



NOR-WEST REGIONAL SPECIAL SERVICES

WINTER/SPRING 2012 BROCHURE

YOUTH/TEEN PROGRAM DESCRIPTIONS

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Nor-West
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INSTRUCTIONAL SWIM

Have fun in the water while learning valuable swimming skills. Our Instructional Swim Program is taught by certified swim instructors who will rotate through the group, conducting personalized instruction based on each child's level of ability. Non-swimmers are encouraged to register. We will provide recreation aides in the water (2:1 ratio) to work hands-on with the children. This is a great opportunity to enhance and refine swim skills...and it's FUN! **Please note: The BOCES Pool often closes in the winter when the temperature drops below freezing. We will try to notify you of pool closures.**

ELIGIBILITY: Ages 5 to 15.

Open to all developmental disabilities.

DAY: Wednesday

TIME: 5:30-6:30 pm

DATES: Jan. 18 – May 23 (17 weeks)

No program scheduled: 2/22, 4/4

We added one swim make up date scheduled for May 30th

LOCATION: BOCES, Pinesbridge School, Boces Dr., Yorktown

PROGRAM CAPACITY: 8 participants

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Instructional Swim	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Venue Fee	N/A	N/A	

INSTRUCTIONAL BOWL

Our popular and fun instructional bowl program concentrates on instruction and improving bowling skills. Bumpers will be utilized for some children to help gain confidence and ensure success. Adaptive equipment such as ramps and handle balls are available for those who need additional assistance. This program has a **weekly fee of \$7.00** for games bowled.

ELIGIBILITY: Ages 5 to 15.

Open to all developmental disabilities.

DAY: Thursday

TIME: 4:00 – 5:30 pm

LOCATION: Jefferson Valley Lanes

DATES: Jan. 19 – May 31 (19 weeks)

No program scheduled: 2/23

Luis Herzog Bowling Tournament 6/7

LOCATION: Jefferson Valley Lanes, Hill Blvd., Jefferson Valley

PROGRAM CAPACITY: 12 participants

Please note: NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown



Instructional Bowl	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Venue Charge	\$7 pay at site	\$7 pay at site	

FLICKS, TRIPS & SWIM

Here is a great way to spend a Saturday! Our Flicks, Trips, and Swim Program is a fun-filled day that includes recreational swimming. The program will start at the Jefferson Valley Mall where we will have lunch (bag or send money for the food court). Activities will vary; you could be going to see a great movie (PG and PG13) or going to see a play, IMAX, arcade games, bowling, miniature golf, or many other exciting activities. At the end of the day, we will swim from 4-5pm at the Ossining Community Center's fabulous indoor Olympic-size pool. Don't miss out this great opportunity for lots of fun and socialization. **Please send \$15.00 each week to cover the cost of the activity (venue fee). If you do not register for transportation, plan to drop off your child at the Jefferson Valley Mall (Chase Bank area) at 11:00am and pick up at 6:00pm. Round trip transportation also available.**

ELIGIBILITY: Ages 9 to 17.

Open to all developmental disabilities.

DAY: Saturday

TIME: 11:00am - 6:00pm

DATES: Jan. 21 – May 12 (16 weeks)

No program scheduled: 4/7

PROGRAM CAPACITY: 10 participants

Please note: NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Flicks, Trips & Swim	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	\$128 RT/\$64 OW
Venue Charge	\$15 pay at site	\$15 pay at site	

RECREATIONAL SWIM

Join us for a recreational swim on Saturdays at the beautifully renovated Ossining Community Center Pool. We have incorporated this recreational swim to our Flicks, Trips, and Swim Program but you can sign-up for just the swim portion and participate from 4:00-5:00pm. Please note that this is a recreational swim and we will not have formal instruction. Nor-West will provide staff to assist in the water.

ELIGIBILITY: Ages 5 to 15.

Open to all developmental disabilities.

DAY: Saturday

TIME: Session 4:00-5:00 pm

LOCATION: Ossining Community Pool

DATES: Jan. 21 – May 12 (16 weeks)

No program scheduled: 4/7

PROGRAM CAPACITY: 8 participants

Please note: NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown



Recreational Swim	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Venue Charge	N/A	N/A	

☺ We will be offering day trips during the *April School Break*. Information will be mailed at a later date ☺

ADULT/TEEN PROGRAM DESCRIPTIONS

SPECIAL OLYMPIC TEAM TRAINING

Nor-West Special Olympics is made up of two groups: team players and skills group. The team will practice and compete in an appropriate division at several Westchester/Putnam Special Olympic events. Athletes will develop skills in Floor Hockey, Basketball, and Track and Field. Those ready and capable of competitive play will be selected for team competition. Those that require additional training on team concepts will be placed into the skills group. **NOTE: Participants for this program MUST have a current Special Olympics Medical/Consent Release on file at the Nor-West office.**

ELIGIBILITY: Ages 15 to Adult.

Open to all developmental disabilities

DAY: Tuesday

TIME: 4:00 - 6:00pm

LOCATION: Yorktown Cultural and Community Center, 1974 Commerce St.

DATES: Jan. 17 – May 15 (17 weeks)

No program scheduled: 4/3

PROGRAM CAPACITY: 30 adults

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown



Special Olympic Training	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	\$136 RT/\$68 OW
Living in IRA, Supported Apartment, Group Home	\$200	Call Nor-West Office	\$136 RT/\$68 OW
Venue Charge	N/A	N/A	

RECREATIONAL SWIM

Love to swim? Join us Wednesday evenings at the BOCES Pool for a splashin' good time. You don't need to be a great swimmer to have fun at our Recreational Swim Program. You can participate in group water games, socialize with friends, or just unwind in the relaxing water. Our staff will be available to assist anyone with swim stroke improvement and to organize pool games. **Please note: The BOCES Pool often closes in the winter when the temperature drops below freezing. We will try to notify you of pool closures. You can call to the Nor-West office to verify when the weather is questionable.**

ELIGIBILITY: Ages 16 to Adult.

Open to all developmental disabilities.

DAY: Wednesday

TIME: 6:40-8:10pm

LOCATION: BOCES, Pinesbridge School Pool, Boces Drive, Yorktown

DATES: Jan. 18 – May 23 (17 weeks)

No program scheduled: 2/22 and 4/4

We added one swim make up date scheduled for May 30th

PROGRAM CAPACITY: 20 Adults

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Water Aerobics & Recreational Swim	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apartment, Group Home	\$152	Call Nor-West Office	N/A
Venue Charge	N/A	N/A	

LEAGUE BOWL & PIZZA SOCIAL

Our extremely popular league bowling program includes a fantastic pizza dinner and social. We begin bowling our usual two games (without snack break) at 3:15pm. Then walk across the street to Ceola Manor for unlimited pizza and soda! **NOTE:** Nor-West transportation home will only be provided from Ceola Manor. There will be no Nor-West supervision provided at JV Lanes after bowling, so those who do not join us for pizza will need to be picked up by 5:15pm. **NOTE: There is a weekly fee of \$14.00 for the games bowled and pizza dinner**

ELIGIBILITY: Ages 16 to Adult. Open to all developmental disabilities.

DAY: Thursday **TIME:** 3:15 - 6:30pm

LOCATION: Jefferson Valley Lanes and Sinapi's Ceola Manor, Hill Blvd., Jefferson Valley

DATES: Jan. 19 – May 31 (19 weeks) **No program scheduled:** 2/23

Save the Date: Luis Herzog Bowling Tournament June 7th



PROGRAM CAPACITY: We have a **limited vehicle capacity of 26, going to the program.** Unless you have no other options, please DO NOT request transportation TO the program, so that we can accommodate those that have no transportation options. We have ample space on our buses coming HOME from the program.

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

League Bowl & Pizza Social	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	\$152 RT/\$76 OW
Living in IRA, Supported Apartment, Group Home	\$320	Call Nor-West Office	\$152 RT/\$76 OW
Venue Charge	\$14 pay at site	\$14 pay at site	

FRIDAY NIGHT SOCIAL SCENE

A great opportunity to meet your buddies, socialize, all while enjoying snacks and fun activities. We'll play some favorite board games, Bingo, and learn some fun card games. Do you like to dance? Learn the Electric Slide, Macarena and other popular party dances. Craft activities provided but the Art Center. You should have a light dinner before the program or bring a bag dinner. Enjoy a Pizza Party the first Friday of each month (please bring \$8.00 cash on pizza nights)

ELIGIBILITY: Age 18 and up. Open to all developmental disabilities

DAY: Friday **TIME:** 6:30 -9:15pm

DATES: Jan. 20 – May 18 (16 weeks) **No program scheduled:** 3/16 & 4/6

LOCATION: Croton/Cortlandt Center for the Arts, Cortlandt Manor

PROGRAM CAPACITY: 15 Adults

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Social Scene	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	\$128 RT/\$64 OW
Living in IRA, Supported Apartment, Group Home	\$240	Call Nor-West Office	\$128 RT/\$64 OW
Venue Charge	Bring \$8 cash on pizza nights	Bring \$8 cash on pizza nights	

WONDERS OF WESTCHESTER (WOW)

Another great program for our adults! This program is all about exploring the wonders of Westchester County. Venture out with us and experience a different attraction in the County, including parks, museums, hiking trails, historical sites and attractions. Learn the history of Westchester and all that our beautiful County has to offer. Participants should bring a bag lunch and non-glass beverage.

ELIGIBILITY: Ages 25+ Open to all developmental disabilities.

DAY: Saturday **TIME:** 12:00-5:00pm

DATES: Feb. 4 – May 12 (8 weeks) **No program scheduled:** 2/11, 2/25, 3/3, 3/17, 3/31, 4/7, 4/21

LOCATION: Nor-West Computer Room

PROGRAM CAPACITY: 11 Adults

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

WOW	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	\$64 RT/\$32 OW
Living in IRA, Supported Apartment, Group Home	\$232	Call Nor-West Office	\$64 RT/\$32 OW
Venue Charge	\$15 pay at site	\$15 pay at site	

More information on back

VARIETY CLUB

The Variety Club was created specifically for our young adults ages 18-25. The Club will run select Sundays, from 12:00pm to 5:00pm. The program will be based in the Cortlandt "CUE" center at the Cortlandt Town Center (adjacent to rear entrance of UA cinemas). The program will have two primary activities that will rotate: one Sunday will be billiards, board games and a movie; the next Sunday will be a community trip. Please send weekly venue fees to include all movie & trip admissions, and all snacks. It's a great way to spend a Sunday afternoon - hangin' with your Nor-West buddies! Please send a bag lunch.

ELIGIBILITY: Ages 18-25

Open to all developmental disabilities

DAY: Sunday

TIME: 12:00pm-5:00pm

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

DATES: Jan. 22 – May 20 (11 weeks)

No program scheduled: 1/29, 2/5, 2/19, 3/4, 4/1, 4/8 & 5/13

PROGRAM CAPACITY: 18 participants

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Variety Club	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apartment, Group Home	\$290	Call Nor-West Office	N/A
Venue Charge	\$20 pay at site	\$20 pay at site	



DINNER & A MOVIE

Join us for two fantastic Sunday evenings with your friends. First, we'll enjoy dinner and socializing at Piazza Roma Italian Restaurant. Then we're off for a visit to the silver screen where we'll catch the latest flick at the Cortlandt Town Center Theater. This season you can enjoy three outings. **Please bring \$35 cash the night of each outing to cover the cost of the dinner and movie.**

ELIGIBILITY: Ages 18+

Open to all developmental disabilities

DAY: Sundays

TIME: 5:00pm-9:30pm

LOCATION: Piazza Roma & Cortlandt Town Center Theater

DATES: Jan. 15, Feb. 19, Apr.1

PROGRAM CAPACITY: 20 participants

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown



Dinner & Movie	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	\$24 RT/\$12 OW
Living in IRA, Supported Apartment, Group Home	\$80	Call Nor-West Office	\$24 RT/\$12 OW
Venue Charge	\$35 pay at site	\$35 pay at site	

ADULT/TEEN SPECIAL EVENTS

ST. PATRICK'S DAY DANCE

Everyone is Irish on St. Patrick's Day. Come celebrate with your friends at Nor-West. Dance a jig and get those "Irish eyes smiling". Don't forget to wear your green.

ELIGIBILITY: Age 18 and up.

Open to all developmental disabilities

DATE: Friday, March 16th

TIME: 6:00-8:30pm

LOCATION: Verplanck FIREHOUSE 8th Street, Verplanck

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown



St. Patrick's Day Party	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	\$8RT/\$4 OW
Living in IRA, Supported Apartment, Group Home	\$12	Call Nor-West Office	\$8RT/\$4 OW
Venue Charge	N/A	N/A	