

# Insurance-Based Social Skills Training

## Now Open on Saturdays & Sundays!

Our unique program, which is facilitated by a NYS Licensed and Board Certified Behavior Analyst, helps individuals with Autism build their social skills and strengthen their confidence while interacting with their peers. We incorporate art, games, activities, teamwork challenges, and discussion to develop skills and creative positive connections with others in a fun and active environment!



**Saturday**  
9:30 - 11:00 am - Bright Beginners (5 to 9 years old)  
11:30 am - 1:00 pm - Kool Kids (10 to 13 years old)  
1:30 - 3:00 pm - Bright Beginners (5 to 9 years old) **\*New Time!**

**Sunday**  
9:00 - 10:30 am - Play Pals (3 to 5 years old) **\*New Time!**  
10:00 - 11:30 am - Breakfast Club (14 to 18 years old)  
12:30 - 2:00 pm - Play Pals (3 to 5 years old)  
2:30 - 4:00 pm - Kool Kids (10 to 13 years old)



If your health insurance covers Applied Behavior Analysis, your child may be eligible to join. Please note that group placement is determined by the outcome of the assessment. Keep your eyes out for more days, times, and age groups to be added in the near future!



Insurance Plans Accepted

Plans Accepted Include: Aetna, Cigna, Emblem Health, Empire Blue Cross Blue Shield, Fidelis Care, GHI, Oxford Health Plans, United Healthcare, and Healthfirst.

For more information, please contact Catherine Lamb, MA, BCBA, LBA at [clamb@lifsworc.org](mailto:clamb@lifsworc.org) or (516) 741-9000 ext. 9390!



# Call Us Today 516-355-9400

# SPRING Sessions

## 20% Off All Sunday Classes

Buy 1 Class Get \$50 off every additional class you purchase.

*(Does Not Apply to Sunday Classes)*





## 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, the 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 KARATE – \*NEW CLASS**  
Join us for a fun and exciting time while learning the basics of karate! Participants will go through a “Circuit-like” training that encompasses fitness and karate fundamentals while having a great time! Along with these basics the participants will also work on turn taking, following directions, and a ton of other social skills!

**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** - 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

**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, the 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, teamwork 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.

**KARATE – \*NEW CLASS**  
Join us for a fun and exciting time while learning the basics of karate! Participants will go through a “Circuit-like” training that encompasses fitness and karate fundamentals while having a great time! Along with these basics the participants will also work on turn taking, following directions, and a ton of other social skills!

**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.

**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.

**PROGRAMMING**  
Join us for “hands-on” activities in our new Children’s Programming class! Participants will get to interact with cutting edge technology on a weekly basis, including Wonder Workshop’s Dash, Dot, & Cue, Kano Pixel Kits, MakerBot Replicator 3D Printer, and more! The only prerequisite is a good attitude and being ready to have a great time!

**SENSORY ART** - Join us to squish, squeeze, crumble, and fluff your way through our Children’s Sensory Art! Our future artists will have fun playing and creating art using different sensory mediums. Be prepared to be messy!

**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.

**SPORTS** - This class focuses on the fundamentals of basketball, soccer, & football. Engage in fun games and drills while building skills and strengthening physical fitness. Participants will interact in fun and exciting games that foster a basic understanding of the skills needed for each sport.

**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!

**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.

**ZUMBA** - 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!

## TWEENS & TEENS

**BAKING** - Learn to make cakes, muffins, cookies, bread, 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.  
**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 to cut, 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.

**KARATE – \*NEW CLASS**  
Join us for a fun and exciting time while learning the basics of karate! Participants will go through a “Circuit-like” training that encompasses fitness and karate fundamentals while having a great time! Along with these basics the participants will also work on turn taking, following directions, and a ton of other social skills!

**MIX-IT-UP ART** - Join us for a variety of seasonal projects that include painting, sculpting, drawing, coloring, gluing and doing a bunch of other techniques! Come get your hands dirty and make something beautiful!

**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!

**MUSIC CREATION – \*NEW CLASS** Join us for a new class in which the participants will create the content! Participants will learn the steps to writing and creating music, both classical composition styles and in the moment “jamming”. This fun class will give the participants the opportunity to teach others about their favorite musical styles while also giving them the opportunity to learn while doing something they love!

**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.

**PAINTING** - 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** - 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!

**SOAP MAKING** - The Teaching Trades Series will teach the entire process from start to finish, providing the participants with a skill that can be used for income or leisure in the future. In addition to teaching the participants a marketing skill and having a great time, profits from the products made in the class will go directly back to the participants in the form of a bonus at the end of the session!

**SOCIAL SCENE NIGHT OUT** - Come hang out with friends, enjoy a pizza dinner and fun recreational activities at the FCA!

**SPORTS** - This class focuses on the fundamentals of basketball, soccer, & football. Engage in fun games and drills while building skills and strengthening physical fitness. Participants will interact in fun and exciting games that foster a basic understanding of the skills for each sport.

**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 TECHNOLOGY SATURDAY** - Spend time in our Rec Lounge and Multipurpose room playing games, doing programming, building in Minecraft and Roblox, and working on social skills! Participants will strengthen their understanding and ability to utilize different types of technology, become proficient in different types of coding 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!

**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

**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? Spend time strengthening your cutting, mixing, and food preparation skills while making beautiful, and delicious, art projects!

**JUNK ART** - Do you like building something out of nothing? Interested in making art out of whatever is around? Join us for our Junk Art Class! In this class, the participants make fun and challenging art projects out of found objects like egg cartons, paper rolls, and other “junk”!

**MIX-IT-UP ART** - Join us for a variety of seasonal projects that include painting, sculpting, drawing, coloring, gluing and doing a bunch of other techniques! Come get your hands dirty and make something beautiful!

**MUSIC CREATION – \*NEW CLASS** Join us for a new class in which the participants will create the content! Participants will learn the steps to writing and creating music, both classical composition styles and in the moment “jamming”. This fun class will give the participants the opportunity to teach others about their favorite musical styles while also giving them the opportunity to learn while doing something they love!

**MUSIC MAKERS** - In this course, participants enjoy singing and dancing to a variety of songs while playing various instruments.

**LADIES' CHAI TIME** - Sharing time with friends has been shown to be beneficial to an individual’s happiness and health. Join us to enjoy a cup of tea and be ready to laugh and socialize with other ladies.

**PAINT PARTY**  
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** - 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!

**SOAP MAKING** - The Teaching Trades Series will teach the entire process from start to finish, providing the participants with a skill that can be used for income or leisure in the future. In addition to teaching the participants a marketing skill and having a great time, profits from the products made in the class will go directly back to the participants in the form of a bonus at the end of the session!

**SOCIAL SCENE NIGHT OUT** - Come hang out with friends, enjoy a pizza dinner fun recreational activities at the FCA.

**T2: TECHNOLOGY THURSDAY** - Calling all Techies! Learn some basic computer programming, enjoy a pizza dinner, and play some cooperative games with friends!

**YOGA** - Yoga is a fun and easy form of exercise that allows you to feel happy, calm and healthy! Practice relaxation techniques, postures 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!

**1:1 PERSONAL TRAINING** - 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.