



Winter Class Schedule 2020

Recreation and enrichment programs
for children and teens of all abilities

MONDAY JANUARY 6 - SATURDAY MARCH 7



Whole Children Winter 2020 Class Schedule

Social Skills At Whole Children

At Whole Children, we teach social skills in every class. We follow a learn-by-doing approach to teach the everyday social skills many of our kids struggle with. We've found that modeling and encouraging positive social interactions within the context of our interest-based classes is one of the best ways to build skills, develop confidence, and foster lasting friendships.

In our discussion classes, like Growing Up and Boundaries & Relationships, we teach important and sometimes neglected social skills. Look for the following Core Competencies in all our class descriptions: Communication, Perspective Taking, Teamwork, Community Building, Boundaries & Relationships, Social Awareness, Confidence, Self-Advocacy, Self-Regulation, Critical Thinking, and Creative Thinking.

If you are new to Whole Children, please call 413-585-8010 to sign up for an intake with Associate Director Julie Hooks.

CLASSES FOR YOUNGER FOLK (AGES 3-6)

Morning Movement & Play

This preschool social group focuses on expanding communication by meeting kids at their developmental level and building on their strengths. Once the children can play in a room together without trying to influence one another's behavior - parallel play - they advance to direct interaction and cooperation. *Target Skills: Confidence, Self-Regulation, Social Awareness, and Creative Thinking*

Saturdays, 10-11 a.m., \$130

Building Buddies

Build a K'Nex rocket ship, a three-story Lego castle or a giant tower of blocks to knock down! Building Buddies provides a great space with fun building materials and other toys. Both parallel and cooperative playmates are welcome. *Target Skills: Critical Thinking, Self-Regulation, and Social Awareness*

Saturdays, 11 a.m.-12 p.m., \$130



CLASSES FOR SCHOOL AGE KIDS (AGES 7-12)

Joyful Chorus

Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive and (of course) joyful opportunity for students to come together in song with teachers and volunteers. *Target Skills: Teamwork, Community Building, Confidence, Communication*

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

This class is supported by a grant from the Department of Developmental Services. Singers must consent to being photographed and videoed, and are expected to participate in a number of community performances.

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% 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, January 6 – Saturday, March 7

No classes: January 20, and February 17-22

Dungeons & Dragons

From dungeons to dragons, and everything in-between! Come take part in a unique role-playing experience where you and other members of your adventuring party create characters, overcome obstacles, and explore the world. Veteran players and newcomers are welcome. Students are encouraged, but not required, to bring their own polyhedral dice set. *Target skills: Teamwork, Community Building, Critical Thinking*

Fridays, 4-6 p.m., (ages 11+), \$195; Franklin/Hampshire DDS price: \$150

Indonesian Kung-Fu I

In Indonesian Kung-Fu, or "Silat", students learn both physical and verbal self-defense and martial arts skills, with a focus on cooperation, respect, 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, 4:45-5:45 p.m. (ages 6-12), \$130

Growing Up

This class is designed to help kids learn about friendship and socialization, personal boundaries, and becoming more comfortable within a group dynamic. We'll also discuss and practice consent and self-advocacy. Teachers use lots of visuals, social stories, and choice boards. *Target Skills: Communication, Confidence, Self-Advocacy, Boundaries & Relationships*

Saturdays, 10-10:45 a.m. (ages 7-12), \$130

Cooking Around the World

Have you ever tried Mexican quesadillas, Chinese dumplings, or Moroccan cookies? Come prepare yummy food with your friends while you learn about different countries! *Target Skills: Confidence, Critical/Creative Thinking.*

Saturdays, 11 a.m.-12 p.m. (ages 7-12), \$130 + \$20 for food supplies. Franklin/Hampshire DDS price: \$100 + \$20 for food supplies

Minecraft Explorations

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! However, players are not alone. On our designated Minecraft Server, students interact with one another while being in the game world *and* in the same room. Teachers are ready to help those just learning to play, and to model appropriate social skills. Minecraft at Whole Children promotes cooperation and enhances students' ability to negotiate space and resources. "Minecraft for PC" is required for this

Age groups are suggestions. If you have questions about which class your child should take based on their age and development, please call us.

Parents/caretakers are required to stay on the premises while their pre-teen children are participating in classes unless other arrangements have been made with our Associate Director Julie Hooks.

class; a personal account can be purchased at Minecraft.net for \$26.95. (Note: the tablet account version does not work for this class.) *Target Skills: Perspective Taking, Communication, Community Building*

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

Zombies Live

Fans of the undead unite! Come join us for an hour of unnatural fun. In each class kids will get to watch clips from a zombie movie, talk about their favorite parts and characters with their friends, and create their own creepy art and/or story. (Feel free to eat your nut-free lunch during this class.) *Target Skills: Critical/Creative Thinking, Communication, Community Building,*

Saturdays, 12-1 p.m. (ages 7-17), \$130

Ball Blitz

Floor hockey, basketball, boccer (yes, boccer!), and gaga ball - we'll play all of these and more. Come to run around and have fun! *Target Skills: Teamwork, Community Building, Confidence, Perspective Taking*

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

Pokémon and Gaming Club

Come join us for an hour of poké-fun and video games. Our club hosts a variety of 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. *Target Skills: Communication, Community Building, Perspective Taking*

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



CLASSES FOR TEENS PLUS (AGES 13 AND UP)

Joyful Chorus

Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive and (of course) joyful opportunity for students to come together in song with teachers and volunteers. *Target Skills: Teamwork, Community Building, Confidence, Communication*

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

This class is supported by a grant from the Department of Developmental Services. Singers must consent to being photographed and videoed, and are expected to participate in a number of community performances.

Photography

Learn how to take awesome pictures. We'll review how to use a camera - provided by us unless you want to bring your own - and focus on a different theme each week, including portraits, nature, and action. *Target skills: Communication, Perspective-Taking, Confidence, Creative Thinking*

Tuesdays, 4-5 p.m. (ages 13+), \$130

Milestones World Wrestling Entertainment (MWWE)

All you World Wrestling Entertainment fans, come join us for an hour of muscular fun! In each class we'll watch a match, create wrestling characters, invent costumes - and you get to produce your own MWWE entrance. *Target Skills: Critical/Creative Thinking, Communication, Community-Building*

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

Game Design

Let's make some video games! In this class creative students put their ideas into action, with help as needed on the harder parts. We teach basic coding skills through manipulating blocks of code. Students design characters, objects, and even entire worlds. *Target Skills: Communication, Community Building, Perspective Taking*

Tuesdays, 5-6 p.m. (ages 13+), \$130

Friendship Band

Ever want to be in a band? Now's your chance! Whether or not you already play an instrument, we hope you'll join us to make friends while rocking out. Our instructors teach voice and instruments, and emphasize making quality music together. *Target skills: Teamwork, Community Building, Confidence, Communication*

Tuesdays, 5-6 p.m. (ages 16+), \$100

Friendship Band is supported by a grant from the Department of Developmental Services. Musicians must consent to being photographed and videoed, and are expected to participate in one or two community performances that will be scheduled.

Students with Down syndrome may be eligible for scholarships from the Down Syndrome Resource Group. Please call us for more information.



FEBRUARY VACATION SESSION

Tuesday-Friday, 9 a.m. - 3 p.m.

February 18-21

School's out, and our regular classes aren't running, but we're keeping things fun and active in February. Check out separate programs for school-age kids (7-12) and teens (13-17). They have one thing in common - boredom is not an option!

Join us for 4 days of games and activities. There will be a mix of everything "Whole Children" at this camp - board games, gym games, video games, perler beads, manga, anime, cooking, and a movie! Come and enjoy your favorites or try something new! We'll have free-choice and opt-out/quiet opportunities too. Please bring a nut-free lunch and a snack each day.

**Tuesday-Friday, February 18-21, 9 a.m. - 3 p.m., \$195,
Franklin/Hampshire DDS price: \$150**

Dance Movement

Get your body moving and groove to some popular tunes with your friends. Song requests are definitely taken! *Target skills: Confidence, Self-Regulation, Creative Thinking*

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

Art Explorations

This class is for everyone with an interest in exploring the visual arts - whether you're an accomplished artist or someone looking to discover your creative side. We do a little bit of everything: drawing, painting, printmaking, fiber arts, and collage. So come learn a new artistic technique, practice a known one, or bring one of those unfinished projects from home that you just haven't gotten around to finishing. This



class offers a casual atmosphere with knowledgeable teachers on hand to help with suggestions and expertise. Target Skills: Creative Thinking, Confidence, Perspective Taking, Communication

Wednesdays, 4:30-5:30 p.m. (ages 16+), \$130

Theater Studio

Director Matt Meers gears this class towards students dedicated to learning and practicing basic skills and techniques of theater. In this session actors work with a script, written especially for them, practicing their lines, stage positions, and dance moves for the community performances on March 20 and 21 at Smith College! Target Skills: Teamwork, Community Building, Confidence, Communication

Thursdays, 4-6 p.m. (ages 13+), \$100 Continued from fall session (no re-registration necessary). No new openings in Winter Session.

This class is supported by grants from DDS, the Fafard Fund, and the Emily List Fund. Actors must consent to being photographed and videoed, and are expected to participate in both performances.



Thursday Cooking

Come cook something up with your friends! Students work on practical cooking skills and find new foods to try. At the end of class we get to enjoy the meal together. A great class for socializing! Target Skills: Teamwork, Community Building, Communication, Confidence, and Critical Thinking

Thursdays, 6-7:15 p.m. (ages 16+), \$160 + \$20 food supply fee; Franklin/Hampshire DDS price; \$100 + \$20 for food supply fee

Dungeons & Dragons

From dungeons to dragons, and everything in-between! Come take part in a unique role-playing experience where you and other members of your adventuring party create characters, overcome obstacles, and explore the world. Veteran players and newcomers are welcome. Students are encouraged, but not required, to bring their own polyhedral dice set. Target skills: Teamwork, Community Building, and Critical Thinking

Fridays, 4-6 p.m., (ages 11+), \$195; Franklin/Hampshire DDS price: \$150

Indonesian Kung-Fu II

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, 6-7 p.m., (ages 13+), \$130

Women's Self-Defense

Our female black-belt instructor will teach verbal and physical self-defense skills to girls and women of all skill levels. Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication

Saturdays, 10-10:45 a.m. (girls and women, ages 13+), \$130

Introduction to Boundaries & Relationships

This class is designed to help kids, even those who have second thoughts about being in a class like this, enjoy learning 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, they learn about consent, boundaries, personal space, and appropriate touch with people in their lives. Other topics may include body changes, personal hygiene, public and private, levels of trust, identifying feelings, and romantic relationships. Class curriculum is always tailored to meet the specific needs and interests of the group. Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication

Saturdays, 10-11 a.m. (ages 13-17), \$130

Manga Club

This club explores the world of Japanese comic books (Manga). Each 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 small book. Even if you're only interested in writing, or only in drawing, or you just want to help organize the



book, there is a place for you! *Target Skills: Critical/Creative Thinking, Community Building, Communication*

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

Animé Lunch

Join your friends for lunch as we watch a student-selected Animé each week. Animé can contain both good and somewhat questionable messages about society and values, so after the film our teachers invite students to participate in thoughtful reflection and discussion.

Saturdays, 12-1 p.m. (ages 13+), \$130

Please bring a nut-free meal.

Zombies Live

Fans of the undead unite! Come join us for an hour of unnatural fun. In each class kids will get to watch clips from a zombie movie, talk about their favorite parts and characters with their friends, and create their own creepy art and/or story. (Feel free to eat your nut-free lunch during this class.) *Target Skills: Critical/Creative Thinking, Communication, Community Building*

Saturdays, 12-1 p.m. (ages 7-17), \$130

Magic: The Gathering

You've asked for it and here it finally is! Join us in trading cards and battling in a variety of different rule formats, such as Commander or Draft. (Feel free to eat your nut-free lunch during this class.) *Target Skills: Critical/Creative Thinking, Communication, Community Building,*

Saturdays, 12-1 p.m. (ages 13+), \$130

Video Game Extravaganza!

Come on in for an hour of video games. We host a variety of fun activities, giving up-and-coming game - including Smash Brothers! - aficionados a chance to play and chat in a comfortable and friendly environment. Gamers should feel free to bring their Pokémon cards, video games, toys and anything else they would like to share. *Target Skills: Communication, Community Building*

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

Minecraft and Gaming Club

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! However, players are not alone. On our designated Minecraft Server, students interact with one another while being in the game world and in the same room. Teachers are ready to help those just learning to play, and to model appropriate social skills. Minecraft at Whole Children promotes cooperation and enhances students' ability to negotiate space and resources. "Minecraft for PC" is required for this class; a personal account can be purchased at Minecraft.net for \$26.95. (Note: the tablet account version does not work for this class.) *Target Skills: Perspective Taking, Communication, Community Building*

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



YOUR GIVING MAKES A DIFFERENCE

With your help, Whole Children provides a range of recreational and enrichment opportunities for children of all ages and abilities. Whole Children's classes and programs are invaluable to your loved ones and the families we serve, and your support is invaluable to Whole Children. Through your giving, you contribute to the enrichment of many lives, visible by the growth, smiles, and messages of gratitude we receive.

We truly could not do our work without you!

Here's how you can donate today.

DONATE DIRECTLY:

www.wholechildren.org/ways-to-give/donations

DONATE BY CHECK:

Whole Children, 41 Russell Street, Hadley, MA 01035

Thank you!



**Whole Children
A Pathlight Program
Inclusive Community Center
41 RUSSELL STREET
HADLEY, MA 01035**

RETURN SERVICE REQUESTED

For an accessible version of this catalog, please visit www.wholechildren.org

Special Events This Winter

Video Game Nights – FREE!

Come join us for video games and snacks with your friends! Remember to bring a nut-free appetizer, dessert, or a drink to share.

Fridays, January 10, and March 6 (all ages), 6:30-8:30 p.m.

Sweetheart Dance Party and Video Game Night – FREE!

Eat, drink and be sweet! Come join us on your own or with a date, and take to the dance floor, the crafts room, or the cafe. We'll also have video games in the back! Remember to bring a nut-free treat or a drink to share.

Fun, fancy clothes are welcome!

Friday, February 14, 6:30-8:30 p.m. (all ages)

Bowling at PINZ!

Come get bowled over with fun at the Hampshire Mall's PINZ bowling alley. Our teachers will be there to play alongside students and support them as needed.

Bring \$11 each week for entrance fee and shoe rental, and PINZ will throw in a \$5 arcade gift card for each student!

Every Saturday from 3:30-5 p.m. (ages 13+), \$150 • Franklin/Hampshire DDS price: \$125

Register online at www.wholechildren.org or call 413-585-8010
Whole Children is a program of Pathlight, Springfield, MA