



We are always looking for volunteers!  
To learn about available opportunities,  
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## ELS FOR AUTISM Recreation Services Spring 2022



### FULL CLASS DESCRIPTIONS

## Sports and Fitness

*Activities held outdoors on The Els Center of Excellence campus*

### GOLF

The Ernie Els #GameON Autism™ Golf Program offers a package of small-group golf classes (usually 8-9 weeks, 2 times per week) for ages 6 and up. Participants learn the fundamental golf swings (putting, chipping, pitching, full swing) and practice foundational motor skills through fun athletic games and golf activities. Through unique daily lessons, each containing a golf and an autism learning objective, students learn the basics of golf, including etiquette and safety, while practicing social/communication skills in a group setting.

### TENNIS

The Ernie Els #GameON Autism™ Tennis Program teaches participants the component tennis swings (forehand, backhand, volley), which enable participants to progress towards engaging in rallying with a coach and/or peer. Through athletic drills and practice stations, participants learn how foundational and functional movements contribute to the proper execution of the various basic swing components in the game of tennis.

### KICKBALL CLUB

Kickball Club provides individuals the opportunity to participate in a team sport with their peers. Participants engage in physical activities that include running, throwing, rolling, and catching while also developing social/communication skills through peer interaction and peer encouragement. Each class includes a warmup, skill building, and 30 minutes of play.

### YOGA

Yoga for individuals with special needs enhances stamina, flexibility, and strength in a fun, motivating social environment. Accompanied by calming music, classes include warmup and breathing exercises, cardio routines, developmentally appropriate and energizing yoga poses, as well as relaxation techniques to improve health and promote well-being and bodily awareness.



## Reach and Teach Through the Arts

*Activities held outdoors on The Els Center of Excellence campus (weather permitting)*

### DANCE

**Dance** introduces individuals to the fundamentals of dance movement in a positive environment. Through rhythmic exercises, basic ballet techniques, and creative expression, individuals develop an awareness and understanding of the mechanics of body movement. Dancers participate in movement games that encourage spontaneous and creative expression, build movement vocabulary & repertoire, and allow safe exploration while simultaneously promoting social skills, peer interactions, and relationship development.

### Inter-Ability CHORUS

**Inter-Ability Chorus** is a community choir for individuals with special needs ages 16+ led by Erica Lyles, our music therapist. Participants learn singing skills and techniques, gain confidence and self-esteem, enhance communication skills, and develop self-expression while engaging with their peers. The chorus meets for 17 weeks and is halfway through at this time. Registration includes a separate performance on the last week highlighting each individual's vocal talents.

### MUSIC THERAPY

**Music therapy** is the use of music by a credentialed music therapist to support therapeutic needs. Our individual music therapy offers a variety of music interventions that develop motor skills by playing instruments/dancing, as well as social/communication skills through singing and interacting with the therapist and other participants. Furthermore, participants strengthen cognitive skills by learning music notes and rhythms and by making musical choices. Lastly, students strengthen emotional intelligence through listening and self-expression.



MARCH 22 - MAY 20, 2022

## Virtual Social Clubs

*Clubs/Activities held online via Zoom*

### Connections Club

**Connections Club** is designed to provide opportunities for individuals to interact with peers in a safe and supportive environment using video conferencing technology, while practicing communication and social skills. Els for Autism staff members facilitate meetings, providing support and guidance so individuals of all abilities can actively participate in the group. Each meeting will follow a schedule, including a welcome/introduction; review of expectations; a stretching routine; fun facts; and a variety of discussion topics, games, and activities.

### Spectrum Book Club

**Harry Potter and the Goblet of Fire**

The **Spectrum Book Club** is designed for individuals ages 18 and older with autism or developmental disabilities who enjoy exploring the world of literature. *Participants do not need to own a copy of the book.* During the meeting, participants will be able to see the story, and Els for Autism Foundation staff will facilitate the group. Participants may take an active role as a reader during the meeting, or they can choose to listen to their peers. At the end of each meeting, staff will lead the group in a discussion and Q&A.

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STAY TUNED FOR  
MOVIN' & GROOVIN'  
SUMMER CAMP  
JULY 2022



For more information about the programs or to begin the registration process, please contact:

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