



South Norfolk County Arc

**FAMILY SUPPORT
News and Activities
February-March 2010**

- **Valentine's Day Teen Dance, February 12**
- **Family Fun Day at Pump it Up, March 28**
- **Spring Young Adult Bowling**
- **Teen Challenger Sports Class**
- **Family Fun Day at New England Sports Academy, March 6**

See details on the following pages....

*South Norfolk County ARC's
Valentine's Day Teen Dance
Open to ages 13-22*



*What: Pizza and dancing with music from DJ
Magic Mark*

When: Friday, February 12th

Time: 5:30pm-8:00pm

*RSVP: Nancy Borr 781-762-4001, x412 or
nborr@sncarc.org*

Please RSVP no later than February 8th

Pump it Up Family Fun Days

open to ages 3-12

****Please note that priority for these activities are given to individuals served through either the Family Support Program or Family Autism Center at the South Norfolk County ARC****

**Join us at the Pump it Up in Franklin for a morning of
indoor fun!
1376 West Central Street, Franklin**

Sunday March 28th

9:30-11:30am

(There is a short video we watch before going in to play. If you think your child will have a hard time sitting through the video, plan to arrive at 9:40-9:45am)

To register, please contact Lisa Dwinnells at 781-762-4001, x325 or ldwinnells@sncarc.org. Space is limited so please register early.

Spring Young Adult Bowling Ages 15–22 years old



Norwood Sports Center
Norwood, MA
Starting on Monday,
March 1, 2010 – May 17, 2010
6:30P.M. – 8:30P.M.
\$150.00 per person for 12wks.

A wonderful opportunity to be part of a bowling league and meet new & old friends. Nancy Borr, Pat Fales and Jen Yarian will facilitate the group. We will have a pizza party & trophies the last night.

Interested participants should register and send a check or money order made out to SNCARC/FAC for \$150.00 to the Family Autism Center, 789 Clapboardtree Street, Westwood, MA 02090 Attn: Nancy Borr.

For more information, please contact Nancy Borr at 781-762-4001 Ext. 412 or nborr@sncarc.org

Deadline: February 22, 2010
Space is limited to 18 participants.

Teen Challenger Sports Class

Open to teens ages 13-17 served through SNCARC's
Family Support Program

In collaboration with the Hockomock YMCA in North
Attleboro, we are happy to offer the following
opportunities to our families:

Challenger Sports Program/Swim

This gently structured class will engage teenagers with special needs in a variety of sports activities. The focus of the class will be on large muscle group conditioning. Traditional sports such as basketball, soccer, floor hockey and wiffleball will be incorporated. The emphasis is on fun and learning. There will also be an opportunity to use the pool at the YMCA.

Tuesdays 4:30-6:30

4:30-5:30-Swim (some opportunity for instruction)

5:30-6:30-Gym

or

Saturdays 3:30-5:30

3:30-4:30-Gym

4:30-5:30-Swim (free swim)

The activity cost for this program will be paid for through Family Support funding. If interested, please contact Lisa Dwinnells at ldwinnells@sncarc.org or 781-762-4001, x325. There may be staffing and transportation available if enough families are interested.

South Norfolk County Arc

Family Fun Day at the New England Sports Academy

Saturday, March 6th 10 a.m. - 12

Come join us for a morning of fun and structured activities at the New England Sports Academy

345 University Avenue, Westwood, MA 02090

Open to all individuals ages 3-22, who are served through the Family Support and Family Autism Center programs at SNCARC, and their families.

To RSVP, please contact Lisa Dwinnells at 781-762-4001, x325 or ldwinnells@sncarc.org

The gym will be open to all ages from 10 a.m.- 12, and your child will have the chance to try out all of their equipment, including a trampoline, swing ropes and a foam pit. The area is a padded open space with lots of room to move! There is also a pre-school area that has smaller sized equipment.

Other structured activities are listed below:

	10-10:30	10:30-11	11-11:30	11:30-12
3-8 year olds	Dance	Basketball	Soccer	Obstacle Course
5-10 year olds	Obstacle Course	Dance	Basketball	Soccer
10-15 year olds	Basketball	Soccer	Obstacle Course	Dance
15-22 year olds	Soccer	Obstacle Course	Dance	Basketball