

United Disability Services & All-Star Training Club present:

REACH

Recreation ♦ Education ♦ Arts ♦ Community ♦ Health

2013 Winter/Spring Catalog



CRAFTS

FITNESS

FINE ART

United Disability Services and All-Star Training Club have formed a partnership to provide more athletic, educational and recreational opportunities for everyone. We are excited to launch the REACH program by offering a diverse range of classes this spring. REACH provides an inclusive environment for people with disabilities to participate along with family members and friends in leisure activities that promote self-esteem, sportsmanship, healthy living, creativity and the development of long-lasting friendships.

All classes are held at:
United Disability Services
701 S. Main St., Akron, OH 44311

For more information, to register for classes or to volunteer, contact Recreational Coordinator Danielle Marino at 330-762-9755, ext. 233 or via email at dmarino@udsakron.org.



Visit us on the web at:
www.udsakron.org
www.allstartrainingclub.org

Craft Club

Children 17 years of age and younger must be accompanied by a parent or guardian.

There is no charge for a parent/guardian to supervise but a parent/guardian may participate for a discounted fee of \$20.

Fees include instruction and all materials. Class minimum of 5 and maximum of 15.

Basic Jewelry Making (#CC1)

**Saturday, February 16 and Saturday, February 23
9 a.m. to 10:30 a.m.**

Fee: \$30 (includes both days)

Registration Deadline: February 11

In this introductory class you will use memory wire to make 2 bracelets. You will learn how to use the appropriate tools and supplies to complete a bracelet with jump-ring charms, as well as how to cut memory wire, string beads, make loops and attach jump rings.



Easy-Knit Ruffle Scarf (#CC2)

**Saturday, February 16 and Saturday, February 23
11 a.m. to 12:30 p.m.**

Fee: \$30 (includes both days)

Registration Deadline: February 11



Join us for this beginning knitting class where we will make a self-ruffling scarf. This scarf is made with a unique yarn that makes ruffles as you knit creating a fun scarf to wear or give as a gift. No knitting experience necessary.

Handmade Cards (#CC3)

Saturday, March 9 from 9 a.m. to 12 p.m.

Fee: \$30

Registration Deadline: March 1



Make a set of 8 cards for birthdays and everyday occasions. Learn design, layout and techniques used to create one-of-a-kind masterpieces. Anyone can do this and you can't do it wrong!

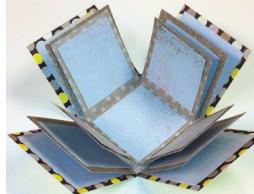
Scrapbooking: Memory Box (#CC4)

Saturday, March 23 from 9 a.m. to 12 p.m.

Fee: \$30

Registration Deadline: March 15

What if you could show off dozens of your most treasured photos simply by lifting the lid of a beautiful box? This



“exploding memory box” allows you to do just that! It is small in size, but can hold up to 32 photos! It is a wonderful conversation piece or could be a unique gift for someone special in your life. They are fast and easy to make, and will delight everyone who sees them.

Canvas Carry-All Bags (#CC5)

Saturday, April 13 from 9 a.m. to 12 p.m.

Fee: \$30

Registration Deadline: April 5

Help conserve resources by bringing your own canvas bags when you go shopping. In this class you'll learn different techniques that you can use to decorate two tote bags with your own artwork.



T-shirt Rug (#CC6)

Saturday, April 27 from 9 a.m. to 12 p.m.

Fee: \$30

Registration Deadline: April 19

What does it take to transform a pile of old T-shirts into a colorful accent rug that brightens up any room? Just a pair of scissors, a little patience and your imagination.

In this class, you will use a basic weaving technique to create a soft, fluffy shag rug. All materials are included but you may bring your own T-shirts if you want to use them for this project.



Spring Cupcakes (#CC7)

Saturday, May 11 from 9 a.m. to 12 p.m.

Fee: \$30

Registration Deadline: May 3

This is a fun class suitable for all ages. We will focus on the decorative side of cupcake making and you will learn how to make delicate life-like flowers and garden creatures using different types of sugar paste to achieve the best results. You will be given 12 cupcakes (that we baked for you) to decorate and then take home to show all your friends and family.



REACH

2013 Winter/Spring Registration

Participant Information

Participant's Name _____ Male Female

Date of Birth _____ Age _____ Email _____

Address _____ City _____ Zip Code _____

Primary Phone Number _____ Other Phone Number _____

Participant's Disability _____

Seizures? Yes No If yes, what type? _____ Frequency? _____

Please list assistive equipment and/or physical restrictions _____

Living Situation? Family Independent Group Home Other _____

Other pertinent information regarding safety and behavioral concerns _____

Other information that may enhance the quality of the experience and safety of the participant _____

Emergency Contact _____

Relationship to Participant _____ Phone Number _____

*Parent/Guardian _____ Phone Number _____

*For participants under the age of 18, a parent/guardian must attend to provide supervision or may participate along with their child for an additional fee. Please choose one: Supervision Participate with child

Get Fit Additional Participants _____

Please complete the registration form and select the classes you want to attend. REACH policies and a waiver are also included on this insert. Please read them carefully. Your signature indicates that you have read and agreed with all of the policies and terms. To participate in REACH programs, this form must be signed. Your application will not be accepted until this is completed. **Mail this entire folded insert to:**

United Disability Services
Attn: Danielle Marino/REACH
701 S. Main St.
Akron, OH 44311

REACH 2013 Winter/Spring Activity Registration

Activity Name	Dates	Time	#	Parent/ Guardian	Fee	Fee
CRAFT CLUB						
Basic Jewelry Making	February 16 & 23	9 - 10:30 a.m.	CC1	\$30	\$20	
Easy Knit Ruffle Scarf	February 16 & 23	11 a.m. - 12:30 p.m.	CC2	\$30	\$20	
Handmade Cards	March 9	9 a.m. - 12 p.m.	CC3	\$30	\$20	
Scrapbooking: Memory Box	March 23	9 a.m. - 12 p.m.	CC4	\$30	\$20	
Canvas Carry-All Bags	April 13	9 a.m. - 12 p.m.	CC5	\$30	\$20	
T-shirt Rug	April 27	9 a.m. - 12 p.m.	CC6	\$30	\$20	
Spring Cupcakes	May 11	9 a.m. - 12 p.m.	CC7	\$30	\$20	
FINE ARTS						
Zentangle	Feb. 20 - March 27	6 - 7 p.m.	1A	\$60	\$40	
Drawing with Pencil	Feb. 20 - March 27	7:15 - 8:15 p.m.	1B	\$60	\$40	
Drawing with Colored Pencil	April 3 - May 8	6 - 7 p.m.	1C	\$60	\$40	
Painting with Watercolors	April 3 - May 8	7:15 - 8:15 p.m.	1D	\$60	\$40	
GET FIT						
Session 1: Tuesdays	Feb. 19 - March 26	6 - 7 p.m.	101	\$60	\$30 x	_____
Session 1: Thursdays	Feb. 21 - March 28	6 - 7 p.m.	102	\$60	\$30 x	_____
Session 1: Tuesdays & Thursdays	Feb. 19 - March 28	6 - 7 p.m.	103	\$96	\$48 x	_____
Session 2: Tuesdays	April 2 - May 7	6 - 7 p.m.	201	\$60	\$30 x	_____
Session 2: Thursdays	April 4 - May 9	6 - 7 p.m.	202	\$60	\$30 x	_____
Session 2: Tuesdays & Thursdays	April 2 - May 9	6 - 7 p.m.	203	\$96	\$48 x	_____
Total Column Registration Fees:					\$	\$
GRAND TOTAL Participant Fee(s) + Parent/Guardian/Family Fee(s) \$ _____						

Payment

Participant's Name _____	Total Registration Fees \$ _____
Payment Type: <input type="radio"/> Waiver/FSS - Call Danielle Marino at 330-762-9755 ext. 233 for more information. <input type="radio"/> Credit Card <input type="radio"/> Money Order <input type="radio"/> Check # _____ (payable to United Disability Services)	
Credit Card Information - circle one: Visa MasterCard Discover	
Credit Card Number _____ 3 digit CV# _____ Exp. _____	
Name on Credit Card _____ Billing Zip Code _____	

REACH Policies

It is the goal of the REACH program to provide a positive, safe and fun recreation experience for all individuals. To provide you with the best possible experience, we have developed the following policies:

- Please return completed registration forms and payment by the listed deadline. There will be a \$25 fee for any returned checks. An activity may be cancelled due to lack of participants. If cancelled, a full refund will be issued. If the maximum numbers have been reached, a wait list will be initiated and those individuals will be contacted when there is an opening.
- Because we attempt to accommodate as many people as possible, if you cannot participate in a scheduled program, please call to cancel as soon as possible so we can contact the participants on the wait list. Refunds will be issued on a case-by-case basis and if granted, will be given as a voucher for a future class. Your consideration is appreciated.
- Please note the recommended ages for each activity. Children under the age of 17 are welcome to attend, however, they must be accompanied by a parent or guardian. The parent/guardian may attend as supervision only or they may participate with the child for an additional fee. For more information on the family discount, please contact Danielle Marino, recreational coordinator, by phone at 330-762-9755, or by email at dmarino@udsakron.org.
- Participants planning to use their Level 1 waiver, I/O waiver or Family Support Services (FSS) for partial payment are responsible for contacting their Service & Support Administrator (SSA) to initiate the process. Please have your SSA contact Danielle Marino, recreational coordinator, by phone at 330-762-9755, or by email at dmarino@udsakron.org to verify the process has begun. Initial contact must be made prior to the class deadline, as well as any additional fee paid in full. If a participant is deemed ineligible to use their waiver or FSS, payment by check, money order or credit card must be made in full prior to the registration of any other classes.
- Appropriate social behavior is stressed during all programs. Our staff members and volunteers will do their best to ensure each participant's success in the programs. If a participant's behavior is detrimental to the group or self (kicking, biting, hitting, self-abusing, refusal to stay with the group, etc.), a parent or guardian will be called to pick up the participant immediately. **Note:** If a participant requires visual supervision or is not independent in his/her personal care, a caregiver MUST accompany the participant to each class, as REACH staff members can not guarantee constant visual supervision.

**I HAVE CAREFULLY READ AND ACCEPT THE ABOVE POLICIES.
THIS FORM MUST BE SIGNED PRIOR TO PARTICIPATION.**

Participant/Parent/Guardian: _____ Date: _____

REACH Waiver

Yes No ~ I hereby give permission for photographs, stories and recordings of myself and/or my child to be used for educational and promotional purposes for the REACH program and United Disability Services.

Yes No ~ CONSENT TO CONTACT AND RELEASE INFORMATION: I grant permission to United Disability Services and REACH staff and/or provider for the purpose of gathering and releasing information regarding the participant. The information will be used to implement the most effective plan in providing therapeutic recreation and inclusion services. All information will be kept confidential.

WAIVER OF LIABILITY AND RELEASE OF ALL CLAIMS

Please read this form carefully and be aware you are registering yourself or your minor child/ward for participation in United Disability Services' REACH program(s). You will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of said program(s).

I recognize and acknowledge that there are certain risks of physical injury to participants in a program, and I agree to assume the full risk of any injuries, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against United Disability Services and its officers, agents, servants, employees and volunteers. I do hereby fully release and discharge United Disability Services and its officers, agents, servants, employees and volunteers from any and all claims from injuries, damage, or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program. I further agree to indemnify and hold harmless and defend United Disability Services and its officers, agents, servants, employees and volunteers from any and all claims resulting from injuries, damages and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program. In the event of an emergency, I authorize United Disability Services to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the Program Details, Policies, Waiver and Release of All Claims and Permission to Secure Treatment.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND UNITED DISABILITY SERVICES AND I SIGN IT OF MY OWN FREE WILL.

Participant/Parent/Guardian: _____ Date: _____

Fine Art Classes

Children 17 years of age and younger must be accompanied by a parent or guardian.

There is no charge for a parent/guardian to supervise but a parent/guardian may participate for a discounted fee of \$40.

Fees include instruction and all materials. Class minimum of 5 and maximum of 15.

Zentangle (#1A)

Wednesdays - February 20 through March 27

6 to 7 p.m.

Fee: \$60

Registration Deadline: February 13

This beginning Zentangle class will help boost your creativity and improve your focus. You will learn to create unique patterns that will be incorporated into original drawings. You will begin by drawing



simple lines, circles and shapes and follow step-by-step easy instructions to create abstract tangles. You will learn that no two designs are the same even though everyone is following the same directions. The final results will be imaginative and original. No experience is required. All levels of abilities are welcome.

Drawing with Pencil (#1B)

Wednesdays - February 20 through March 27

7:15 to 8:15 p.m.

Fee: \$60

Registration Deadline: February 13

This relaxing class takes drawing beyond using a pencil on paper! You will be encouraged to look carefully and see new things, to experiment with different techniques, and to create unique artworks combining imagination and observation. Easy step-by-step instructions will be provided. This class is for anyone who enjoys art. No experience necessary.



Drawing with Colored Pencils (#1C)

Wednesdays - April 3 through May 8

6 to 7 p.m.

Fee: \$60

Registration Deadline: March 27

Learn to use colored pencils and explore your artistic vision. In this class we will focus on creating from your everyday life. We will experiment with drawing letters, photographs and other personal items. No experience necessary.



Painting with Watercolors (#1D)

Wednesdays - April 3 through May 8

7:15 to 8:15 p.m.

Fee: \$60

Registration Deadline: March 27

Watercolor painting is an enjoyable way to tap into your creativity. Learn to value and support your artistic self and connect your creativity with being healthy.

This workshop is for all levels from beginners to advanced. You will be guided through the step-by-step techniques



needed to create some artistic paintings in watercolor. If you like to experiment and have fun, then this class is for you. No art experience required.

*Be inspired and create something together
or work side-by-side to create
individual artworks and wonderful memories.*

Get Fit

A physical fitness program designed for the entire family! Get Fit will focus on low-level physical exercises that will aid in controlling weight, increasing energy and toning all muscle groups. Martial arts will also be offered within each session. Rewards will be presented at the end of each session based on progress. Don't want to come alone? Bring your family and receive an additional discount!

Get Fit Session A: February/March

Registration Deadline: February 12

Tuesdays (#101)

February 19 through March 26

6 - 7 p.m.

Fee: \$60

Thursdays (#102)

February 21 through March 28

6 - 7 p.m.

Fee: \$60

Tuesdays & Thursdays (#103)

February 19 through March 28

6 - 7 p.m.

Fee: \$96 **20% discount**

Get Fit Session B: April/May

Registration Deadline: March 26

Tuesdays (#201)

April 2 through May 7

6 - 7 p.m.

Fee: \$60

Thursdays (#202)

April 4 through May 9

6 - 7 p.m.

Fee: \$60

Tuesdays & Thursdays (#203)

April 2 through May 9

6 - 7 p.m.

Fee: \$96 **20% discount**

Children 17 years of age or younger must be accompanied by a parent or guardian. **Family Discount:** First participant pays full price and family members (up to 5) will receive 50% off. Any additional family members are free. For more information on the family discount rate, contact Danielle Marino, recreational coordinator, by phone, 330-762-9755 or by email at dmarino@udsakron.org. There is a class minimum of 5 and maximum of 25.