
RECREATION



20 Gould Street
Reading, MA 01867
Phone: 781-942-4888 x4036
Fax: 781-439-6437
Email: Rec@theemarc.org
www.theemarc.org



Winter/Spring 2012

January - May

Meet the Recreation Staff!

To contact a staff member, call 781-942-4888 followed by the extension below



Chenine Peloquin, CTRS
Director, Ext: 4036
Rec@theemarc.org



Laura (Morabito) Wilcox
Assistant Director, Ext: 5034
LWilcox@theemarc.org



Christine (Arruda) Emery
Assistant Director, Ext: 4030
M.A.S.H. Director
CEmery@theemarc.org

Specialists



Mary Beth
Trapeni
*Movement
Therapist*



Meredith
Pizzi
*Music
Therapist*



Holly
Rand
*Music
Therapist*



Laura
Micheli
*Music
Therapist*



Linda
Nelson
*Art
Instructor*



Gina
Shulimson



Heather
Tinkham

Recreation Assistants

Adelle
Brophy

Alicia
Hooper

Lindsey
Kelly

Eric
Peloquin

Marlies
Nasella



Lianne
O'Day

Michelle
Scali

Rob
Masiello

Kristin
Apostol

Kristen
Tower

Our Mission

We seek to provide recreation and leisure experiences to people of all ages and abilities which promote independence, build life skills, maximize community inclusion and social interaction, encourage an active lifestyle and enhance quality of life.

Special thanks to Malden, Medford, Melrose, Reading, Stoneham, & Wakefield for their support of our Recreation programs!

POLICIES & PROCEDURES

We welcome people of all abilities to participate! Experienced staff will work with families to understand the needs of each participant and develop safe and effective adaptations. We will make every effort to help ensure your successful participation and welcome your input and questions!

REGISTRATION & PAYMENT: Participants must be a member of Emarc. Annual membership is \$40 per family.

Registration is due one week before the program starts. Registration is accepted:

- In person at the Recreation Department Office (cash accepted)
- By mail - complete your registration form and return it with full payment to:
Recreation Department, 20 Gould Street, Reading, MA 01867
- Online at <http://emarc.recdesk.com/recdeskportal> via credit card
- By phone via credit card

Read Me!

Please note: Registration cannot be processed without payment.

Checks made payable to Emarc; online registration requires a credit card. Full payment must accompany registration unless otherwise stated. We cannot register you for a program until full payment is received. For payment plan information, please contact the Recreation Department. There will be a \$35 fee assessed on all returned checks.

Once registered, please make the commitment to attend class whenever possible since preparation of program material is dependent upon the number of participants. Refunds will not be granted for missed classes.

EMERGENCY FACT SHEETS: All participants must have an annual Emergency Fact Sheet on file. Individuals may not participate in Recreation Programs without a current form. Fact Sheets can be found on our website or in the office.

WAITING LISTS: You may request to be placed on the waiting list without payment should your class choice be full. The Recreation Department will contact those on the waiting list, in order of placement, should an opening occur. Being placed on the waiting list does not guarantee enrollment in the program.

REFUNDS/CANCELLATIONS: You must notify the Recreation Department at least two (2) days in advance of your cancellation in order to receive a refund. Refunds will not be granted for missed classes or planned absences. Refunds will not be granted for special events requiring advance purchase of tickets unless a replacement is found. Partial refunds are available if notice is given prior to the second week of a program. Credit or refunds will be granted if Recreation changes the location, time, or date of the program which prohibits attendance or if the department cancels the program due to insufficient registration. All participants will be notified at least two (2) days prior to a program if there has been a cancellation, except in cases of inclement weather.

Program schedules, fees, instructors, policies and procedures are subject to change. Occasionally, there may be an error in the day, times, fees or location in the brochure or online. If so, we will do everything possible to correct the situation promptly! Thank you for your patience and understanding should these situations arise.

PROGRAM POLICIES: Please note the START and FINISH times of each program and plan accordingly. Please do not drop off participants more than 5 minutes early or pick them up late. NO participant can be dropped off at a program without the activity leader present. A fee will be charged for any participant who is not picked up within the 5 minute limit.

SPECIAL CONSIDERATIONS: Scholarships are available on a case-by-case basis and may be updated annually. Contact the office for details and to request an application. Income verification may be requested. Any payment plans are due in full before the end of a program or future registrations may be prohibited until balance is paid.

If you are unable to attend a program due to transportation difficulties please contact us. We do not currently offer transportation but will work with you to try and make alternative arrangements including carpooling.

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CHILDREN / YOUTH

NEW!!!! ADAPTIVE DANCE CLASS (ages 9-14)



This adaptive dance class will take participants through the various phases of a dance class to include stretching, barre exercises, floor exercises and a class routine for the day. This class will focus on Jazz, Ballet and Modern dance principles adapted to the needs of the students by instructor Mary Beth Trapeni, MA, BC-DMT. Come prepared to dance in the proper attire such as leotards, stockings, ballet shoes or socks, and/or yoga pants (pants to move in). Dance and enjoy!

Dates: Mondays, 4:30—5:15 p.m.

Fee: \$95 / 6 weeks

Min: 8 Max: 12

January 23—March 5 (not on February 20)

**Please note: if we have a particularly large group, this*

Location: Emarc, 20 Gould Street, Reading

location may change to another venue in Reading.



EXPRESSIVE MOVEMENT (ages 3-8)

Do you love moving to music? This inclusive program will allow children of all abilities to express themselves through movement and music. Individual attention will be provided for children needing additional assistance to participate. The therapeutic goals for this class include socialization, body awareness and movement repertoire. **Let's Move it, Move it!**

Dates: Mondays, 3:40—4:25 p.m.

Fee: \$95 / 6 weeks

Min: 8 Max: 12

January 23—March 5 (not on February 20)

**Please note: if we have a particularly large group, this*

Location: Emarc, 20 Gould Street, Reading

location may change to another venue in Reading.

EMARC KIDS CLUB! (Elementary school)



We are looking for families of kids in elementary school interested in getting together with other families for some fun out in the community! This group is just forming and will start with a fun event over February Vacation! Program costs will depend on the activity chosen for that day. This will not be a drop off program. Siblings are welcome!

- Expanding opportunities for friendship development
- Providing opportunities for fun in a supportive environment
- Connecting parents with other parents

To join the mailing list, share activity ideas, or for more information, please contact Chenine Peloquin at 781-942-4888 x4036 or rec@themark.org.



ADAPTED AQUATICS

(Ages 3-11)

Designed to meet the individual needs of each child, this program provides a 1:1 staffing ratio thanks to our great volunteers! Classes available at the Malden or Reading YMCA. There is a 10 child maximum in Reading, 8 in Malden and there is a waiting list. If you would like to be added to the waiting list, please call the office.

Malden

Reading

Mondays, 4:45—5:30 p.m.

Thursdays, 4:45—5:30 p.m.

Tuesdays, 4:45—5:30 p.m.

Fridays, 4:45—5:30 p.m.

Session I:

Session I:

Session I:

Session I:

January 23—March 12
(no class February 20)

January 26—March 15
(no class February 23)

January 10—February 28
(no class February 21)

January 13—March 2
(no class February 24)

Session II:

Session II:

Session II:

Session II:

March 19—May 7
(no class April 16)

March 22—May 10
(no class April 19)

March 13—May 1
(no class April 17)

March 16—May 4
(no class April 20)

Location: Malden YMCA,
99 Dartmouth Street, Malden

Location: Malden YMCA,
99 Dartmouth Street, Malden

Location: Reading YMCA,
36 Arthur B. Lord Dr.
Reading

Location: Reading YMCA,
36 Arthur B. Lord Dr.
Reading

Fee: \$150 / 7 weeks

Fee: \$150 / 7 weeks

Fee: \$150 / 7 weeks

Fee: \$150 / 7 weeks

Emarc is thrilled to continue offering Music Therapy groups in partnership with Roman Music Therapy Services! Music Therapy allows and invites individuals to participate in the creative process that is music and music making. In this creative process, supported by the relationship with the music and the music therapist, the individual engages in a positive and creative therapeutic activity that can give an opportunity to experience oneself outside of a disability, thereby causing growth and change. Groups for teens and adults also available—see pages 6 & 8 for details!



MUSIC THERAPY (ages 3-7)

Are you ready to make some music? We will use the fun and motivation of music to address the social, behavioral and sensory goals of participants. Children will be singing, playing a variety of instruments and moving to the music as they engage in supportive and therapeutic music making. Goals may include increasing communication skills, turn taking, joint attention and learning songs that can carry-over into the home.

Parent participation is required - This is not a drop off program.



Dates: Thursdays, 3:45—4:30 p.m.
Session I : February 9—April 5 (no group 2/23)
Session II : April 26—June 14

Location: Emarc, 20 Gould Street, Reading
Fee: \$200 / 8 weeks Min: 6 Max: 8
Note: Flexible payment schedules are available.

MUSIC THERAPY TALKS (ages 5-13)

Come sing along with new friends in this music therapy group which focuses on language and communication skills. Designed for children with emerging and developing verbal skills, these groups will involve singing songs with functional themes and simple conversations. We'll use drums, maracas, tambourines and the guitar to help facilitate conversation skills and build friendships.

Parent Participation is required - This is not a drop off program.



Dates: Wednesdays, 4:45—5:30 p.m.
Session I : February 8—April 4 (no group 2/22)
Session II : April 25—June 13

Location: Anthony's of Malden, 105 Canal Street, Malden
Fee: \$80 / 8 week Session Min: 6 Max: 10
**Malden Music Therapy is supported by a grant from the Danversbank Foundation Malden Community Fund*

MIDDLE SCHOOL MUSIC THERAPY (ages 11-14)

Do you love listening music? Want to learn how to play some instruments and even make your own songs? Then our Middle School Music Therapy Group is perfect for you! You will have a great time jamming and meeting new people who share your passion for music. We will listen to our favorite tunes, record new songs, and have a great time rocking out! Important life skills such as group cooperation, effective communication, improvisation skills, self-expression, self-confidence will also be addressed. Participants will be able to make new friends and develop their love for music. Parent participation is required for this session; we may be able to phase this out as the group forms!



Dates: Wednesdays, 5:45—6:30 p.m.
Session I : February 8—April 4 (no group 2/22)
Session II : April 25—June 13

Location: Anthony's of Malden, 105 Canal Street, Malden
Fee: \$80 / 8 weeks Min: 6 Max: 8
**Malden Music Therapy is supported by a grant from the Danversbank Foundation Malden Community Fund*

* Please note: ages are recommended, not final. If you are interested in a class, call the Recreation department to find out if it would be appropriate for you!



TEENS / YOUNG ADULTS

SONGWRITING FOR TEENS (ages 14-21)



Did you ever dream about writing songs and recording your own CD? Don't miss your chance! In this group we will work together to create and record our own album! Join us as we get our creative juices flowing to write amazing original songs. This hands-on group is for all teens who have an interest in exploring new music and developing peer relationships through shared musical songwriting experiences. Group members will also be able to share some of their favorite music and explore what it is about those songs that makes them such a hit.

Dates: Thursdays, 5:45—6:30 p.m.

Session I : February 9—April 5 (no group 2/23)

Session II : April 26—June 14

Location: Emarc, 20 Gould Street, Reading

Fee: \$200 / 8 weeks

Min: 6 Max: 8

Note: Flexible payment plans are available. Please contact the Recreation Department.



GUITAR 101 (ages 12-18)

Did you ever wonder what Jimi Hendrix, Eric Clapton and Bob Dylan have in common? They all learned guitar **starting with one simple chord! Discover the enduring allure of the guitar and why it's so hard to put down. Join** us in a survey of your favorite guitar artists and songs, learn to play, and even start writing your own songs. This functional skills class provides a supportive group environment and introduces the magic of guitar playing to all abilities. You will begin learning basic chords and from there move directly to playing songs. There will be opportunities to bring in your favorite songs and learn to play those as well. Guitar skills can be adapted for students with fine motor challenges or delays. Come discover the Real Guitar Hero in you! Individuals who would like assistance in purchasing a guitar for the class can contact Roman Music Therapy Services, at help@romanmusictherapy.com or call 781-665-0700

Dates: Thursdays, 4:45—5:30 p.m.

Session I : February 9—April 5 (no group 2/23)

Session II : April 26—June 14

Location: Emarc, 20 Gould Street, Reading

Fee: \$200 / 8 weeks

Min: 6 Max: 8

Note: Flexible payment plans are available. Please contact the Recreation Department.



TRACK AND FIELD (ages 13 and up)

Are you ready to run, jump, or throw your way to victory this spring? This is the 6th annual season for the Emarc Track Club. This season will be our second year competing in the SOMA track & field Summer Games for anyone who wishes to participate. We will be practicing each Sunday as we enhance our abilities to run faster, jump higher, and throw farther than we ever have before! Come join head coach Eric Peloquin and our wonderful volunteers for what promises to be our best season yet! SOMA medical forms are required. Bring some comfortable running shoes, loose-fitting athletic clothes, a water bottle, sunscreen, and a desire to succeed all the way through the spring! No prior track experience necessary.

Dates: Sundays, April 15—June 10

Time: 2:00—4:00 p.m.

Location: Tufts University Track, College Ave., Medford

SUMMER GAMES at Harvard: June 15—17

Fee: \$80 / season

Minimum 8 athletes



VACATION WEEK CAMP SAIL

(Ages 13-21)

Get out and get active during the vacation weeks! This day camp is for teens with developmental disabilities to come together for a few days of fun outings! The program will offer participants **opportunities to try new activities and become more independent at old favorites. We'll** check out museums, parks, and other places in the community while developing friendships and having a great time. Campers need to be able to walk 1/2 mile with assistance, be independent in personal care and be successful in a staff/camper ratio of 1:4.

Dates: Tuesdays— Fridays 9:00— 2:00pm

February 21—24

April 17—20

June 25—29 *Note this week is Mon—Fri, fee for this week is \$375

Drop off and Pick up: Knights of Columbus,

570 North Ave. Wakefield MA

Fee: \$300 per week

June week: \$375

Note: Flexible payment plans are available. Please contact the Recreation Department.

Snow Ball Dance



(Ages 13-22)
Invite your Friends!

Friday, January 20
7:00 — 10:00 p.m.
WS Parker Middle School
45 Temple Street, Reading
\$15 at the door



You are cordially invited to the ninth annual Snow Ball Dance! Dress is Semi-Formal. This dance is co-sponsored by the Massachusetts Down Syndrome Congress "Advocates In Motion" program and is an inclusive function with volunteers from local high schools including Reading, North Reading and Malden. *We will be "Moving Up" our 22 year olds to adult programs at the end of this dance around 9:30 p.m.; we hope you can come to celebrate them!*

Attendants are invited and welcome; Supervision is provided. Please RSVP online, make sure you "check out" of the system so your name is added to the list. Payment is accepted at the door or online!
RSVP BY FRIDAY, JANUARY 13

M. A. S. H. Malden After School Hangout



The M.A.S.H. program is in its fourth year of dependable, consistent, enriching weekly programming for ages 14-21 this year and is open to students from all cities and towns! M.A.S.H. provides opportunities

for teens and young adults to participate in health and fitness, personal and social development and community involvement. This is a community-based program; teens and young adults will spend time hanging out with friends, and will have opportunities to develop self advocacy skills and friendships. M.A.S.H. meets at Malden High School and offers a small staff to student ratio. The program is scheduled to run until the end of April 2012. Prior registration is required to attend. The program cost is \$15/week for Malden students and \$25/day for students from other towns. For more information or to register, contact Christine Emery at 781-942-4888 x4030 or CEmery@theemarc.org.



HIGH SCHOOL CLUB

Ages 13-21

All drop off / pick up at 20 Gould Street, Reading

Do you like to hang out with friends and have a good time? Then this is the club for you! *We price our programs based on ticket prices of activities, staff, gas, food if included, and a small percentage for administration time. PLEASE NOTE: All trips require a minimum of 8 participants to run.*

Emarc vs. Cotting Basketball Game and Pizza

Friday, February 3 Time: 6:00—9:30p.m.

Fee: \$35

Note: Come cheer on the Emarc Magic against the Cotting Eagles!

Movie & Make your own Tacos at Emarc

Friday, March 2 Time: 6:00—9:00p.m.

Fee: \$35

NO SCHOOL: Out to Breakfast, Burlington

Mall for shopping & Ice cream

Friday, April 6 Time: 9:00 a.m.—2:00p.m.

Fee: \$65

Note: Please bring under \$20 for shopping. We will meet at 34 Gould St.

Out to Dinner at Not Your Average Joe's

Friday, May 11 Time: 6:00—9:00p.m.

Fee: \$50

WILD WEEKDAYS (ages 13-21)



Need a little something to do on a school night?

We're teaming up with several area high schools including North Reading, Reading, Malden and Austin Prep to plan fun social activities, whether

it's playing games, having an open gym night, bowling, or heading to a high school sporting event! Locations and cost will vary depending on the activity. **EVENTS WILL BE SENT OUT VIA EMAIL. No email available? Call us!**

These are late entry dates planned as the year goes along! Please call Chenine or email rec@theemarc.org to be put on the mailing list!



YOUNG ADULTS / After Work Programs



YOUNG ADULT MUSIC THERAPY (ages 22-35)

Do you like making music? Listening to your favorite bands? Talking with others about music? Come see what music therapy is all about! In this group, participants will work together to determine the direction and goals for the group. Sessions may include making music with a variety of instruments, writing new songs, or listening to our favorite music. We can even make our own CD! Come and bring a friend!

*****NOW AVAILABLE AT BURLINGTON LIFE CHOICES!*****

Participants are responsible for their own transportation home.

BURLINGTON (Life Choices Central Middlesex)

Dates: Fridays: 3:00—3:45 p.m. (immediately after L.C.)

PILOT PROGRAM: February 10—March 2

Location: LCCM, 2 Ray Avenue, Burlington

Fee: \$100 / 4 weeks

Note: Flexible payment plans are available. Please contact the Recreation Department for details.

READING (Life Choices Metro North)

Dates: Thursdays: 2:45—3:30 p.m. (immediately after L.C.)

Session I : Feb. 9—April 5 (no group 2/23)

Session II : April 26—June 14

Location: Emarc, 20 Gould Street, Reading

Fee: \$200 / 8 weeks Note: Flexible payment plans are available. Please contact the Recreation Department for details.

GUYS & DOLLS - Creative Movement (ages 22-35)



Expressive Movement has gone Broadway! A desire to learn and explore is all that is necessary, no prior dance experience needed. We will discuss the story, listen and move to the music and complete a routine adapted from the show of the week. The musicals will be chosen by the group but may include Grease, Hairspray, Phantom, and Sound of Music to name a few!

The therapeutic goals for this group will center

Dates: Mondays, 2:45—3:30 p.m.

January 23—March 5 (no class February 20)

Location: Emarc, 20 Gould Street, Reading

Fee: \$95 / 6 weeks

Min: 6 Max: 8

YOUNG ADULT SOCIAL CLUB

(ages 20-35)

Dinner at Buffalo Wild Wings

Friday, January 27 Time: 6:00—9:00 p.m.

Fee: \$50

Jeopardy and Make your own snack at Emarc

Friday, February 17 Time: 6:00—9:00 p.m.

Fee: \$30

Note: please eat dinner before you come.

Monster Mini Golf

Friday, March 16 Time: 6:00—9:00 p.m.

Fee: \$35

Note: please eat dinner before you come

Outback Steakhouse

Friday, April 13 Time: 6:00—9:00 p.m.

Fee: \$50

Photo Scavenger Hunt at Emarc

Friday, May 18 Time: 6:00—9:00 p.m.

Fee: \$30

GROOVY GIRLS (ages 17-26)

This group is for young women who want to meet other girls, learn about the cool things that women can do, and



just go out and enjoy being "one of the girls!"

Hair, nails, shopping, hiking, you name it! We even have sleepovers! We meet one weekend a month and have a blast. All program specifics will be sent out via email so get on the list!!

Dates: Saturdays, Feb. 25, other dates TBA

Location: Emarc, 20 Gould Street, Reading

Contact Chenine Peloquin at Rec@themark.org to be put on the e-mail list!

****PLEASE NOTE: ALL TRIPS REQUIRE A MINIMUM OF EIGHT PARTICIPANTS TO RUN.**

All drop off / pick up at 20 Gould Street, Reading

ADULTS/YOUNG ADULTS

Spring Dance

Ages 22 and up

Come and dance the night away at our fourth annual Spring Fling!
Bring your friends and make some new ones as well.

Our fantastic DJ Paul Liberty will have you movin' and groovin' to all your favorite songs!



Friday, May 4
6:30—9:00 p.m.
\$10 at the door

Location: Knight of Columbus, 570 North Ave, Wakefield
Space is limited,

RSVP BY APRIL 27 to 781-942-4888 x5034 or x4030

*Pre-registration and current Emarc Emergency Fact Sheets required.



THEATRE CLUB

Do you love musical theatre? Become an Emarc season ticket holder for the
North Shore Music Theatre's 2012 Season! This year's shows are:

Hello Dolly - June

Annie - July

All Shook Up - August

9 to 5 - Sept/Oct

Guys and Dolls - November

Dates: TBA

Time: Saturdays, 12:45—5:15 p.m.

Location: 20 Gould Street, Reading

Fee: \$375 (includes season tickets, transportation and staff)

**payment plans available*

Seats fill up fast, so register for your spot today! Max. 10



GET CRAFTY ART CLASS (ages 22 & up)

Crafters and artists wanted! This class will make creative and fun projects including decoupage, paper maché, nature
crafts, holiday art, and much more! Come and we'll have lots of fun while we enjoy a creative art experience.

Class will be taught by Linda Nelson.



Dates: Thursdays, 6:00—7:00 p.m.

Session I : March 8—April 12

Session II : April 26—May 31

Location: Emarc, 20 Gould St. Reading

Fee: \$90 / 6 week session

Min: 8 Max: 10

AFTER-HOURS BOWLING (ages 22-35)



Come and join us after Life Choices Reading for hang-out time at the bowling alley!

Whether it is your first time or you are a dedicated bowler, everyone can learn and have a great time each week! We will meet immediately after Life Choices and drive to Candlewood Lanes.

Participants will be transported back to Emarc for pick-up.

Dates: Mondays, 2:45—5:15 p.m.

Session I : January 23—March 19 (not on Feb 20)

Session II : April 2—June 4 (not on Apr 16, May 28)

Dates: Wednesdays, 2:45—5:15 p.m.

Session I : January 4—February 29 (not on February 22)

Session II : March 14—May 9 (not on April 18)

Location: 20 Gould St. Reading

Fee: \$125 / 8 weeks

Min 8 / Max 10

Note: This program currently has a wait list. Please call the office to be added to the list.

Remember! Registration is due at least one week before the program starts!



FAMILY PROGRAMS / SPORTS

FAMILY SWIM—Malden YMCA

—FREE for Malden Families!—



This unique program offers the entire family the opportunity to swim together where **everyone else in the pool just "gets it!"**

This fully accessible, therapeutic temperature pool with its own fountain will have your whole family smiling! Thanks to a grant from the City of Malden, Malden residents may use this program for no fee! All families must pre-register with Emarc and sign release form, including current YMCA members. This is not a drop-off program.

Dates: Sundays, 2:30—3:30 p.m.

Winter Session: December 4 — March 4

Spring Session: March 11 — June 3

(POOL CLOSED on April 8th)

Non-Malden families: \$60 per family for 12 weeks

Malden Residents: No fee thanks to a grant from the City of Malden!

Location: Malden YMCA Therapy pool

99 Dartmouth Street, Malden

TEEN SIBLING GROUP

Why do YOU come to the teen sibs group?



- ◆ *"It's great to hang out with other people who understand what my life is like and I don't have to explain anything."*
- ◆ *"It's a chance to get out of the house and do fun stuff."*
- ◆ *"I want to be able to ask questions about what it's going to be like as my brother and I get older."*
- ◆ *"Because pizza is better than my mom's meatloaf."*

No matter what your reason, join our Teen Sibling Group for sibs ages 14-19 and meet other teens who "just get" what it's like to have a sibling with special needs. We'll hang out, play games, eat pizza, watch movies and have guest speakers on topics we decide together. We'll also go on trips some Friday or Saturday nights just for fun!

Wednesdays, every other week, 6:00—8:00 p.m.

34 Gould St. Reading (Emarc Family Resource Center)

Fee: \$5 per night

For more information, contact Chenine Peloquin at Rec@theemarc.org or 781-942-4888 x4036



Hosted by:

Emarc Family Resource Center

The Children's Center for Communication/ Beverly School for the Deaf

Sibshops are programs for typically developing brothers and sisters of children with special needs, including: developmental, behavioral, health, medical and mental illness. Sibshops are a place for kids that share similar family experiences to get together. During a Sibshop, kids will play games, do crafts and activities, talk with other siblings, enjoy a snack and have fun!

Ages 4-7

Dates: Saturday, February 11

and Saturday, April 14

Fee: \$15 per session

Time: 9:30 a.m. — 12:00 p.m.

Location: Emarc Family

Resource Center,

34 Gould Street, Reading, MA 01867

Registration needs to be submitted one week before the Sibshop. A minimum of 5 kids is required to run the program.

To register, please contact Christine

Lubawski at 781-942-4888 x4021 or

CLubawski@theemarc.org

Ages 8-13

4 week after school session

Dates: Thursdays,

January 26—February 16

Fee: \$40 for the session

Time: 3:30—5:00 p.m.

Location: **Children's Center for**

Communication/Beverly School for the

Deaf, 6 Echo Ave., Beverly, MA 01915

Registration needs to be submitted one week before the Sibshop. A minimum of 5 kids is required to run the program.

Note: Please bring a snack with you.

To register, please contact Laura

Wilcox at 781-942-4888 x5034 or

LWilcox@theemarc.org

To join the Sibshop mailing list, visit www.theemarc.org

DOLPHINS SWIM TEAM (ages 14—25)

Calling all swimmers who have a desire to improve their skills and compete at the Special Olympics! This is not a learn-to-swim program: athletes MUST be able to swim 25-50 yards unassisted in order to participate. All participants will have the opportunity to compete in a qualifying event (date TBA) as well as the SOMA Summer Games, June 15—17.

Dates: Sundays, March 18—June 10

Time: 11:00 a.m.—12:00 p.m.

Location: Melrose YMCA, 497 Main St. Melrose

Fee: \$80

Min: 6, Max: 12 athletes



TENNIS (ages 7 and up)

Ever wanted to give tennis a try? Learn the basic skills of the game and become a team player. This program is good for new and experienced athletes! Special Olympics training is offered for those athletes interested in competing in the Summer Games. All athletes must register with Emarc Recreation and have up to date emergency forms PRI OR to participation, due one week before the program starts! Volunteers needed, please contact Christine Emery!



Dates: Sundays, January 15—February 19

Time: 1:00—2:00 p.m.

Location: Woburn Racquet Club, 9 Webster St. Woburn

SOMA SUMMER GAMES at Harvard: June 15—17

Fee: \$70 / 6 weeks - weekly fee no longer available

LIVE WORK PLAY

Building better lives since 1954.



www.TheEmarc.org

WITH YOUR SUPPORT WE CAN...

...continue to provide Recreation programs for over 500 individuals with intellectual disabilities living in our community! Running quality programs is expensive! We receive no state funding and rely on program fees, grants and fundraising to cover our costs. We know that times are tough, and recreation activities are often the first thing to go in a family's budget. This has a devastating impact on the quality of life for the children and adults with intellectual disabilities who desperately need a place to go where they are not only understood, but celebrated!

FOR EXAMPLE, IT COSTS:

- \$2,000 to send 21 adults over age 35 to the Senior Sports Classic Competition.
- \$3,500 to rent the gyms for six basketball teams, ensuring 65 athletes the critical exercise they need to stay healthy and to build the skills they need to compete.
- \$4,500 to provide 6 seasonal dances to nearly 200 adults, young adults and teens
- \$6,500 to get pool space for a year of adapted aquatics so 43 or more children can learn how to swim.
- \$16,000 to provide recreation scholarships to nearly 200 individuals with financial need since July 2007, and the need is rising!

HOW YOU CAN HELP:

- Do you know a business or organization that would help sponsor a program? We'd be glad to use their name!
- Do you have family members or friends who would like to sponsor a Recreation program or participant scholarship?
- Contribute to the scholarship fund
- Join our fundraising committee and help Emarc by using your time and energy to help ensure the future of Recreation programs.
- Make a personal donation—any donation would make a tremendous and lasting difference in the lives of children and adults with intellectual disabilities
- Find out if your company offers matching donations at www.matchinggifts.com



Yes! I am pleased to support your work providing recreation to individuals with disabilities!

Enclosed is my gift of: \$1,000 \$500 \$250 \$100 \$50 \$25 Other Amount \$ _____

Name: _____ Phone: _____ Email: _____

Address: _____ City, State, Zip: _____

Please make your gift payable to Emarc. Your gift is tax deductible to the extent provided by law.

Payment Method: Check Visa MasterCard Discover American Express

Card# _____ Exp. Date _____ Signature _____

My employer, _____, offers a matching gift program.

(Enclosed is the form)

Would you like to visit a Recreation Program? _____

I would like my gift to be anonymous.

Mail to: Emarc
Attn: Recreation
20 Gould Street
Reading, MA 01867





The r"Emarc"ables!!

Are you brave enough to take the plunge? Emarc is looking for members to join our 2012 Polar Plunge Team! The money that we raise supports all of our Special Olympic Programs throughout the year with equipment, gym rentals, uniforms and tournament fees!

If you would like to join our team or make a donation, check out www.polarplungema.org and find

The r"Emarc"ables in the North Section!

For more information, contact Laura Wilcox
781-942-4888 x5034 or LWilcox@theemarc.org

*Ever wanted to fundraise, but not sure how?
Join our team and it's easy to support our athletes!*

When: March 3rd

Time: 10:00 a.m. —12:30 p.m.

Where: Revere Beach



EMARC MEMBERSHIP

Become an Emarc Member! Membership is required to participate in Recreation programs and is forty dollars (\$40) annually. Fundraising dollars, including membership fees, pays for more than half the cost of our Recreation Programs. In addition to having access to our many recreation programs, your membership benefits include:

- ◆ Access to educational advocacy
- ◆ Family workshops
- ◆ Four issues of our Timelines Newsletter
- ◆ The Arc US Newsletter
- ◆ The Arc MA Newsletter
- ◆ ...and advocacy power at the local, state and national level!

JOIN US TODAY!

Emarc Recreation Gift Certificates



Not sure what to give a loved one in your life?
Give the gift of FUN!

Please contact the Recreation Department for more information

***Don't have an individual in mind, but still want to provide a great recreation opportunity for individuals with disabilities?
Make a donation to the Recreation Scholarship Fund!*

Volunteer!

If you would like to share your talents, skills and time, get involved as a Recreation Volunteer! Call Pat Simons at 781-942-4888 x4032 or email volunteers@theemarc.org!



Recreation Programs Winter/Spring 2012



RECREATION

Emarc
20 Gould Street
Reading, MA 01867

Phone: 781-942-4888 Ext. 4036
E-mail: rec@theemarc.org
www.theemarc.org

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