



# FALL/ WINTER 2025

## Recreation Services

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



SESSION 1: AUGUST 11<sup>TH</sup> - OCTOBER 10<sup>TH</sup>  
SESSION 2: OCTOBER 13<sup>TH</sup> - DECEMBER 12<sup>TH</sup>

### Afterschool Recreation

- Session 1 of 2025 Fall/Winter semester begins **Monday, August 11<sup>th</sup>** and ends **Friday, October 10<sup>th</sup>** (9 weeks)
- Session 2 of 2025 Fall/Winter semester begins **Monday, October 13<sup>th</sup>** and ends **Friday, December 12<sup>th</sup>** (8 weeks)
- During this semester, there will be no afterschool Recreation programming on the following days:
  - Monday, September 1<sup>st</sup> (PBCSD School Holiday & Campus Closure)
  - Thursday, October 2<sup>nd</sup> (PBCSD School Holiday)
  - Tuesday, November 11<sup>th</sup> (PBCSD DUTY/PDD Day)
  - November 24<sup>th</sup> – 28<sup>th</sup> (PBCSD School Holiday & Campus closure)

### Special Event Days Presented by Admirals Cove

- The Recreation Services Team will continue offering select **Special Event Days** on non-Rec days due to Palm Beach School District Professional Development Days or other holidays. These consist of various sports/leisure activities, such as golf, yoga, fitness, art, music, and/or other vendor programs (e.g., Silent Disco, Conserve Our Wild's Author League, Lion Country Safari, Loxahatchee River Center, etc.)
- Currently, we have the following Special Event Days planned for Winter/Spring 2024:
  - Thursday, October 2<sup>nd</sup>
  - Tuesday, November 11<sup>th</sup>
- Additional details and fees for Special Event Days are TBD and will depend on vendors secured and staffing needs.

### Participant Progress Reports

- Individual Participant Progress Notes will continue to be shared following the end of each semester.

### ON-SITE CLASSES

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

Participants will engage in a 1:4 (staff to client) ratio. Individuals who require additional support will be asked to attend with a personal support assistant. Els for Autism® does not provide support assistants. Support Assistants attending recreation services with a client will be required to actively participate in each practice session.

For information on financial assistance, please contact Liz Reisinger at [elizabeth.reisinger@elsforautism.org](mailto:elizabeth.reisinger@elsforautism.org).

### 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.

FOR MORE INFORMATION AND TO REGISTER,  
CONTACT:  
[sports@elsforautism.org](mailto:sports@elsforautism.org)



# FALL/ WINTER 2025

## Recreation Services: Sports & Fitness

SESSION 1: AUGUST 11<sup>TH</sup> - OCTOBER 10<sup>TH</sup>  
SESSION 2: OCTOBER 13<sup>TH</sup> - DECEMBER 12<sup>TH</sup>

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

We are grateful to our generous donors and grantors who allow us to offer our selection of the **Ernie Els #GameON Autism® Sports** and **Reach & Teach through the Arts** programs at a reduced rate.

New participants must complete both portions of the intake process (online paperwork and in-person *Meet & Greet*) before beginning any program or activity.

**Please note:** Class age categories are general guidelines, and class rosters are subject to change given demand, scheduling/staffing challenges, and/or Recreation Services Manager discretion. Also, please note that rates below are for **both** sessions of a semester.

### ERNIE ELS #GAMEON AUTISM® GOLF

**Held on:** Tuesdays and Thursdays

**Instructor:** First Tee of Palm Beaches

**Cost:** \$310 (\$10/class, 31 classes)

**No class:** 10/2, 11/11, 11/24, 11/27

**Minimum # of participants per class:** 7

Ages 13+:  
2:00 - 2:45 PM

Ages 6-12+:  
3:00 - 3:45 PM

Ages 13+:  
4:00 - 4:45 PM

\*General class age guideline & not definitive. Please contact the Recreation Services Manager for any age-related inquiries

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### ERNIE ELS #GAMEON AUTISM® TENNIS

**Held on:** Mondays and Fridays

**Instructor:** Ms. June Martin/Mr. Ken Schwartz

**Cost:** \$495 (\$15 per class, 33 classes)

**No class:** 9/1, 11/24, 11/28

**Minimum # of participants per class:** 4

**Ages 13+:**  
2:00 - 2:45 PM

**Ages 6-12:**  
3:00 - 3:45 PM

**Ages 13+:**  
4:00 - 4:45 PM

\*General class age guideline & not definitive. Please contact the Recreation Services Manager for any age-related inquiries

### ERNIE ELS #GAMEON AUTISM® FITNESS

**Held on:** Mondays and Fridays

**Instructor:** Ms. Amy Gruenfelder

**Cost:** \$495 (\$15/class, 33 classes)

**No class:** 9/1, 11/24, 11/28

**Minimum # of participants per class:** 4

**Ages 13+:**  
2:00 - 2:45 PM

**Ages 13+:**  
4:00 - 4:45 PM

\*General class age guideline & not definitive. Please contact the Recreation Services Manager for any age-related inquiries

### MINDFUL MOVEMENT (NEW!)

**Held on:** Mondays and Fridays

**Instructor:** Ms. Amy Gruenfelder

**Cost:** \$495 (\$15/class, 33 classes)

**No class:** 11/24, 11/28

**Minimum # of participants per class:** 4

**Ages 6 - 12:**  
3:00 - 3:45 PM

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### ON-SITE CLASSES

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# FALL/ WINTER 2025

## Recreation Services: Sports & Fitness

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### KICKBALL

**Held on:** Wednesdays

**Instructor:** Els for Autism Recreation Staff

**Cost:** \$255 (\$15/class, 17 classes)

**No class:** 11/26

**Minimum # of participants per class:** 7

**Ages 13+:**

2:00 - 2:45 PM

**Ages 6-12:**

3:00 - 3:45 PM

**Ages 14+:**

4:00 - 4:45 PM

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### BASKETBALL (NEW!)

**Held on:** Wednesdays

**Instructor:** Els for Autism Recreation Staff

**Cost:** \$255 (\$15/class, 17 classes)

**No class:** 11/26

**Minimum # of participants per class:** 5

**Ages 13+:**

2:00 - 2:45 PM

**Ages 6-12:**

3:00 - 3:45 PM

**Ages 14+:**

4:00 - 4:45 PM

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### YOGA

**Held on:** Tuesdays

**Instructor:** Mrs. Yael Lawrence, MS, BC-DMT

**Cost:** \$480 (\$30/class, 16 classes)

**No class:** 11/11, 11/25

**Minimum # of participants per class:** 5

**Ages 13+:**

2:00 - 2:45 PM

**Ages 6-12:**

3:00 - 3:45 PM

**Ages 14+:**

4:00 - 4:45 PM

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### ON-SITE CLASSES

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# FALL/ WINTER 2025

## Recreation Services: Reach & Teach through the Arts

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



### MUSIC & MOVEMENT

**Held on:** Tuesdays

**Instructor:** Ms. Lauren Tuma

**Cost:** \$400 (\$25/class, 16 classes)

**No class:** 11/11, 11/25

**Minimum # of participants per class:** 5

**Ages 13+:**

2:00 - 2:45 PM

**Ages 6-12:**

3:00 - 3:45 PM

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### MUSIC THERAPY

To Be Announced

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### BRIDGE THE GAP

A respite care program is available to participants who require support prior to and between their activities from 2:30 - 4:00 pm each day.

### FOR MORE INFORMATION AND TO REGISTER:

[sports@elsforautism.org](mailto:sports@elsforautism.org)

### DANCE THERAPY

**Held on:** Thursdays

**Instructor:** Mrs. Yael Lawrence, MS, BC-DMT

**Cost:** \$480 (\$30/class, 16 classes)

**No class:** 10/2, 11/27

**Minimum # of participants per class:** 5

**Ages 13+:**

2:00 - 2:45 PM

**Ages 6-12:**

3:00 - 3:45 PM

**Ages 14+:**

4:00 - 4:45 PM

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# FALL/ WINTER 2025

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### FOR MORE INFORMATION AND TO REGISTER:

[sports@elsforautism.org](mailto:sports@elsforautism.org)

#### ART CLUB

**Held on:** Wednesdays

**Instructor:** Mrs. Kelley Coutts

**Cost:** \$255 (\$15/class, 17 classes)

**No class:** 11/26

**Minimum # of participants per class:** 4

**Ages 14+:**

4:00 - 4:45 PM

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#### ART THERAPY

**Held on:** Mondays

**Instructor:** Ms. Alicia Ballestas

**Cost:** \$480 (\$30/class, 16 weeks)

**No class:** 9/1, 11/24

**Minimum # of participants per class:** 5

**Ages 13+:**

2:00 - 2:45 PM

**Ages 6-12:**

3:00 - 3:45 PM

\*General class age guideline & not definitive. Please contact the Recreation Services Manager for any age-related inquiries

#### THEATRE

**Held on:** Mondays

**Instructor:** Mr. Nathan & Mrs. Kathleen Kenney

**Cost:** \$455 (\$35/class, 13 weeks)

**No class:** 11/24

**Minimum # of participants per class:** 10

**Ages 18+:**

3:15 - 4:45 PM

**Theater class will have a  
delayed start date of  
September 8th**



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## Recreation Services: Virtual Clubs

### VIRTUAL CLASSES

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

#### **SPECTRUM BOOK CLUB (AMATEUR)**

**Held on:** Tuesdays

**Instructor:** Els for Autism Recreation Staff

**Cost:** \$300 (annual membership (pro-rated))

**No class:** N/A

**Minimum # of participants:** 5

**Ages 16+:**

4:00 - 5:00 PM

#### **SPECTRUM BOOK CLUB (PRO)**

**Held on:** Wednesdays

**Instructor:** Els for Autism Recreation Staff

**Cost:** \$300 (annual membership (pro-rated))

**No class on:** N/A

**Minimum # of participants:** 5

**Ages 16+:**

4:30 - 5:30 PM

#### **CONNECTIONS CLUB**

**Held on:** Thursdays

**Instructor:** Els for Autism Recreation Staff

**Fee:** \$300 (annual membership (pro-rated))

**No class:** N/A

**Minimum # of participants:** 5

**Ages 16+:**

4:00 - 5:00 PM



# THANK YOU

to our Recreation Services Grantors  
for your generous support.

Children's Healthcare *Charity*

JACK SATTER FOUNDATION



ADMIRALS COVE  
FOUNDATION

Enriching lives



Go to [fjgc.org](http://fjgc.org) to purchase the Golf License plate