133
Program Code: 309-1040-3

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CINEMA CRUISERS NORTH



DOOR TO DOOR TRANSPORTATION IS AVAILABLE

Enjoy your Saturday the right way....by playing! **The goal of the program is to expand your imagination, socialize with friends, play games and travel on community field trips.**

Leader: Meghan O'Keefe & Jen Mozina
Age: 19 years and older
Location: Randall 15-Imax, Batavia
Time: TBA
Min/Max: 20/20
Res/Non-Res: \$5/12
Transportation: D/D, SCS, SE, WP, BCC

Date: Wednesday, Feb 4
Program Code: 309-1200-1

Date: Wednesday, Mar 4
Program Code: 309-1200-2

Date: Wednesday, Apr 1
Program Code: 309-1200-3

Date: Wednesday, May 6
Program Code: 309-1200-4

Participants should bring between \$10-15 for the cost of the movie ticket and refreshments.

CINEMA CRUISERS SOUTH



DOOR TO DOOR TRANSPORTATION IS AVAILABLE

Enjoy the company of good friends while we relax and watch the latest new releases on the big screen.

Leader: Kayla Linden
Age: 19 years and older
Location: Tinseltown, North Aurora
Time: TBA
Min/Max: 20/20
Res/Non-Res: \$5/12
Transportation: D/D, VAC, SG, OSW

Date: Wednesday, Feb 4
Program Code: 309-1100-1

Date: Wednesday, Mar 4
Program Code: 309-1100-2

Date: Wednesday, Apr 1
Program Code: 309-1100-3

Date: Wednesday, May 6
Program Code: 309-1100-4

Participants should bring between \$10-15 for the cost of the movie ticket and refreshments.

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MUSIC THERAPY: DRUMMING II



In this Drum Circle, participants will learn different songs while **improving self-expression, spatial and awareness and self-esteem.** This class will allow you to express yourself in a non-threatening manner. Drumming includes a variety of drums ranging from a shaker to a conga. Don't miss out on this chance to learn something new while having fun with your peers.

Leader: Laurie Schaefer
Age: 18 years and older
Location: FVSRA Kiwanis Activity Room
Time: 6:15pm-7:00pm
Min/Max: 4/6
Transportation: No Transportation

January Session (4 weeks)

Date: Mondays, Jan 5-Jan 26
Res/Non-Res: \$39/59
Program Code: 309-3701-1

Winter Session: (8 weeks)

Date: Mondays, Feb 2-Mar 23
Res/Non-Res: \$78/117
Program Code: 309-3701-2

Spring Session: (7 weeks)

Date: Mondays, Apr 6-May 18
No Program: May 25
Res/Non-Res: \$68/102
Program Code: 309-3701-3

Drums and instruments will be provided

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ROLLIN' THE NIGHT AWAY



Join FVSRA as we visit Funway for a night of roller skating. The goal of the program is to socialize with friends, learn a new skill and get some exercise in the middle of the week! We will have a weekly pizza party after we work up an appetite on the roller floor. **(8 weeks)**

Leader: Claire Kelly
Age: 19 years and older
Location: Funway, Batavia
Time: 6:30pm-8:30pm
Min/Max: 10/12
Transportation: SE, SCS, WP, BCC, VAC, OSW, SG

SESSION ONE (4 weeks)

Date: Thursdays, Mar 26-Apr 16
Res/Non-Res: \$67/147
Program Code: 309-2090-1

SESSION TWO (4 weeks)

Date: Thursdays, Apr 23-May 14
Res/Non-Res: \$67/147
Program Code: 309-2090-2

The program cost includes the admission, rentals and pizza party.

WINTER/SPRING 2009 BROCHURE CORRECTIONS

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MUSIC LESSONS



Music Classes are provided by our Registered Music Therapist, Laura Schaefer. These lessons are beneficial because they **enhance cognitive awareness, improve fine motor skills, increase social and individual functioning and build self confidence.**

The class provides a non-threatening environment for an individual to express themselves. Methods used will include piano and keyboards, drums, recorded music, and art. Participants will enjoy learning new ways to be creative and have fun at the same time.

Leader: Laurie Schafer
Age: 3 years and older
Location: FVSRA Music Room
Date: Mondays/Fridays
Time: 3:00pm – 6:00pm

Date: Thursdays
Time: 3:00pm – 5:00pm
Min/Max: 1/6
Transportation: No Transportation

January Session (3/4 weeks)

Res/Non-Res: \$43/65 (3 weeks)
Date: Mon, Jan 5-Jan 19
Program Code: 309-3400-0

Res/Non-Res: \$60/90 (4 weeks)
Date: Thurs, Jan 8-Jan 29
Program Code: 309-3401-0

Date: Fri, Jan 9-Jan 30
Program Code: 309-3402-0

Winter Session (8 weeks)

Res/Non-Res: \$115/173
Date: Mon, Feb 2-Mar 23
Program Code: 309-3403-0

Date: Thurs, Feb 5-Mar 26
Program Code: 309-3404-0

Date: Fri, Feb 6-Mar 27
Program Code: 309-3405-0

Spring Session (8 weeks)

Res/Non-Res: \$115/173
Date: Mon, Apr 6-June 1
No Program: Mon, May 25
Program Code: 309-3406-0

Date: Thurs, Apr 9-May 28
Program Code: 309-3407-0

Date: Fri, Apr 10-May 29
Program Code: 309-3408-0

Sessions are scheduled in 30 minute intervals during the period listed.

The program leader will schedule lessons on a first-come, first-served basis.

Participants may be required to purchase instructional booklets.

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VAC PASS



Help that New Year's resolution by joining the Vaughan Athletic Center. An enrollment in the "VAC PASS" Membership by a person with a disability provides the opportunity for his or her family member to purchase an All-Inclusive "VAC PASS" membership to the Vaughan Athletic Center through the FVSRA office. Membership options are below. Memberships can be purchased during each Summer, Fall and Winter/Spring program seasons. Membership dues for the entire season must be paid in full at the beginning of each season. This membership includes access to the fitness center (for participants 16 years and older or 14 years and older if accompanied by an adult), two walking tracks, three pools, four field courts and a member rate for court time at the nine tennis courts. **Adults 18 and older may purchase an upgraded locker room membership for \$30 a month.** This upgraded locker room includes; a sauna, a steam room, towel service, shampoo/conditioner, blow dryers, etc. Schedule an appointment with Alex Redenius for a free orientation of the fitness center prior to enrolling in the program. Independence in the fitness center or adult supervision is required to obtain a membership. Please wear appropriate workout attire: closed toed tennis shoes, t-shirt, NO JEANS IN THE FITNESS CENTER, supportive undergarments, etc. No sign up fee... no full year commitment... what do you have to lose except a few pounds?! **Please allow 2-3 business days for processing before utilizing the Vaughan Athletic Center.**

OPTION ONE

Participant VAC PASS (under 18 years old or without the Upgraded Locker Room Service).

Res/Non-Res: \$20 per month
Program Code: 309-VA01-0

OPTION TWO

Participant VAC PASS with upgraded Locker Room Service (Must be 18 years old or older).

Res/Non-Res: \$30 per month
Program Code: 309-VALP-0

OPTION THREE

Each Family Member VAC PASS without Upgraded Locker Room Service (Must be 18 years old or older).

Res/Non-Res: \$20 per month
Program Code: 309-VA02-0

OPTION FOUR

Each Family Member VAC PASS with Upgraded Locker Room Service (Must be 18 years old or older).

Res/Non-Res: \$30 per month
Program Code: 309-VALF-0