

Family Friday Frolic

October 30



Hard Rock Halloween

Show off your Halloween costume while rocking out! Enjoy the sounds of a local rock band with friends and family. Learn social skills like buying your ticket, ordering refreshments, dancing or just being cool.

Tickets \$13.00 per family.

December 11



Snow Ball

Dress up and join the holiday festivities while dancing to the sounds of the season. Lots of whimsical magic with surprise guests! Eat, Dance & be Merry with friends & family.

Tickets: \$15:00 per family

All Friday Frolics are held at the Tri-Beach Community Center in Milford from 7-9 pm. Friends and family are welcome to join in the fun with one family ticket. Refreshments and lots of mentors! All must be accompanied by an adult.

"Building Community Through People
Parks and Programs"

City of Milford Recreation Department
Parsons Government Complex
70 West River Street
Milford, CT 06460-3317

City of Milford Recreation Department Adaptive Programs Fall 2009



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Debra Marchese
Adaptive Program Coordinator
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City of Milford Adaptive Programs

The City of Milford Recreation Department is proud to be able to provide equal and quality recreation programs to school age children of all abilities. Adaptive recreation gives people with disabilities the opportunity to participate in activities with the necessary support. Programs are modified to meet the unique needs of the individuals, encourage independence, enjoy success & fun. Socialization and being part of the community is also our goal for these children along with support for families, caregivers, teachers and volunteers. Scholarships are available. The Benefits Are Endless.



Mentor Program

The Mentor Program is for typical students in Middle & High School that have the desire to help a special needs student with recreation activities. Mentors interested in sports & the arts are welcome to volunteer & be part of this exciting program. All placement must be approved by the Recreation Department & approved by a parent. Training sessions are required and volunteer hours are flexible to secure success. First Aid/CPR classes will also be offered for certification. Lectures from specialist and community leaders as well as many opportunities to get involved with special events and other fun activities involving special needs will also be available. Mentors hours are monitored & documentation will be provided to fill community service obligations. Mentor applications are required & can be found on line at www.ci.milford.ct.us Recreation Department /Adaptive Programs. Mail completed application to:
City of Milford Recreation Department
c/o Debra Marchese
70 West River Street
Milford CT 06460-3317



SPORTS & SWIMMING

Basketball

Learn the basic skills needed to play basketball. This program is for grade school age children targeting gross motor & social development. Lots of fun. Parents & siblings welcome to join in along with our Mentors. A 12:30 class may be added if needed. Saturday 11:30-12:30PM
\$132/12 classes 9/19-12/5
Tri-Beach Community Center

Swim 1

This class is for children of any age that need support in the water. Parents or caregiver join the child in the pool to learn basic swim techniques at their own pace with gentle guidance from the instructor. Parents will also learn what and how to teach their children to bring them to the next skill level.
\$60/5 classes Sunday 3:00 pm Foran High School

Swim 2

For those who enjoy the water without support but need to improve skills & learn more about water safety. Individual instruction along with group participation target skills to become more independent in the water.
\$60/5 classes Sunday 4:00 pm Foran High School
Session 1 9/20-10/18 Session 2 10/25-11/22

Karate Club

This Martial Arts class is designed to teach skills in a safe & encouraging setting by certified Karate professionals. Traditional values are introduced such as respect for self & others along with self discipline. Emphasis is also on gross, fine motor development, mental focus, balance, coordination & physical fitness. Students are encouraged to achieve their highest potential. Mentors needed for new students.
Fee: \$50 (5) Monday 5:30 PM
Margaret Egan Center Gym
Session 1 9/21-10/26
Session 2 11/2-11/30
Session 3 12/7-TBA



ARTS & HUMANITIES

Acting/Skit Writing

Join others acting out a short play created especially for them! Students will learn the art of acting and performing while focusing on expression, social cues and language. Non-verbal students are welcome to use their unique ability to communicate. Students will also have the option to add their own imaginative flare to the story line. Their creation will be performed in a show at the end of the session.
Tuesday 5:30PM \$100(10) 9/22-11/24 Margaret Egan Center/ 206

Ballet/Creative Movement

Developed for children that may not be able to participate in a typical dance class. The basic fundamentals of movement and ballet are introduced along with music interpretation and self expression. Children are encouraged to bring their favorite costumes to class for free dance. A beautiful performance is at the end of the ten week session. Boys are welcome, along with siblings and friends.
Tuesday 4:00PM \$100(10) 9/22-11/24
Margaret Egan Center/Room 206

Lets Dance!

Move to your favorite tunes while learning basic dance steps and inventing new ones with the group. Master a dance routine while adding your own style. Emphasis on coordination, expression, following instructions & body image. Lots of fun, easy to follow. A performance with costumes at the end of ten weeks. Tuesday 4:45PM \$100 (10)
Margaret Egan Center/Room 206 9/22-11/24

The Merry Milford Musical Theater

This adaptive theater program is for school age children of all abilities interested in the arts. Participants will rotate through art, dance & movement, music & voice each week. This session our theme will focus on diversity and acceptance from some popular Broadway Musicals. Under the musical direction of Dawn Woods- King a professional voice coach and musician, children will be guided with peers and mentors to learn songs adapted for success. Dance will also be adaptive for all skill levels along with art projects such as set design, costuming and prop making. This unique inclusion program is also designed to enhance socialization & build self-esteem in a caring fun atmosphere. Siblings, friends and mentors are encouraged to join in! A musical production with a will be performed with all groups for friends and family. Session runs ten weeks each Wednesday afternoon from 4:00 -5:30PM at the Tri Beach Community Center. Tuition can be split up and scholarships are available.
Session 1 (10) Fee: \$200 Sept. 23-Nov. 25

