



# NOR-WEST REGIONAL SPECIAL SERVICES 2018 WINTER/SPRING BROCHURE

(914) 737-4797

www.nor-west.org

Nor-West  
PO Box 420  
Crugers, NY 10521

## YOUTH/TEEN PROGRAM DESCRIPTIONS

We are pleased to offer two 45 minute swim sessions based on skill levels at the *Premier Athletic Club in Montrose*. You can register for one session based on your child's current swim ability. Each session is taught by a Nor-West swim instructor, who will rotate through the group conducting personalized instruction based on each child's level of ability. Nor-West will provide recreation aides in the water (2:1 ratio) to work hands-on with the children. Please note that we do not have exclusive use of this pool. Other swim lessons and club members will be utilizing the pool during our lesson time.

### BEGINNER SWIM/INSTRUCTION

This session is designed for individuals who have limited swim ability. The focus of this session is water acclimation and stroke development.

**ELIGIBILITY:** Ages 5 to 16

Open to all developmental disabilities.

**DAY:** Monday

**TIME:** 4:45pm-5:30pm

**LOCATION:** Premier Athletic Club 2127 Albany Post Rd. Montrose, NY

**DATES:** Jan. 22 ó June 4 (17 weeks)

**No program scheduled:** 2/19, 4/2, 5/28

**CAPACITY:** 8 participants

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



Beginner Swim/ Instruction	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	\$155	\$155	N/A

### INTERMEDIATE/LAP SWIMMERS

This session is for swimmers who can use the front crawl to swim two lengths of the pool.

This session will focus on stroke refinement.

**ELIGIBILITY:** Ages 5 to 16

Open to all developmental disabilities.

**DAY:** Monday

**TIME:** 5:45pm-6:30pm

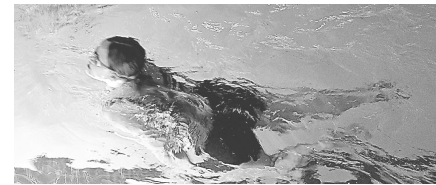
**LOCATION:** Premier Athletic Club 2127 Albany Post Rd. Montrose, NY

**DATES:** Jan. 22 ó June 4 (17 weeks)

**No program scheduled:** 2/19, 4/2, 5/28

**CAPACITY:** 8 participants

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



Lap Swimmers	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	\$155	\$155	N/A

### SPECIAL OLYMPIC TRAINING ☺ ATTENTION TEENS ☺

The Nor-West Special Olympic Team will be made up of two groups: one team and one skills group. The team will practice and compete in an appropriate division at several Westchester/Putnam Special Olympic events. This season, athletes will prepare and develop skills in Floor Hockey, Basketball, Track & Field, and Soccer skills. Those ready and capable of competitive play will be selected for team competition. Those who require additional training on team concepts will be placed into the skills group. Please see calendar for competition dates. Please make every effort to attend the competitions! the team depends on your participation.

**NOTE:** Participants for this program MUST have a current Special Olympics

Medical/Consent Release on file at the Nor-West office.

**ELIGIBILITY:** Ages 16 to Adult.

Open to all developmental disabilities

**DAY:** Tuesday

**TIME:** 4:00pm - 6:00pm

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

**DATES:** Jan. 16 ó May 29 (20 weeks)

**PROGRAM CAPACITY:** 30 teens/adults



See back for more great programs

## **SPECIAL OLYMPIC TRAINING (continued)**

**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	N/A
Venue Fee	N/A	N/A	

## **INSTRUCTIONAL BOWL**

☺ **Now on Saturday mornings** ☺

Join us for a fun morning with friends at our Instructional Bowl Program. No matter what level, we will assist to improve bowling skills, all while having fun socializing and cheering on your teammates. 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. Held at **Cortlandt Lanes with a weekly fee of \$ 7.00** for games bowled. **Luis Herzog Memorial Bowling Tournament – June 7<sup>th</sup>**



**ELIGIBILITY:** Ages 5 to 17

Open to all developmental disabilities.

**DAY:** Saturdays

**TIME:** 10:00am to 11:30am

**DATES:** Jan. 13 to June 9 (16 weeks)

**No program scheduled:** 1/27, 3/3, 3/31, 4/21, 5/5 & 5/26

**LOCATION:** Cortlandt Lanes

**PROGRAM CAPACITY:** 20 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 Fee	\$7 pay at site	\$7 pay at site	N/A

## **AFTERNOON ADVENTURES**

**\*New Meeting Place\***

Afternoon Adventures Program offers a wide variety of fun activities in the community. The program will meet at the Cortlandt Lanes at 11:30am (youth bowlers can continue with us). From there, the Nor-West bus will bring the group to the Nor-West office/kitchen for lunch at 12:00pm. Then we are out and about enjoying great activities such as, movies (PG and PG13) or going to see a play, Imax show, games at SportsTime, bowling, miniature golf, and many other fun community activities. **Please note the prepaid venue fee is due upon registration.** The group will meet back at the Cortlandt Lanes at 4:30pm. **This program can be combined with the Youth Bowling Program and enjoy a fun-filled day from 10:00am-4:30pm. Please bring a bag lunch each week.**

**ELIGIBILITY:** Ages 9 to 18

Open to all developmental disabilities.

**DAY:** Saturday

**TIME:** 11:30am - 4:30pm

**DATES:** Jan. 13 to June 9 (16 weeks)

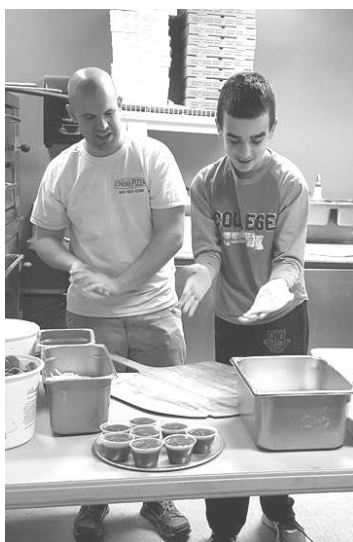
**No program scheduled:** 1/27, 3/3, 3/31, 4/21, 5/5 & 5/26

**LOCATION:** Cortlandt Lanes

**PROGRAM CAPACITY:** 11 participants

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

Afternoon Adventures	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	\$210 prepaid fees	\$210 prepaid fees	N/A



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