



We are always looking for volunteers!  
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# ELS FOR AUTISM Recreation Services



## CLASS/ACTIVITY DESCRIPTIONS

### Sports and Fitness

*Weather permitting, 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 drills and practice stations, participants learn how foundational and functional movements contribute to the proper execution of the various basic and more athletic swing components in the game of tennis.

#### FITNESS

The Ernie Els #GameON Autism® Fitness Program offers a package of small-group fitness classes (usually 8-9 weeks, 2 times per week) for ages 15 and up. Participants improve their strength and conditioning by learning to use a complement of basic equipment and core exercises. Emphasis is placed on developing bodily and kinesthetic awareness, the development of improved fine and gross motor skills, as well as a basic understanding of bodyweight, momentum, and proprioception.

#### YOGA

Yoga for individuals with special needs enhances stamina, flexibility, and strength in a fun, motivating, and 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.



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## ELS FOR AUTISM Recreation Services



### CLASS/CLUB DESCRIPTIONS

## Sports and Fitness (cont'd)

*Weather permitting, activities held outdoors on The Els Center of Excellence campus*

### KICKBALL

Kickball 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.



## Reach and Teach Through the Arts

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

### DANCE THERAPY

**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.

### INTERABILITY CHORUS

**Interability 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 music therapy class 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.

### ART

**Art** at the Els Center of Excellence provides individuals ages 12 and up the opportunity to practice social skills, as well as fine and gross motor skills, while exploring their creativity, imagination, and self-expression using a variety of materials. Participants will engage in a variety of both individual and partner arts & crafts projects.





## Virtual Social Clubs

### 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 social and communication 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.

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

**Greg Connors, Recreation Services Coordinator**  
email: [greg.connors@elsforautism.org](mailto:greg.connors@elsforautism.org)  
phone: 561-320-9512

### SPECTRUM BOOK CLUB

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.

**Current selection:** *The Chronicles of Narnia series*