



Spring Class Schedule 2018

Recreation and enrichment programs for children
and teens of all abilities



Whole Children Spring 2018 Class Schedule

MONDAY, APRIL 2 - SATURDAY, JUNE 2

Our philosophy

Whole Children is a social/recreation center that welcomes and values families and students of all abilities, philosophies and cultures. Our environment, practices and approach are organic, and as much as possible, mirror settings that are in the general community. We are not a therapeutic program and we do not adhere to any one system or approach to teaching, running groups or working with students.

Whole Children partners with families and children to help each individual learn the skills and strategies that best fit the child's needs. It is our hope that children learn to participate in group activities without support. However, we recognize that different individuals have different needs, and may have different goals.

Our belief at Whole Children is that we can help our students cope with the small, unexpected, or uncomfortable realities of a natural environment. To this end we use the supports, visual cues, and materials available in our facility. But our most important asset is our teachers and the patience, strategies, gentleness, effort, and compassion they bring to our center and our students.

If you are new to Whole Children, please call 413-585-8010 x 116 to register your child and to sign up for an intake with Program Manager Julie Hooks.



CLASSES FOR YOUNGER FOLK (AGES 3-6)

Morning Movement & Play

Instructors: Meghan Carroll, Daniel Lee, and Amanda Robare

This preschool social group focuses on expanding communication by meeting participants at their developmental level and building on their strengths. The instructors practice elements of Floortime™, or play therapy. The goal is for children to acquire the ability for parallel play (play where children play next to each other but do not try to influence each other's behavior). *Target Skills: Self-Regulation, Social Awareness, Confidence*

Saturdays, 10-11 a.m. and 11:15 a.m. - 12:15 p.m.; \$130

Franklin/Hampshire DDS price: \$100

Parents are required to stay at the Inclusive Community Center while their children are participating in class unless arrangements have been made with a program supervisor.

CLASSES FOR SCHOOL AGE KIDS (AGES 7-12)

Gymnastics *Instructors: Annemarie Flaherty and Amanda Kent*

Empowering, challenging, and fun; this skill development class teaches students to stretch, warm up, and perform all of the basic gymnastic moves! Students practice somersaults, cartwheels, bridges, handstands and splits, just to name a few! Students spend time perfecting each move, using correct form, and more experienced students learn how fundamental skills fit together to create complex movements and sequences. *Target Skills: Confidence, Teamwork/Community*

Mondays, 4-5 p.m. (Ages 7-12); \$130

Franklin/Hampshire DDS price: \$100

Note: No class May 28

Class Discounts

Classes for children who are deemed eligible through the Hampshire/Franklin Department of Developmental Services are \$100 unless otherwise noted. Take two or more regularly priced classes and get a 15 percent discount (excludes DDS reduced-price and grant-funded classes).

Sibling discount (in same class): 25% off one

Scholarships are available. Ask at the front office for details and an application.

Monday, April 2 – Saturday, June 2

No classes: April 15-21 (see April Vacation Session), May 26 and May 28

Joyful Chorus *Instructors: Nancy Janoson, Marion Graves, Brittany Kelly, Brian Melanson and Maggie LaRoche*

Oh joy! Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive and (of course) joyful opportunity for people to come together in song. Kids, peers, adults, teachers and volunteers all sing songs together. *Target Skills: Teamwork, Community Building, Confidence, Communication*

Mondays, 4-5p.m. (Ages 8+); \$25

This class is supported by a grant from the Department of Developmental Services. Singers participating in this class must consent to being photographed and videoed.

Note: No class May 28

Coding and Minecraft *Instructors: Amanda Kent and Kevin Cox*

Have you ever thought about making your own Mods? Have you ever tried installing Mods to better your Minecraft experience? Whether you already have some experience or are a beginner, this class is for you! During the first half, students will learn basic programming while running their creations in Minecraft. We also cover resource pack and player skin creation to let students customize their Minecraft experience to the fullest extent. The second half of class is much like our usual Minecraft class where students will build and explore to their hearts' content. On top of being able to join our specially designated Creative and Survival server, students will also be able to invite others into the unique servers they are able to open only during our coding class. This class looks to equip you with the tools so that your only limit is your imagination! *Target Skills: Communication, Community Building, Perspective Taking*

Tuesdays, 4-5:30 p.m. (Ages 10-17); \$195

Franklin/Hampshire DDS Price: \$130.

Growing Up I: A Journey to Social Competence and Intro to Sexuality *Instructors: Liana Marks and Pete Smith*

This class is designed to help kids learn about all the issues they'll encounter as they start the journey through their teens to adulthood. Starting off with understanding that what they think and feel is important, we learn about boundaries, personal space, and appropriate touch with people in their lives. Topics covered include body changes, personal hygiene, public and private, levels of trust, and identifying feelings. Class curriculum will be tailored to meet the specific needs of the group. *Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication*

Thursdays, 4:45-5:45 p.m. (ages 10-13); \$130

Franklin/Hampshire DDS Price: \$100

Indonesian Kung-Fu I *Instructors: Morgan Kent and Joe Mascis, Spirit of the Heart Martial Arts & Wellness Center*

In Indonesian Kung-Fu, or "Silat", students learn both physical and verbal self-defense martial arts skills, with a focus on cooperation, respect, increasing self-awareness, and self-control. Students earn belts and stripes at their own pace, while learning the values of hard work and determination. Each session culminates in a presentation and board-

Age groups are suggestions. If you have questions about which class your child should take based on their age and development, call Whole Children's Program Manager at 413-585-8010.

breaking demonstration! Families may purchase shirt, belt and pants from the instructor. *Target Skills: Confidence, Self-Advocacy, Self-Regulation, Social Awareness*

Fridays, (ages 6-12); 3:45-4:30 p.m.; \$130

Franklin/Hampshire DDS Price: \$100

Ball Blitz I *Instructors: Daniel Lee and Maggie LaRoche*

It's, it's, a ballroom blitz! Dodgeball, kickball, obstacle courses, relay races, as you've never experienced before, all incorporating ball skills, both hand and foot! Students are challenged to practice skills in non-traditional fashion, making for an exhilarating and unique experience with gym-time activities. *Target Skills: Teamwork, Community Building, Confidence, Perspective Taking*

Saturdays, 11 a.m.-12 p.m. (ages 7-12); \$130

Franklin/Hampshire DDS Price: \$100

Minecraft I *Instructors: Kevin Cox and Amanda Kent*

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts content! However, players are not alone. On our specially designated Minecraft server, students interact with one another while being both in the game world and in the same room. Teachers are ready to help those learning to play and to demonstrate appropriate social skills. Minecraft naturally promotes cooperation and enhances the ability to negotiate space and resources, which will be heavily emphasized throughout the class. If you do not already own Minecraft for PC, keep in mind that an account is required to play, which can be purchased at Minecraft.net for \$26.95. *Target Skills: Perspective Taking, Communication, Community Building*

Saturdays, 11 a.m.-12 p.m and 1-2 p.m. (ages 7-12); \$130

Franklin/Hampshire DDS Price: \$100



Cooperative Building Lunch Brunch*Instructors: Maggie LaRoche and Bryn Henniger*

In this class we work together to build elaborate structures making use of K'NEX, LEGO bricks, blocks, and a variety of other materials. From building a simple marble track to more complex Rube Goldberg machines, students imagine, design, and execute their ideas while working together and practicing teamwork and social skills. Please bring a nut-free meal to class. *Target Skills: Critical/Creative Thinking, Perspective Taking, Teamwork, Community Building*

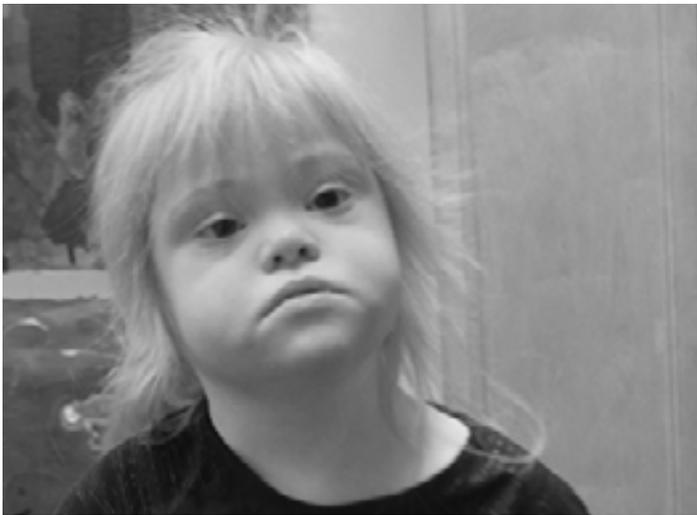
Saturdays, 12-1 p.m. (ages 7-12); \$50.

Pokémon Club I *Instructors: Amanda Kent and Joe Mascis*

Come join us for an hour of poké-fun and social games. Our club hosts a variety of fun activities each week, giving up-and-coming Pokémon masters a chance to chat, draw, trade, and battle in a comfortable and friendly environment. We welcome all aspects of the Pokémon universe, so feel free to bring your cards, video games, toys, and anything else you would like to share. Our main focus is socializing with peers through our common interests. *Target Skills: Communication, Community Building, Perspective Taking*

Saturdays, 2:15-3:15 p.m. (ages 7-12); \$130

Franklin/Hampshire DDS Price: \$100

**CLASSES FOR TEENS PLUS (AGES 13 and up)****Joyful Chorus** *Instructors: Nancy Janoson, Marion Graves, Brittany Kelly, and Maggie LaRoche*

Oh joy! Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive and (of course) joyful opportunity for people to come together in song. Kids, peers, adults, teachers and volunteers all sing songs together. *Target Skills: Teamwork, Community Building, Confidence, Communication*

Mondays, 4-5p.m. (Mixed Ages); \$25

This class is supported by a grant from the Department of Developmental Services. Singers participating in this class must consent to being photographed and videoed.

Note: No class May 28

Dating 101 *Instructors: Chris Harper and Brian Melanson*

This class is for pairs of students who are in a couple relationship. Throughout the session we'll be talking about what it means to have a boyfriend or girlfriend. We'll focus on the development of trust and communication, as well as other important aspects of a couples relationship. The curriculum will be tailored to meet the specific needs and interests of participating couples.

Tuesdays, 4-5 p.m. (straight or same-sex couples, ages 16+); \$130

Franklin/Hampshire DDS price: \$100.

Milestones World Wrestling Entertainment (MWWE)*Instructors: Amanda Robare and Samantha Gregoire*

All you World Wrestling Entertainment fans, come join us for an hour of MWWE. Each class you will get to watch a match, and then create your own wrestling character, costumes, and produce your own MWWE commercial together. *Target Skills: Critical/Creative Thinking, Communication, Community Building*

Tuesdays, 4-5 p.m. (ages 16+); \$130

Franklin/Hampshire DDS Price: \$100

Coding and Minecraft *Instructors: Amanda Kent and Kevin Cox*

Have you ever thought about making your own Mods? Have you ever tried installing Mods to better your Minecraft experience? Experienced and beginners are all welcome! During the first half, students learn basic programming while running their creations in Minecraft. We also cover resource pack and player skin creation to let students customize their Minecraft experience to the fullest extent. The second half of class is much like our usual Minecraft class where students build and explore to their hearts' content. On top of being able to join our specially designated Creative and Survival Server, students may invite others into the unique servers they are able to open only during our coding class. This class looks to equip you with the tools so that your only limit is your imagination!

Target Skills: Communication, Community Building, Perspective Taking

Tuesdays, 4-5:30 p.m. (ages 10-17); \$195

Franklin/Hampshire DDS Price: \$130.

WHOLE CHILDREN REFUND POLICY

Full refunds will be given for classes that are cancelled.

If a registered paid participant is unable to attend the class and notifies us one week prior to the start of the session, a refund will be made minus a \$10 processing/administrative fee.

No refunds will be given once the program has started except under extreme circumstances or for new students trying a class for the first day of the session.

Friendship Band

Instructors: Brian Melanson, Chris Harper, and Eddy Hougen

Ever want to be in a band? Now's your chance! Whether you already play an instrument or not, we hope you'll join us to make friends while rocking out! We have instructors to teach voice and instruments, but our main focus will be having fun. *Target skills: Teamwork, Community Building, Confidence, Communication*

Tuesdays, 5-6 p.m. (ages 16+); \$50 **Spaces are limited.**

Friendship Band is supported by a grant from the Department of Developmental Services.

Soccer and Kickball *Instructor: Samantha Gregoire*

Play soccer, boccer (yeah, that's not a typo!) and a few varieties of kickball, all while enjoying and building friendships, learning the rules of the game, and revisiting the social skills used in sports.

Target Skills: Teamwork, Confidence, Self-Regulation.

Tuesdays, 5-6 p.m. (ages 16+); \$130

Franklin/Hampshire DDS Price: \$100

Broadway Shorts *Instructor Matt Meers, Chris Harper, Eddy Hougen, and Brian Melanson*

Our outstanding Broadway Shorts troupe consistently provides wonderfully staged highlights of classic theater productions—and this session is no exception! Our enthusiastic group of actors and actresses will select from three genres of Broadway musicals, including rock opera, classic musicals, and contemporary musicals. *Target Skills: Teamwork, Community Building, Confidence, Communication*

Thursdays, 4-5 p.m. (ages 13+); \$100.

This class is supported by grants from DDS, the Fafard Fund, and the Emily List Fund.

Jazzercise *Instructor: Patty Gorman-Bishop*

Get your body moving to some high-energy tunes! You'll get a full-body workout while combining dance, strength, and resistance training movements with an experienced Jazzercise instructor. *Target Skills: Confidence, Self-regulation*

Thursdays, 5:15-6 p.m. (ages 13+); \$130

Franklin/Hampshire DDS price: \$100

Cooking *Instructors: Pete Smith and Maggie LaRoche*

Come to the ICC and cook with your friends! Participants work on practical cooking skills and find new foods to try. The class sits down to dinner at the end of the class and enjoys a meal together. A great class for socializing! *Target Skills: Teamwork, Community Building, Communication, Confidence, Critical/Creative Thinking*

Thursdays, 6-7:15 p.m. (ages 16+); \$165 + \$20 food supply fee

Growing Up II: A Journey to Social Competence and Intro to Sexuality *Instructors: Brian Melanson and Amanda Robare*

This class is designed to help students learn about all the issues they'll encounter as they start the journey through their teens to adulthood. Starting off with understanding that what they think and feel is important, we learn about boundaries, personal space, and appropriate touch with people in their lives. Topics covered include body changes, personal



hygiene, public and private, levels of trust, and identifying feelings. Class curriculum will be tailored to meet the specific needs of the group. *Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication*

Fridays, 3:45-4:45 p.m. (ages 14-17); \$130

Franklin/Hampshire DDS Price: \$100

Indonesian Kung-Fu II *Instructors: Morgan Kent and Joe Mascis of Spirit of the Heart Martial Arts & Wellness Center*

In Indonesian Kung-Fu, or "Silat", students learn both physical and verbal self-defense and martial arts skills, with a focus on cooperation, respect, increasing self-awareness, and self-control. Students earn belts and stripes at their own pace, while learning the values of hard work and determination. Each session culminates in a presentation and board-breaking demonstration! Families may purchase shirt, belt and pants from the instructor. *Target Skills: Confidence, Self-Advocacy, Self-Regulation, Social Awareness*

Fridays, 4:45-5:30 p.m. (ages 13+); \$130

Franklin/Hampshire DDS Price: \$100

Be Empowered *Instructors: Amanda Robare and Amanda Kent*

What does it mean to be a woman in today's world? What does it mean to be empowered? We'll explore these and other questions, and spend a little time learning verbal and physical self-defense skills. *Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication*

Saturdays, 10-11 a.m. (girls and women, ages 13+); \$130

Franklin/Hampshire DDS Price: \$100.

Please help us clean up our files! Do we have your correct contact information? Are you receiving any mail or notices that you'd rather not? Let us know! Email us at wholechildren@pathlightgroup.org

Anime and Manga Club*Instructors: Amanda Kent, Kevin Cox and Amanda Robare*

This club explores the world of Japanese animation (anime) and comic books (manga). We have two major goals: to discuss and learn about anime and to make and illustrate our own manga. The first half of our class starts with a short lesson on drawing and storytelling, and moves on to an open drawing period in which students write and draw material that will be compiled into a short magazine. In the second half of class, we watch anime and have a short lesson and discussion. Even if you're only interested in writing, or only in drawing, or you just want to help organize the magazine, there will be room for your input! *Target Skills: Critical/Creative Thinking, Community Building, Communication*

Saturdays, 11 a.m.-12 p.m. (ages 13+); \$130

Franklin/Hampshire DDS Price: \$100

Anime and Manga Extension Lunch*Instructors: Amanda Kent, Kevin Cox, and Amanda Robare*

Join your friends for lunch and continue to work on the projects from Anime and Manga class!

Saturdays, 12-1 p.m. (ages 13+); \$50. *Please bring a nut-free meal.***Teens & Young Adults Lunch & Games***Instructors: Daniel Lee and Sam Gregoire*

Whether you need a place to eat and socialize between classes, or you'd simply like to join us for lunch before or after class, we'll be here! We are always full of fun and games here at Whole Children, so we will be playing some old-time favorites, as well as some new ones. We are glad to try a game you bring in from home as well!

Saturdays, 12-1 p.m. (Ages 13+); \$50. *Please bring a nut-free meal.***Ball Blitz II** *Instructors: Daniel Lee and Maggie LaRoche*

It's, it's, a ball room blitz! Dodgeball, kickball, obstacle courses, relay races, as you've never experienced before, all incorporating ball skills, both hand and foot! Students are challenged to practice skills in non-traditional fashion, making for an exhilarating and unique experience with gym-time activities. *Target Skills: Teamwork, Community Building, Confidence, Perspective Taking*

Saturdays, 1-2 p.m. (ages 16+); \$130

Franklin/Hampshire DDS Price: \$100

Pokémon Club II*Instructors: Amanda Kent, Samantha Gregoire, and Joe Mascis*

Come join us for an hour of poké-fun and social games. Our club hosts a variety of fun activities each week, giving up-and-coming Pokémon masters a chance to chat, draw, trade, and battle in a comfortable and friendly environment. We welcome all aspects of the Pokémon universe, so feel free to bring your cards, video games, toys and anything else you would like to share. Our main focus is socializing with peers through our common interests. *Target Skills: Communication, Community Building*

Saturdays, 1-2 p.m. (ages 13+); \$130

Franklin/Hampshire DDS price: \$100

Minecraft II *Instructors: Kevin Cox and Daniel Lee*

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts content! However, players are not alone. On our specially designated Minecraft Server, students interact with each other while being both in the game world and in the same room. Teachers are ready to help those learning to play and to demonstrate appropriate social skills. Minecraft naturally promotes cooperation and stresses the ability to negotiate space and resources, which will be heavily emphasized throughout the class. If you do not already own Minecraft for PC, keep in mind that an account is required to play, which can be purchased at Minecraft.net for \$26.95. *Target Skills: Perspective Taking, Communication, Community Building*

Saturdays, 2:15-3:15 p.m. (ages 13+); \$130

Franklin/Hampshire DDS Price: \$100

Song and Dance Party – “The Descendants”*Instructors: Bryn Hennigar and Samantha Gregoire*

Watch and learn the songs and dances from The Descendants! We start each class with clips from the movie. Then we learn and practice some of our favorite Descendants songs and dances - or make up our own! Join us for a whole lot of movin', groovin' and singin'! *Target Skills: Teamwork, Community Building, Confidence*

Saturdays, 2:15-3:15 p.m. (ages 13+); \$130

Franklin/Hampshire DDS price: \$100

April Vacation Session

Monday-Friday, 9-3 p.m., April 16-20

School's out, and our regular classes aren't running, but we're keeping things fun and active in April. Check out separate programs for school-age kids and teens. They have one thing in common—boredom is not an option!

Join us for a week of fun and games! There will be a mix of everything “Whole Children” at this camp. Board games, gym games, Minecraft, Pokémon, LEGO, Manga, Anime, Karaoke, dancing, singing and a movie! Come and enjoy your favorites or try something new! Each day will be split in two, with free-choice options available. Please bring a nut-free lunch and a snack each day.

\$225, Franklin/Hampshire DDS price: \$150

Two separate sections: School-Age Kids (ages 7-12) and Teens (ages 13-17)

Special Events this Spring

April Vacation week, April 16-20, 9 a.m. - 3 p.m.

Two separate sections: School-Age (ages 7-12) and Teens (ages 13-17); \$225, Franklin/Hampshire DDS price: \$150

Regular classes do not meet during April vacation week

Celebrating Spring! Dance Party: Friday, April 13, 6:30-8:30 p.m. (all ages), FREE!

Let's shake off those winter blues and welcome the spring! Eat, drink and be happy! For those who don't want to dance, we will have crafts in the game room and space in the café for socializing. Pokémon and Minecraft fans who want to skip the dance floor can join teachers in the back room for video games! Please bring a nut-free treat or drink to share.

We're going wild!

The Theater Studio gang and Joyful Chorus combine to present *The Lion and the Beast*, an original heart-warming story with timely themes of honoring individuality and community.



Buy your tickets today! Tickets available at www.wholechildren.org or by calling 413-585-8010.

March 16 at 7 p.m.

March 17 at 2 p.m.

Smith College, Hallie Flanagan Studio Theatre





Inclusive Community Center
41 RUSSELL STREET
HADLEY, MA 01035

RETURN SERVICE REQUESTED



**Fast, Slow, Young, Old...
We want to take you on our**

Wild Goose Chase

Come Run
walk & Roll
with us!



Sign up today! The first 100 registrants receive free entry to Look Park, and post-race refreshments await all registered runners. Everyone is welcome to the finishers' celebration with live music (by our own Friendship Band) and a carnival for the whole family!

**Sunday, May 20, 2018
10 a.m.**

Look Park, Florence, MA

**Register at
www.runreg.com/wildgoose**

Whole Children is a program of Pathlight, 220 Brookdale Drive, Springfield, MA 01104