Recreation Guide

for Children & Teens with LD &/or ADHD

Winter 2019

FOOTHILLS ACADEMY SOCIETY
A Leader in Learning Disabilities since 1979

Inquire Today!
Phone: 403.270.9400 ext. 252
Email: intake@foothillsacademy.org
www.foothillsacademy.org/amicus-recreation

Dear Amicus Families,

As we prepare for our Winter Session of programs, it is hard to believe that it's been three years already since we piloted our first Recreation programs. During this time, it has been amazing to watch all the awesome kids and teens who have participated in Amicus Recreation grow socially through robotics, cooking, sports and more.

Some of our participants may have noticed that McKenzie (or Thumper) hasn't been at all of the programs, as she was before. While we miss having her around all the time, we are pleased to welcome some great new program coordinators to our team. We are excited to have Brittany (Bagheera), Emily (Zelda) and Mitch (Crash) joining McKenzie (Thumper) program coordinating various programs this season. As they begin to plan some exciting new activities for our Winter Session, we look forward to seeing old friends back again and welcoming new friends we haven't met yet.

Our program schedule has remained unchanged from our Fall session but that doesn't mean that the sessions will be a repeat of anything we've done before. You can be sure that our Program Coordinators are busy planning new activities and social skill themes!

If you have any questions about the Amicus programs, always feel free to reach out.

Additional information will be provided in your "Here We Go!" e-mail about one week before programs begin and a follow up e-mail with activities to try at home will follow about one week after program ends.

All the best,

Kathleen Gurski
kgurski@foothillsacademy.org
Manager, Camp Amicus and Recreation Programs

Program Name	Ages	Dates	Day	Time	Program Length
DCD Program	8 - 14	Jan. 14 - March 11 (not Feb. 18)	Monday	6:00 pm - 7:45 pm	8 weeks
Science Wonder	8 - 14	Jan. 15 - Feb. 5	Tuesday	6:00 pm - 7:45 pm	4 weeks
Multisport	8 - 14	Jan. 17 - March 14 (not Feb. 14)	Thursday	6:00 pm - 7:45 pm	8 weeks
Cooking	8 - 14	Jan. 19 - Feb. 9	Saturday	10:00 am - 12:00 pm	4 weeks
POLARIS	13 - 16	Jan. 19 - March 2 (not Feb. 16)	Saturday	2:00 pm - 4:00 pm	6 weeks
Engineering	8 - 14	Feb. 12 - March 5	Tuesday	6:00 pm - 7:45 pm	4 weeks
Creative Expressions	8- 14	Feb. 23 - March 16	Saturday	10:00 am - 12:00 pm	4 weeks

Program Descriptions

DCD Program
Ages: 8 - 14
Dates: Monday, Jan. 14 - March 11 (except Feb. 18)
Time: 6:00 - 7:45 pm
Location: Foothills Academy
Fee: $180 per person
Learn the fundamentals of movement, balance and more through our Developmental Coordination Disorder (DCD) movement program. This program will focus on learning fundamental movement skills through play-based programming with skills broken down into small steps and reinforced through small practice activities and then larger games. This program was designed in consultation with experts in the DCD field.

Science Wonder
Ages: 8 to 14
Dates: Tuesdays, Jan. 15 - Feb. 5
Time: 6:00 - 7:45 pm
Location: Foothills Academy - 745 37 Street NW
Fee: $180
We will focus on gooey, slimely, shiny and touchy science. We love to explore our world by walking on eggshells, growing crystals and more. Even kids who think they don't like science enjoy these hands-on activities. See what science is like - Amicus style!

MultiSport
Ages: 8 to 14
Dates: Thursdays, Jan. 17 - March 14 (except Feb. 14)
Time: 6:00 – 7:45pm
Location: Foothills Academy – 745 37 Street NW*
Fee: $180
Kick, throw, dodge and more with Multisport! Your child will enjoy an evening of high energy activity, social skills, sports and friends. With glow in the dark soccer, dodgeball, floor hockey and more on the schedule, there is something for everyone.
***Please note** that the Feb. 28 class is off-site and no transportation will be provided. Details to come.

Cooking
Ages: 8 to 14
Dates: Saturdays, Jan. 19 - Feb. 9
Time: 10:00 am - 12:00 pm
Location: Sunterra Market, 200 12 Ave SE
Fee: $180
Is your child ready to be Master Chef Junior? Maybe not yet but they can come and learn to cook some fantastic meals under the guidance of a Red Seal Chef at Sunterra Market. Contact the Amicus office for this season's menu.

Engineering
Ages: 8 - 14
Dates: Tuesdays, Feb. 12 - March 5
Time: 6:00 - 7:45 pm
Location: Foothills Academy
Fee: $180
Every week our program will explore new engineering disciplines with a take home project every week. Come and explore the projects we will be exploring this winter from roller coasters to robots and more!

Creative Expressions
Ages: 8 - 14
Dates: Saturdays, Feb. 23 - March 16
Time: 10:00 am - 12:00 pm
Location: Foothills Academy, Art Room
Fee: $140
Participants will release their inner artist with our creative expressions program. They will do painting, sculpting and more. This is an Amicus program, so expect silly, big or wild art projects.

POLARIS Teen Leadership
Ages: 13 - 16
Dates: Saturdays, Jan. 19 - March 2 (except Feb. 16)
Time: 2:00 - 4:00 pm
Location: Variable - First meeting at Foothills Academy
Fee: $200
This teen leadership program is a mix of all different components for our teen participants. As a group, they decide what community involvement they would like to do, what area of self-discovery, and what social program they would like. It's all aout what the teens want to do in this program.

Program Model Overview

Amicus Recreation programs are designed specifically for children, youth and teens with Learning Disabilities and/or ADHD. No matter which activity a participant chooses, an important component of all Amicus programs is the development of positive social skills. Approximately one quarter of each program is dedicated to the explicit teaching of social skills and our staff serve as experienced social coaches. Programs are led by our mature, trained staff (university age) who understand the needs of youth with LD/ADHD. Our group sizes are no larger than 15 participants and provide a 3:1 participant to staff ratio so that all children/youth receive the attention that they require. Some programs are smaller than 15 participants if space or partner organizations require this.

Eligibility & Intake Process

There is a one-time intake process to determine eligibility to participate in the Amicus Recreation programs. Participants must meet all three criteria:

- Have a Learning Disability and/or ADHD as their primary diagnosis, without major behaviour or regulation issues
- Have average, or above average IQ
- Function well in a 3:1 participant to staff ratio

The intake process tries to ensure a good fit between the needs of the child and what Amicus Recreation can provide. To do this, we ask questions about the current diagnosis of your child, whether they have an IPP at school, whether they have a special education code (if applicable), and other pertinent information. To begin the intake process, email intake@foothillsacademy.org or call 403.270.9400 ext. 252. Please note: the intake process can take one to two weeks as we want to ensure that we can meet the needs of all the children in our program. To ensure program space availability, it is ideal to begin the intake process well before you intend to register for programs.

Registration Overview

There is a non-refundable $25 dollar deposit for each program that each child registers for. For complete refund and cancellation policies, please refer to the registration package.

Fnancial Assistance

Amicus Recreation aims to be affordable for all families. Through the generous support of donors, financial assistance from the Amicus Bursary Fund for program fees is available. Please inquire about payment options.

Amicus Recreation is a Foothills Academy Society Community Services program that is open to the general public who meets the eligibility criteria.

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