

Class Descriptions

TINY TOTS

Tiny Tot's Ballet & Tap

Participants will have a great time moving and dancing while strengthening their fine and gross motor skills, developing coordination, and strengthening their social skills. This is an entry level class and no dance experience is required.

Tiny Tot's Music & Movement

A fun-filled class exploring movement through music, which stimulates imagination and creativity. Participants will improve fine and gross motor skills, develop coordination and social skills but most importantly will have fun!

Tiny Tot's Sensory Art

Join us to squish, squeeze, crumble, and fluff your way through our Sensory Art for Tots! Our future artists will have fun playing and creating art using different sensory mediums. Be prepared to be messy!

Tot's Sensory Gym Action Time!

Join us in our new state-of-the-art sensory gym to climb, jump, slide, bounce, and have a great time with your friends. This free flowing, yet structured, class will build the participants gross motor skills (crawling, jumping, balancing) while also strengthening their social skills (turn taking, waiting, helping). This will be an hour of movement, action, and smiles that is sure to be a hit with the participants! (Ages 3 to 5 only)

Tiny Tot's Time

Come sing, dance, move, and have fun at the Family Center! The participants will create, imagine, pretend, and learn all while having a great time! This class fosters socialization and age-appropriate social skills, such as turn taking and sharing! Parents are welcome to stay in the class if they wish!

Tiny Tot's Zumba *New Class

This new class will feature Kid-friendly Zumba routines that will break down the steps and gives the participants a chance to socialize with friends and enjoy their favorite music. This high-energy dance and movement class takes a typical Zumba approach but adds games and activities to keep everyone smiling and having fun!

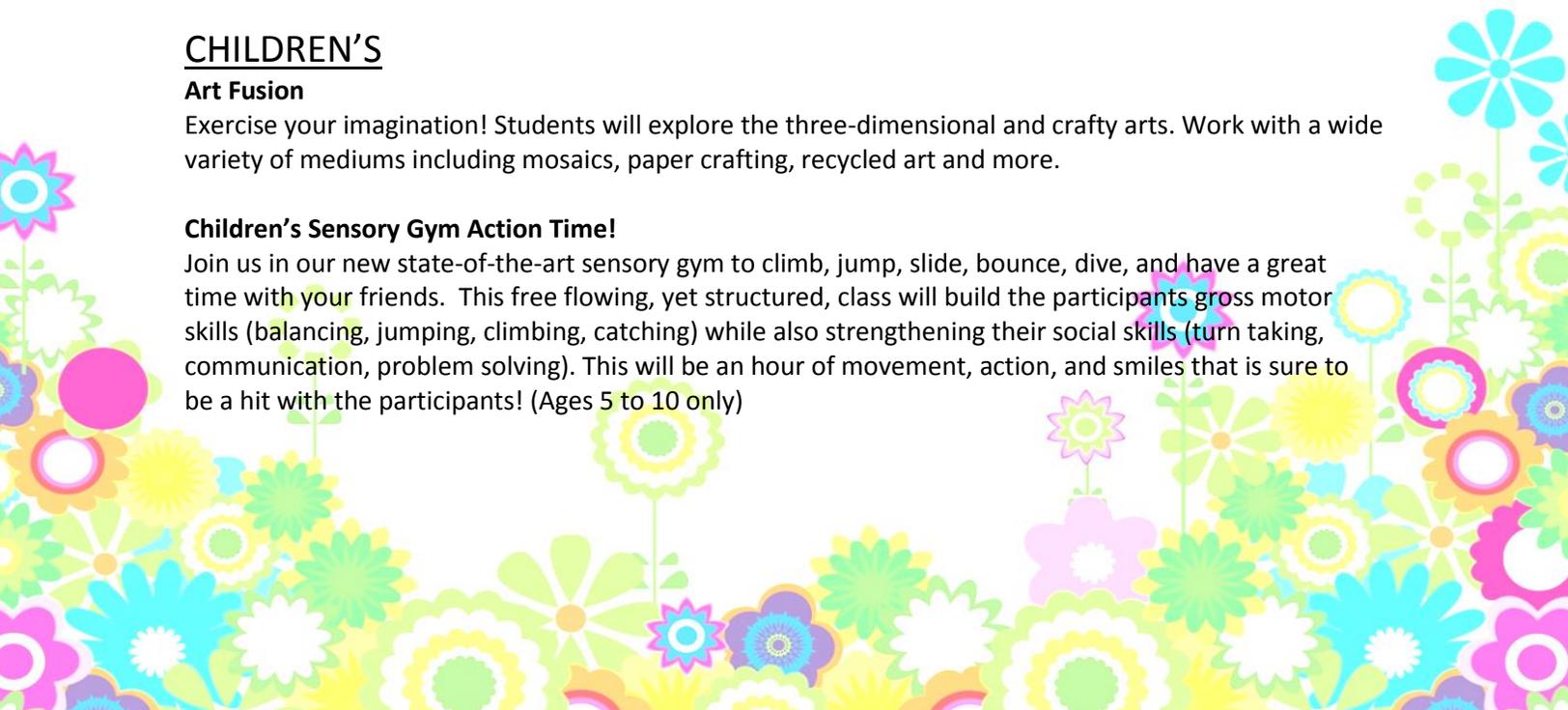
CHILDREN'S

Art Fusion

Exercise your imagination! Students will explore the three-dimensional and crafty arts. Work with a wide variety of mediums including mosaics, paper crafting, recycled art and more.

Children's Sensory Gym Action Time!

Join us in our new state-of-the-art sensory gym to climb, jump, slide, bounce, dive, and have a great time with your friends. This free flowing, yet structured, class will build the participants gross motor skills (balancing, jumping, climbing, catching) while also strengthening their social skills (turn taking, communication, problem solving). This will be an hour of movement, action, and smiles that is sure to be a hit with the participants! (Ages 5 to 10 only)



Children's Sensory Gym Social Skills!

Join us in our new state-of-the-art sensory gym to climb, slide, hang, and problem solve with a group of like-minded friends. The participants will work together while utilizing everything our new sensory gym has to offer to complete tasks and participate in games that build problem solving ability, team work and communication skills. This class will challenge the participants both mentally and physically, all while having a great time! (Ages 5 to 10 only)

Food as Art

Create works of art using delicious ingredients! This class promotes creativity, socialization, peer relationships, teamwork and more. The best part, you get to eat your masterpiece! This beginner class is focused on more simple, yet unique projects that will challenge your mind.

Hip-Hop Dance for Children

This class is designed for kids who want to learn the basics of hip-hop dancing while having a great time and making new friends! Participants will learn some new moves to pair with their favorite songs all while strengthening their fine and gross motor skills, developing coordination, and strengthening their social skills.

Junk Art *New Class

Don't throw away that egg carton! Common, everyday items will be used in this unique and innovative art class meant to broaden the ability to create imaginative and inspired art from recycled materials.

Lunch & Games

Bring a bagged lunch and come and unwind in between classes. Play some games or simply chat with friends in a fun atmosphere.

Minecraft

Minecraft is not really a game. It's more like a toy. And it's a virtual world where you can make just about anything. Work together to form castles, villages, cities, ships, spaceships, and even fantasy worlds. Socialization, sharing and creativity are all encouraged during this interactive class.

Sports *New Class

This class focuses on the fundamentals of basketball, soccer, & football. Engage in fun games and drills while building skills and strengthening physical fitness. The intermediate class requires basic knowledge of passing, dribbling, and shooting a basketball as well as passing and catching a football.

Music and Movement

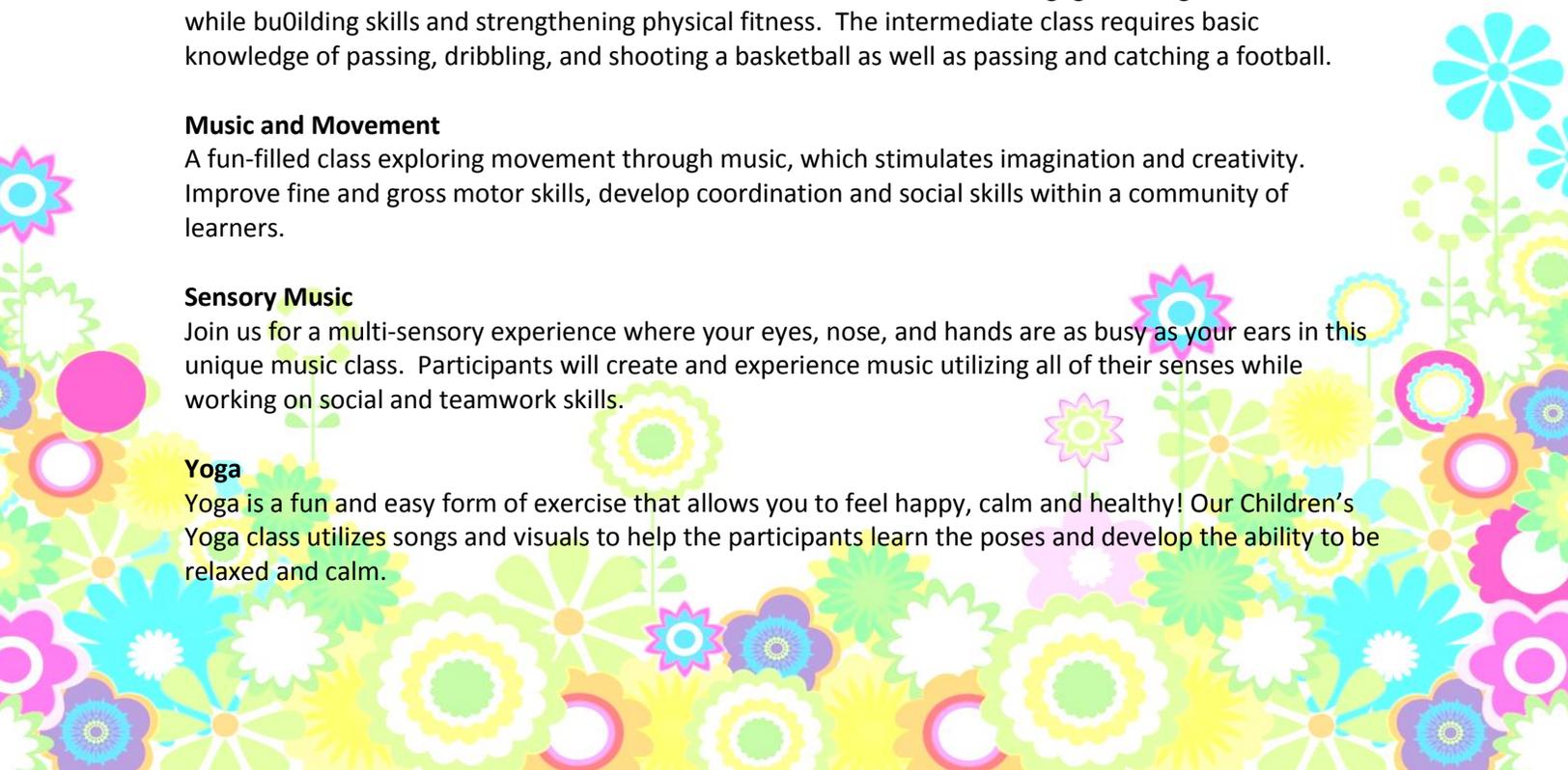
A fun-filled class exploring movement through music, which stimulates imagination and creativity. Improve fine and gross motor skills, develop coordination and social skills within a community of learners.

Sensory Music

Join us for a multi-sensory experience where your eyes, nose, and hands are as busy as your ears in this unique music class. Participants will create and experience music utilizing all of their senses while working on social and teamwork skills.

Yoga

Yoga is a fun and easy form of exercise that allows you to feel happy, calm and healthy! Our Children's Yoga class utilizes songs and visuals to help the participants learn the poses and develop the ability to be relaxed and calm.



TWEENS & TEENS

Baking

Learn to make cakes, muffins, cookies, breads, and scones while making friends! Participants will learn the skills to measure, portion, cook, and decorate an array of items that they will be able to bring home and show off to the family!

Builders Club

The Builder's Club is for children who have an interest in construction utilizing Lego™ bricks. The club enhances imagination, socialization, hand/eye coordination, fine motor skills, and problem solving skills. The Club is the place to get inspired, educated, and entertained with Lego-themed inspirational activities.

Cartooning

Explore your love of drawing in our cartooning class. Create your own cartoon character from animated shows, films, books or video games. Their storyboards will come to life with narration and storytelling in small group settings.

Cooperative Video Games

Take a break from the heat this summer and join us in our Rec Lounge to play some of the most popular video games today! While the participants are thinking they are here to have a good time behind the scenes we will be working on their interpersonal skills, their teamwork ability, being a good winner and a good loser, and a ton of other skills. Why not build some skills while doing what they love to do?!

Culinary Connections

Gain basic kitchen and safety skills in this beginner's level class. You'll make 2 delicious recipes while socializing with friends. Learn cutting, measuring and mixing skills while strengthening your ability to follow a recipe, taking turns, and waiting for your delicious creations to cook.

Food as Art

Create works of art using delicious ingredients! This class promotes creativity, socialization, peer relationships, teamwork and more. The best part, you get to eat your masterpiece!

Glamour Girls

This class is for our glamorous friends that love makeup, fashion, and pop culture! The participants of this class will have fun with makeup, fashion-related crafts, and discussing the most up-to-date trends. Participants will also work on social and conversational skills while having a great time!

Hip-Hop Dance for Teens

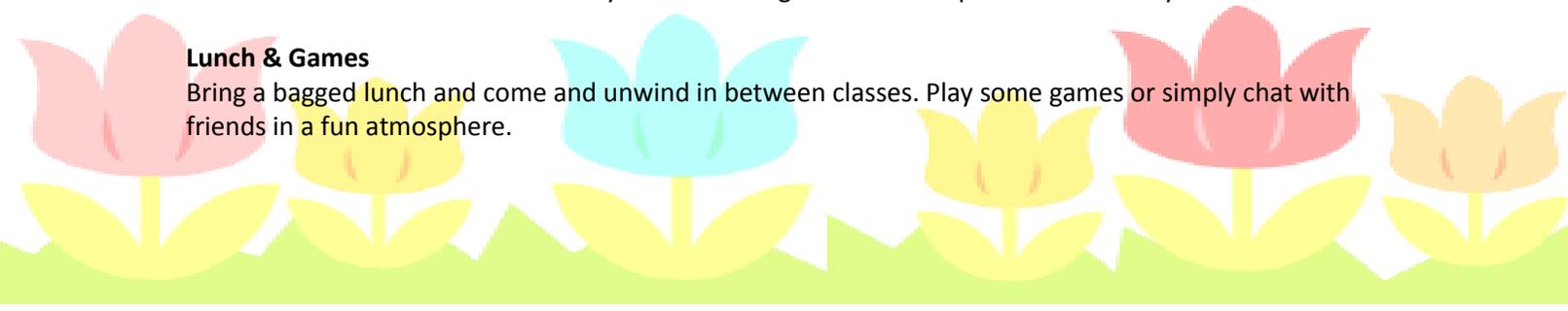
This class is designed for teens who want to learn the motions of hip-hop dancing while having a great time and making new friends! Participants will learn some new moves to pair with their favorite songs all while strengthening their fine and gross motor skills, developing coordination, and strengthening their social skills.

Junk Art *New Class

Don't throw away that egg carton! Common, everyday items will be used in this unique and innovative art class meant to broaden the ability to create imaginative and inspired art form recycled materials.

Lunch & Games

Bring a bagged lunch and come and unwind in between classes. Play some games or simply chat with friends in a fun atmosphere.



Mix-it-up Art

Join us for a variety of seasonal projects that include paint, sculpting, drawing, coloring, gluing and doing a bunch of other techniques! Come get your hands dirty and make something beautiful!

Music Makers

Enjoy singing and dancing to a variety of songs while playing various instruments. Fun activities that increase mobility are incorporated into each class.

Sculpting

The FCA is taking our art to the 3rd dimension! We will be utilizing clay and other mediums to make beautiful sculptures. Participants will follow demonstrations by our Art Therapist to make specific pieces as well as use their creativity to make sculptures of their own design!

Social Scene Night Out

Come hang out with friends, enjoy a pizza dinner and fun recreational activities at the FCA!

Sports *New Class

This class focuses on the fundamentals of many different sports, including football, basketball, soccer and more. Engage in fun games and drills while building skills and strengthening physical fitness.

T2: Technology Thursday

Calling all Techies! Come to the FCA, and learn digital skills while exploring computer science. Learn some basic computer programming, enjoy a pizza dinner, and play some cooperative games with friends!

Teen Movement

In this exciting class, participants will work on dancing and introductory acting skills! They will move and groove to some of today's hottest hits and also practice acting and improv! This highly active class will keep everyone moving and a smile on their face! This is an introductory class and no skills are required to participate!

Teen Technology Saturday *New Class

We will be spending time in our Rec Lounge and Multipurpose room playing some games, doing some programming, building in Minecraft and Roblox, and working on our social skills! Participants will strengthen their understanding and ability to utilize different types of technology, become proficient in different types of coding languages and programs, and work on friendship and interpersonal skills!

Yoga

Yoga is a fun and easy form of exercise that allows you to feel happy, calm, and healthy! Practice relaxation techniques, postures, breath, balance, flexibility and deep stretches.

Zumba Rhythms

Come get your exercise while moving to some of the hottest tunes out there! Shake, shimmy, and slide your way to a fit lifestyle!



ADULTS

Breakfast Baking *New Class

They say breakfast is the most important meal of the day and that will definitely be true in this new baking class that will focus on muffins, scones, donuts, rolls, and more! Come improve your baking skills all while meeting new people and having a great time!

Culinary Connections

Strengthen kitchen and safety skills in this intermediate level class. You'll make 2 delicious recipes while socializing with friends. Improve cutting, measuring, and mixing skills, follow a complex recipe, learn turn taking skills and waiting for your delicious creation to cook.

Food as Art

You like food... but you also like making art? Can't decide if you want to take a culinary class or an art class? Well Food as Art is the class for you! Spend time strengthening your cutting, mixing, and food preparation skills while making beautiful, and delicious, art projects!

Junk Art

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Mix-it-up Art

Join us for a variety of seasonal projects that include paint, sculpting, drawing, coloring, gluing and doing a bunch of other techniques! Come get your hands dirty and make something beautiful!

Music Makers

In this course, participants enjoy singing and dancing to a variety of songs while playing various instruments. Join us for a great time jamming with your friends!

Paint Party *New Class

Join us for an hour of relaxing painting and conversation with friends old and new! Each week participants will follow our instructor in completing a canvas-based painting that will increase their painting skills all while having a great time!

Sculpting

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Social Scene Night Out

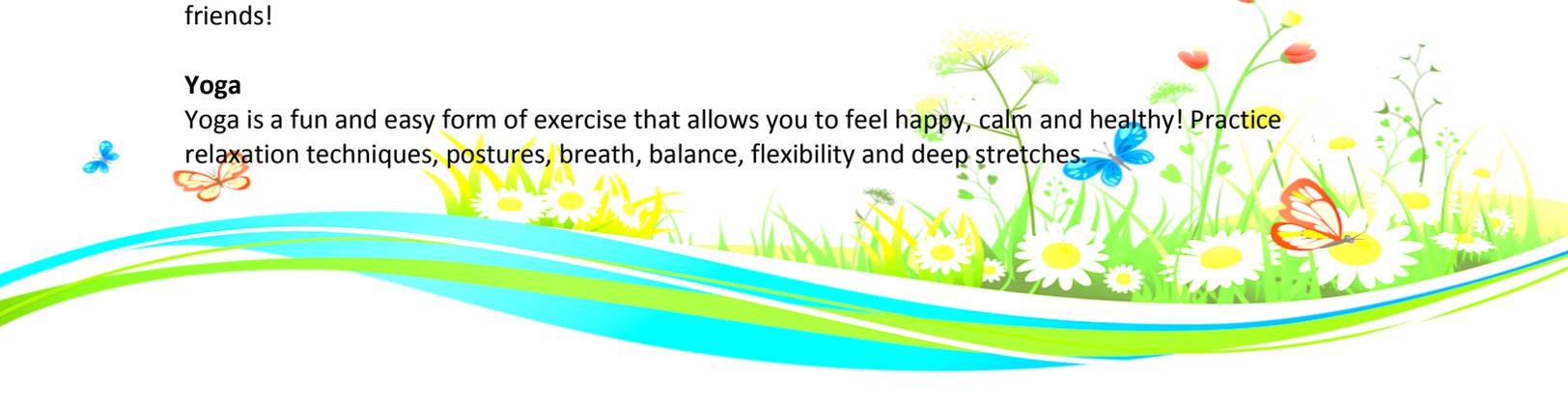
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PARENT FITNESS CLASSES

Parent Zumba

INDIVIDUALIZED SERVICES

1:1 Personal Training

Focused on developing a foundation for strength, stability and motor planning with individualized programming, each participant will have specific short- and long-term healthy lifestyle goals. Full on Fitness combines innovative fitness modalities, (medicine balls, sandbags, fitness ropes, and bodyweight movements) with positive behavior support using ABA methodologies.

1:1 Music Lessons/Therapy

Provides 1:1 musical instruction to children, teens and adults interested in learning how to play a musical instrument, such as the piano, guitar, and drums. Also provides individual and small group therapy by a certified therapist.

1:1 Art Lessons / Therapy

Provides 1:1 art instruction to children, teens and adults interested in learning or strengthening their art skills. Also provides individual and small group therapy by a certified therapist.

Salon Services

The Family Center for Autism has a well-appointed salon and spa for children and adults that offers haircuts. This service provides a safe, autism-friendly environment for individuals to get their hair cut by specially-trained stylists. Family members, siblings and community members can also take advantage of this low cost service!

Vacation Programs/Summer Camps

The Family Center for Autism provides organized and structured activities during school breaks and vacations as well as a summer camp. Here, your child can enjoy field trips to various locations on Long Island, practice Yoga poses, build social skills, or channel their inner chef with a variety of activities. Designed for individuals with autism but open to the community, our summer camp, school break and vacation programs are available for all ages.

