



# 2022-2023 SPECIAL NEEDS ACTIVITY PROGRAM



**YOGA** Ages 7+ Monday 4:00-4:45 p.m. Community Center  
Participants will experience the fun, calming and restorative practice of yoga while encouraging increased muscle tone, balance, coordination, and mobility. (6 sessions)  
September 19 October 3, 17, 24 November 14, 21



**COOKING** Ages 18+ Wednesday 6:00-6:45 p.m. Community Center  
Alexa Montana of Lexi's Sweet Treats brings this new instructional class to the SNAP offerings. This first session will start with the basics of cold food preparation – everything from measuring and cutting to side dish, salad, and dessert assembly.  
September 21, 28 October 12, 19, 26 November 2, 9, 16



**BASKETBALL** Ages 7+ Thursday 6:00-6:45 p.m. Community Center  
Coaches focus on basic fundamentals of basketball – shooting, passing, dribbling, rebounding -- with an emphasis on getting fit and having fun with friends!  
September 22, 29 October 6, 13, 20, 27 November 3, 17



**INDOOR SOCCER** Ages 7+ Sunday 10:30 -11:15 a.m. Community Center  
Passing, trapping, shooting, dribbling, and other basics create the foundation of the SNAP Indoor Soccer class. Students team with volunteer buddies as they run drills and learn new skills.  
January 22, 29 February 5, 12, 19, 26 March 5, 12



**TENNIS** Ages 7+ Thursday 6:00-6:45 p.m. McKinley Park  
Forehand, backhand and volley are the basic skills learned in this beginner's tennis class. Volunteer buddies help "serve" up the fun.  
May 4, 11, 18, 25 June 1, 8, 15, 22



**BASEBALL** Ages 7+ Wednesday 6:00-6:45 p.m. Westvale Park  
Participants experience the joy of America's favorite pastime as they bat, field, and run the bases during weekly scrimmages with coaches and local high school athletes.  
May 3, 10, 17, 24, 31 June 7, 14, 21

SNAP recreation programs build on the individual's abilities not disabilities and are designed to promote independence and improve quality of life through recreation and enrichment. SNAP is facilitated by The Westwood and Twp. of Washington Recreation Departments and is generously sponsored Lakeland Bank.





## 2022-2023 SPECIAL NEEDS ACTIVITY PROGRAM

Dear Parents and Friends,

The Borough of Westwood and the Township of Washington Recreation Departments have formed a joint venture to create a year-round program for children and young adults with special needs. Our goal is to provide positive recreational and social experiences for all our participants. The program is open to any child aged 7 – through young adult who has a physical or learning disability.

Our staff and volunteers are dedicated to making this year's activities fun and rewarding to meet the varied interests of our young residents. *Note: For the 2022-2023 Sessions, Covid-19 safety precautions may be necessary including masks and distancing.*

We look forward to seeing everyone in the Community Center and on the fields!

Sincerely,

Gary Buchheister  
Westwood Recreation Director



SNAP participants experience the fun and community of enrichment and athletic classes. Each session gets them moving and improving and their skills, nurturing a love of learning, exercise, and friendly competition.



### ABOUT THE SPECIAL NEEDS ACTIVITY PROGRAM

**SNAP STAFF:** Our instructors are certified special education teachers or volunteers with a background in working with children with special needs.

**SNAP VOLUNTEERS:** Local students and athletes assist our instructors as buddies or "shadows" paired-up with a participant. These compassionate, patient, and skilled assistants work to keep participants focused on skill building and most importantly enjoyment of the activity. Please contact Westwood Recreation if you are interested in serving as a **SNAP** Volunteer.

#### SNAP PROGRAM FEES:

Westwood/Twp. of Washington Residents:

\$25/per activity session

Non-Residents:

\$50/per activity session

Payable to: Borough of Westwood,

55 Jefferson Ave., Westwood, NJ 07576

#### Registration begins September 6 via Community Pass

<https://register.communitypass.net/westwood>

For more information regarding scholarship availability, please contact Gary Buchheister, Westwood Recreation Director, [gbuchheister@westwoodnj.gov](mailto:gbuchheister@westwoodnj.gov)/201-664-7882

For additional information regarding the program please contact **SNAP** Coordinator Maria Montana by calling 201-446-8347 or emailing [Bigsky189@aol.com](mailto:Bigsky189@aol.com).

*Mrs. Montana is a M. Ed. Certified Elementary Special Education Teacher*

**PLEASE NOTE:** Parents are required to stay in the building in a separate meeting room or on the spectator benches outside of playing fields/courts during each activity. This is an excellent opportunity to network and share resources and personal experiences which will benefit you and your child.

We look forward to your participation and thank you for your cooperation.

#### Westwood Recreation Department

201-664-7882

[recreation@westwoodnj.gov](mailto:recreation@westwoodnj.gov)

#### Twp. of Washington Recreation

201-664-2488

[healthrec@twpofwashington.us](mailto:healthrec@twpofwashington.us)