



# Winter Classes

**SEE THE WINTER PROGRAM  
GUIDE FOR FURTHER  
INFORMATION**

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QUESTIONS**

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## **DAY PROGRAM**

Participants will partake in a variety of activities, including Social Time, Life Skill Practice (e.g. Home, Money, Restaurant, Community, etc), Arts, Music, Exercise, and all around fun. All Winter Programming will be done on-site, with no community outings. Be on the lookout for outings starting in the Spring.

## **RECREATIONAL BOWLING**

Join us at Kenmore Lanes for a weekly bowling session. Enjoy time with friends, while you work on your skills!

## **SPECIAL OLYMPICS TRACK**

All are eligible to participate, ages 8+. Practices will occur off-site, and we will work on all of the competition skills. Keep in mind Practice may be cancelled due to inclement weather. Keep an eye on the calendar up until you leave to ensure practice is still on. We will practice in a drizzle, but steady rain will cause practice to be cancelled.

## **ART**

Participants will be working on larger art projects to prepare for an Art Walk later in 2018. Projects will include simple drawings, painting, 3D projects, and everything in between. Projects will take multiple sessions to complete, and will be very unique to the artist.

## **COOKING SKILLS CLASS**

Participants will enjoy lessons on kitchen, food, and nutrition skills, with Food Labs every other week. Instruction will include information about kitchen cleanliness, food handling skills, and information about MyPlate (the USDA Nutrition Guideline). Food labs have been selected to be simple, independent recipes.

## **MARTIAL ARTS**

Learn the skills of Traditional Asian Martial Arts, taught by Dean Churchill, Black Belt: Woodinville Martial Arts, and Wranglers Parent. The class provides emphasis in: courage, caring, and respect.

## **EXERCISE SAMPLER**

Try out a variety of exercises in this fun recreation class! Classes can include: Yoga, Zumba, Fitness Center, Sports, and others!

## **MUSIC EXPLORATION**

Enjoy a variety of music, instruments, basic music theory, and guest performers as opportunity allows!