



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

WINTER/SPRING 2023

Recreation Services and Reach and Teach Through the Arts



WINTER: JANUARY 17 - MARCH 16

SPRING: APRIL 3 - MAY 19

ON-SITE CLASSES

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

Personal aides or support assistants are not provided. Participants will engage in a 4:1 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.

Winter/Spring Recreation Information

- Winter Session ends **Thursday, March 16**
- Spring Session will begin on **Monday, April 3**
- During Winter session, there will be no Recreation programming on the following days: **1/20, 2/20, 3/17**
- During Spring session, there will be no Recreation programming on the following days: **N/A**
- Beginning in Winter/Spring 2023 – **Participant Progress Reports** detailing individual growth areas, session highlights, and recommendations for future recreation participation will be completed and shared with families prior to the end of the Winter Term

Spring Break Camp Information

- **Spring Break Camp** will occur **March 20-24, 2023**
- The registration window for Spring Break Camp will open in mid-January once we return after the New Year

Special Events Update

- The Recreation Services Team will continue offering Special Event days on non-Rec days (usually due to Palm Beach School District Professional Development Days or other holidays) when able. Currently, we have one event planned (see below). Stay tuned for more:
- Conserve Our Wild's Author League Workshop - Tuesday, January 3rd

FOR MORE INFORMATION AND TO REGISTER:

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



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



WINTER/SPRING 2023

Recreation Services and Reach and Teach Through the Arts

WINTER: JANUARY 17 - MARCH 16

SPRING: APRIL 3 - MAY 19

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 Foundation® intake process before beginning any program or activity. A minimum of 4 participants is required for on-site and/or virtual classes.

Please note: Class age descriptors are general guidelines and are subject to change given demand and/or Recreation Services Coordinator discretion. Schedule updated as of 12/5/22.

ERNIE ELS #GAMEON AUTISM®

TENNIS

Instructor: Ms. June Martin

Cost: \$105 (per session)

No class: 1/16, 2/20, 3/20, 3/27

Ages 16+: 2:00 - 2:45 PM

Ages 12+: 3:00 - 3:45 PM

Ages 16+: 4:00 - 4:45 PM

MONDAY

INTERABILITY CHORUS*

Instructor: Erica Lyles, MT-BC

Cost: \$175 (per session)

No Class: 1/16, 2/20, 3/20, 3/27

**Note:* While other Rec programs do not run, there will be class 3/13.

Age 16+: 2:45 - 4:15 PM

ERNIE ELS #GAMEON AUTISM®

FITNESS (CARDIO, STRENGTH & FLEXIBILITY)

Instructor: Els for Autism Staff

Cost: \$195 (per session)

No class: 1/16, 2/20, 3/20, 3/27

Ages 15+: 3:15 - 4:00 PM

ON-SITE CLASSES

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

Personal aides or support assistants are not provided. Participants will engage in a 4:1 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



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



WINTER/SPRING 2023

Recreation Services 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: 3/21, 3/28

Ages 16+: 2:00 - 2:45 PM

Ages 16+: 3:00 - 3:45 PM

Ages 12+: 4:00 - 4:45 PM

YOGA

Instructor: Yael Lawrence, MS, BC-DMT
Fee: \$140 (per session)
No class: 3/21, 3/28

Ages 18+: 2:15 - 3:00 PM

Ages 14+: 3:15 - 4:00 PM

Ages 16+: 4:15 - 5:00 PM
(hybrid virtual/in-person class)

SPECTRUM BOOK CLUB* (virtual)

Instructor: Recreation Staff
Fee: \$250 annually
**Note:* Meets all Tuesdays from
1/10 through 5/23 except 3/21

Ages 18+: 4:00 - 5:00 PM

WEDNESDAY

MUSIC THERAPY

Instructor: Erica Lyles, MT-BC
Fee: \$190 (per session)
No class: 3/22, 3/29

Ages 6-12: 2:30 - 3:15 PM

Ages 13+: 3:30 - 4:15 PM

KICKBALL

Instructor: Els for Autism Staff
Fee: \$70 (per session)
No class: 3/22, 3/29

Ages 13+: 2:30 - 3:15 PM

Ages 6-12: 3:30 - 4:15 PM

ART

Instructor: Els for Autism Staff
Fee: \$120 (per session)
No class: 3/22, 3/29

Ages 12+: 4:30 - 5:15 PM

ON-SITE CLASSES

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

Personal aides or support assistants are not provided. Participants will engage in a 4:1 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



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



WINTER/SPRING 2023

Recreation Services and Reach and Teach Through the Arts

THURSDAY

ERNIE ELS #GAMEON AUTISM®

GOLF

Instructor: First Tee of Palm Beaches
Fee: \$160 (per session)
No class: 3/23, 3/30

Ages 16+: 2:00 - 2:45 PM

Ages 16+: 3:00 - 3:45 PM

Ages 12+: 4:00 - 4:45 PM

DANCE THERAPY

Instructor: Yael Lawrence, MS, BC-DMT
Fee: \$200 (per session)
No class: 3/23, 3/30

Ages 12+: 2:15 - 3:00 PM

Ages 14+: 3:15 - 4:15 PM

Ages 12+: 4:15 - 5:00 PM

CONNECTIONS CLUB* (virtual)

Instructor: Recreation Staff

Fee: \$250 annually

**Note:* Meets all Thursdays 1/12 through 5/25 except 3/23

Ages 16+: 4:00 - 5:00 PM

FRIDAY

ERNIE ELS #GAMEON AUTISM®

TENNIS

Instructor: June Martin and/or Rec Staff
Fee: \$70 (per session)
No class: 1/20, 3/17, 3/24, 3/31

Ages 16+: 2:00 - 2:45 PM

Ages 12+: 3:00 - 3:45 PM

Ages 16+: 4:00 - 4:45 PM

KICKBALL

Instructor: Recreation Staff
Fee: \$70 (per session)
No class: 1/20, 3/17, 3/24, 3/31

Ages 13+: 2:30 - 3:15 PM

ERNIE ELS #GAMEON AUTISM®

FITNESS (STRENGTH & CONDITIONING)

Instructor: Els for Autism Staff
Cost: \$195 (per session)
No class: 1/20, 3/17, 3/24, 3/31

Ages 15+: 3:15 - 4:00 PM

ON-SITE CLASSES

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

Personal aides or support assistants are not provided. Participants will engage in a 4:1 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