



We are always looking for volunteers!  
To learn about available opportunities,  
scan the code below:

# FALL 2022

## Recreation and Reach and Teach Through the Arts



**SESSION 1: AUGUST 22 - OCTOBER 14**

**SESSION 2: OCTOBER 24 - DECEMBER 21**

Els for Autism Foundation® offers recreation programs specifically developed for children and adults with autism and developmental disabilities. Keeping our participants active, healthy and engaged is our number one goal!

New participants must complete the Els for Autism® intake process before beginning any program or activity. A minimum of 4 participants is required for on-site and/or virtual classes.

### ON-SITE CLASSES

All on-site classes are held at The Els Center of Excellence in Jupiter, FL.

Aides or personal support are not provided. Participants will engage in a 3:1 ratio. Individuals who require additional support are asked to bring someone to accompany them. Companions will be required to participate actively in each practice session.

### BRIDGE THE GAP

A respite care program is available to participants who require support prior to and between their activities. Please reference the Bridge the Gap flyer for more information.

### VIRTUAL CLASSES

All virtual classes meet using Zoom video conferencing. Individuals must have access to a computer, tablet, or cell phone with internet access to participate in virtual programs.

### FOR MORE INFORMATION AND TO REGISTER:

**Greg Connors**  
Recreation Services Coordinator  
greg.connors@elsforautism.org  
561.320.9512

**MONDAY**

**ERNIE ELS #GAMEON AUTISM®**

## TENNIS

**Ages 6-10:** 2:00 - 2:45 p.m.

**Instructor:** June Martin

**Ages 11-14:** 3:00 - 3:45 p.m.

**Cost:** \$105 (per session)

**No class:** 9/5, 9/26, 10/17, 11/21

**Ages 15+:** 4:00 - 4:45 p.m.

## INTERABILITY CHORUS\*

**Instructor:** Erica Lyles

**Ages:** 16+

**Time:** 2:45 - 4:15 p.m.

**Cost:** \$175 (per session)

**\*Note:** Runs 8/22 - 12/9 w/ no break between sessions; final concert on 12/9

**ERNIE ELS #GAMEON AUTISM®**

## FITNESS (STRENGTH & CONDITIONING)

**Instructor:** Els for Autism Staff

**Time:** 3:15 - 4:00 p.m.

**Ages:** 15+

**Cost:** \$195 (per session)

**No class:** 9/5, 9/26, 10/17, 11/21



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## Recreation and Reach and Teach Through the Arts

TUESDAY

### ERNIE ELS #GAMEON AUTISM®

#### GOLF

**Instructor:** First Tee of Palm Beaches  
**Fee:** \$160 (per session)  
**No class:** 8/23, 10/18, 11/8, 11/22

**Ages 6-10:** 2:00 - 2:45 p.m.  
**Ages 15+:** 3:00 - 3:45 p.m.  
**Ages 11-14:** 4:00 - 4:45 p.m.

#### YOGA

**Instructor:** Yael Lawrence  
MS, BC-DMT  
**Fee:** \$140 (per session)  
**No class:** 8/23, 10/18, 11/8, 11/21

**Ages 11-14:** 2:15 - 3:00 p.m.  
**Ages 6-10:** 3:15 - 4:00 p.m.  
**Ages 15+:** 4:15 - 5:00 p.m.  
(hybrid virtual/in-person class)

#### SPECTRUM BOOK CLUB\* (virtual)

**Instructor:** Merrick Egber  
**Fee:** \$65 (per session)  
**\*Note:** Meets all Tuesdays except 11/22

**Ages 18+:** 4:00 - 5:00 p.m.

WEDNESDAY

#### MUSIC THERAPY

**Instructor:** Erica Lyles  
**Fee:** \$190 (per session)  
**No class:** 10/5, 11/23

**Ages 6-10:** 2:30 - 3:15 p.m.  
**Ages 11+:** 3:30 - 4:15 p.m.

#### KICKBALL

**Instructor:** Els for Autism Staff  
**Fee:** \$70 (per session)  
**No class:** 10/5, 11/23

**Ages 11+:** 2:30 - 3:15 p.m.  
**Ages 6-10:** 3:30 - 4:15 p.m.

#### ART

**Instructor:** Els for Autism Staff  
**Fee:** \$120 (per session)  
**No class:** 10/5, 11/23

**Ages 12+:** 4:30 - 5:15 p.m.

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## Recreation and Reach and Teach Through the Arts



THURSDAY

### ERNE ELS #GAMEON AUTISM®

#### GOLF

**Instructor:** First Tee of Palm Beaches  
**Fee:** \$160 (per session)  
**No class:** 11/24, 12/22

**Ages 6-10:** 2:00 - 2:45 p.m.  
**Ages 15+:** 3:00 - 3:45 p.m.  
**Ages 11-14:** 4:00 - 4:45 p.m.

#### DANCE THERAPY

**Instructor:** Yael Lawrence  
**Fee:** \$200 (per session)  
**No class:** 9/15, 11/17, 11/24

**Ages 11-14:** 2:15 - 3:00 p.m.  
**Ages 6-10:** 3:15 - 4:15 p.m.  
**Ages 15+:** 4:15 - 5:00 p.m.

#### CONNECTIONS CLUB\* (virtual)

**Instructor:** Merrick Egber  
**Fee:** \$65 (per session)  
**\*Note:** Meets all Thursdays  
except 11/24

**Ages 14+:** 4:00 - 5:00 p.m.

FRIDAY

#### KICKBALL

**Instructor:** Els for Autism Staff  
**Fee:** \$70 (per session)  
**No class:** 10/14, 11/25, 12/23

**Ages 11+:** 2:30 - 3:15 p.m.  
**Ages 6-10:** 3:30 - 4:15 p.m.

### ERNE ELS #GAMEON AUTISM®

#### FITNESS (STRENGTH & CONDITIONING)

**Instructor:** Els for Autism Staff  
**Ages:** 15+  
**Cost:** \$195 (per session)  
**No class:** 10/14, 11/25, 12/23

**Time:** 3:15 - 4:00 p.m.

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