



2016 SUMMER MARIANJOY Classes for Kids

Marianjoy's Continuing Care Classes for Children with Special Needs

Marianjoy Pediatric Continuing Care Classes

**Summer Session: June 13 — August 8.
Pool Groups take place every 8 weeks
(June 20 through August 8).**

NOTE: There will be no classes May 30th or July 4th.

Marianjoy's Continuing Care Program consists of classes offered by our pediatric therapists to provide additional services to children as they work towards their functional goals. Please read the class descriptions carefully to confirm the dates, the number of weeks the class will be held, and the requirements for participation. This will ensure that you enroll in a program that best fits your child's particular needs.

**The cost for all classes is \$150 unless
otherwise noted.**

**SAVE
25%**

Receive a 25% discount when you register your child for more than one class or if you enroll more than one child in any number of classes.

**Register by completing the form on the
back of this brochure or by calling
630-909-7155.**

**GROUPS DESIGNED TO DEVELOP FINE MOTOR
SKILLS:** These classes help children improve their hand functions and coordination for writing, manipulation, play and daily activities.

READY TO WRITE

This handwriting-readiness group, led by an occupational therapist, is geared toward children who have mastered basic shapes and are starting to form letters. Activities and games are designed to improve hand coordination; hand and arm strength; pencil grip; and letter/number recognition. Pre-writing skills, such as copying, tracing, and drawing basic shapes are addressed, as well as forming capital letters and numbers. Homework activities are assigned each week to encourage children to practice skills learned during the group. **Requirements:** Participants must be able to remain seated for five minutes unassisted; form lines and basic shapes; identify letters in their name; and complete tabletop work with supervision.

Ages 3 to 6. Tuesdays, 1:00 to 2:00 p.m.

HANDWRITING HELPERS

Sloppy homework? Illegible writing? School-aged children will work with an occupational therapist to improve overall handwriting legibility and neatness. Handwriting component activities include hand coordination; hand and arm strength; pencil grip; visual-perceptual skills; and hand/eye coordination. Activities to improve handwriting performance at school include efficiency when copying from the board; positioning to reduce hand and eye strain; letter formation; capitalization; and spacing. Homework activities are assigned each week to encourage children to practice the skills learned in the group. **Requirements:** Participants must be able to remain seated for 15 minutes unassisted, form all upper and lowercase letters, and complete tabletop work independently.

Ages 7 to 11. Tuesdays, 10:30 to 11:30 a.m.

GROUPS DESIGNED TO DEVELOP FINE MOTOR SKILLS:

These classes help children improve their hand functions and coordination for writing, manipulation, play and daily activities.

HAND-IN-HAND CAMP

This class is designed for children who have difficulty using both hands together; have limited use of one hand, due to hemiparesis or injury; or for those who have previously participated in the constraint-induced casting program and need to improve the use of their weaker arm or hand. Activities and tasks will encourage children to use both hands with an emphasis on improving strength, movement, and the use of both arms. This camp will meet daily for one week, two hours per day.

Ages 3 and up. Meets June 13 to 20, 2016
Monday through Friday, 1:00 to 3:00 p.m.

SENSORY MOTOR GROUPS

COORDINATION CREW

Join us for a mental and physical workout combining coordination and visual activities with planning and processing tasks. Led by a speech therapist and an occupational therapist, children will learn strategies to improve body coordination, visual-motor skills, auditory processing, and multi-tasking in this fun, activity-based group.

Requirements: Ability to work independently for five minutes and to follow one-step commands consistently.

Ages 5 to 10. Mondays, 4:15 to 5:15 p.m.

FITNESS AND GAIT GROUPS

YOUNG ADULT FITNESS GROUP

Help your child get fit and stay fit! This eight-week exercise class, led by our fitness trainer, is designed to help improve strength, balance, and flexibility in children who have had therapy and are learning to be more independent with their exercise routines. Motivation from their peers and the instructor will help keep participants performing at their best! Because resistance and balance exercises will be practiced, a medical release is required and needs to be updated annually. **Requirements:** Child must require no more than minimal assistance to participate. If the child is not independent, a parent or caregiver must accompany the child in class. **Meets June 1 – July 30**

Ages 8 and up. Mondays or Wednesdays, 5:00 to 5:45 p.m.

GETTING AROUND – GAIT GROUP

Does your child use a walking device independently, but you would like to see them be more active? This gait group is designed for children who consistently use their own walking device with little or no help from another person. Children will perform endurance exercises to improve their indoor walking skills.

Ages 8 years and up. Thursdays, 10:00 to 11:00 a.m.

HITTING THE TRAILS – MOBILITY GROUP

Is your child getting ready to go to middle school or high school? Do they want to be more independent within the community or with their friends? This gait group is for children who are independent with their own assistive device/mobility device but need to improve their endurance and safety for longer distances in the community and in school. Physical therapists will be taking participants out on the trails of Marianjoy's campus to help them go the distance!

Ages 10 and up. Wednesdays, 11:00–12:00 p.m.

PACE YOURSELF - OPEN FITNESS CENTER TIME FOR KIDS



Marianjoy's **Emerging Fitness Center** is now offering open gym time for kids. The Fitness Center is designed for individuals of all ability and fitness levels. Most of the equipment can be adapted for those who use a wheelchair or other mobility device. The purpose of these open sessions is to enable a child (accompanied by a parent or caregiver) to use the equipment freely based on their individual needs and exercise at their own pace. An introductory session is required to give each participant an orientation to the Fitness Center. This will include instruction on how to use the equipment properly; an overview of a basic workout plan; and an explanation of etiquette guidelines and rules for using the equipment and facility. Marianjoy's personal trainer will be on-hand during all open sessions to help answer questions. **Requirements:** Adult/caregiver must accompany child to each session. Child must be referred by an OT or PT who has previously reviewed and made recommendations on specific fitness equipment to be used by the child.

Meets June 1 – August 31

Tuesdays and Thursdays, 9:30 to 10:30 a.m.

Cost: \$30/month – unlimited visits on designated open Fitness Center times



PRAGMATIC LANGUAGE AND SOCIAL

INTERACTION GROUPS: The focus of these groups is to work on speaking and social skills, while helping children learn to meet and interact with friends, family, and the world around them.

Articulation Bridge Group

The Articulation Bridge will help bridge the summer gap and keep those school skills fresh! We will focus on speech-sound production in words, sentences, and conversations, while carrying over school articulation goals. The group will combine approaches to increase oral-motor awareness, as well as accuracy of speech-sound production and targeted sound in games and conversation. Participants should be school-age with articulation goals.

Ages 4 to 8 years. Tuesdays, 11:00 to 12:00 p.m.

COME PLAY WITH ME

A social-interaction and play-skills group that facilitates interaction with other children. Participants will practice interactive play, age-appropriate play skills, and socialization. Caregivers attend the group to assist with facilitating social interaction and to gain an understanding of the developmental skills to help the child practice at home.

Ages 1 to 2 years. Tuesdays, 9:30 to 10:30 a.m.

COME PLAY WITH ME TOO

This group addresses play skills, social interaction, coordination, and basic communication skills. Children participate in preschool-readiness activities including self-introduction, story time, basic group discussion, and fine and gross motor activities. This fun, structured environment is guided by an occupational and a physical therapist. Requirements: Participants must be able to sit independently for five minutes and follow basic directions.

Ages 3 to 5 years. Mondays, 10:30 to 11:30 a.m.

LET'S GET READY TO RAP

This is an expanded Rap Group that includes both speech and occupational therapy expertise. The first 30 minutes of the group will incorporate sensory integration principals for self-regulation. This will help children ready themselves for social interaction and pragmatic-based activities. With their systems ready to go, children will then explore the wonderful world of making and keeping new friends! Participants will practice social skills with peers in a safe environment without being teased or feeling isolated. They will also learn to evaluate and improve the effectiveness of their communication style.

Ages 8 to 11 years. Tuesdays, 3:45 to 5:00 p.m.

THAT'S A RAP I

This group focuses on structured social interactions and fun play activities to help your child develop greater awareness of their reactions to others and how others react to them.

Ages 5 to 7 years. Thursdays, 3:45 to 4:45 p.m.

MOTIVATE ME!

Motivate Me! is a small, highly structured group driven by your child's individual motivations. The focus will be on practicing communication skills, academic skills, social skills, imitation skills, self-help skills, play skills, and any skills necessary to decrease undesirable behaviors. Examples include how to request desired items and activities; turn-taking; following group instructions; attending to a teacher; and interacting/playing with other peers. We will use a variety of activities, including music and movement; gross motor play; cooking "lite;" and snack time. **Requirements:** This class is directed at children with limited verbal expression and poor behavioral motivation.

Ages 3 to 5 years. Thursdays, 9:00 to 10:30 a.m.



AQUATIC EXERCISE GROUPS

Pool classes are designed for children who have medical conditions requiring aquatic exercise. Most of our participants have had previous aquatic therapy experience and are ready to participate in a group setting.

Our salt water therapy pool is kept at a temperature of 91-93 degrees, and all participants must have a medical release to participate in aquatic groups. This release **MUST** be updated annually.

All pool classes are run by physical or occupational therapists.

SUMMER SESSION POOL DATES: June 20 to August 8, 2016

Parent and Child Swim

Aquatic exercise class for children ages 5 and up.

Requirements: Child must have previous pool experience and be accompanied by a parent or caregiver in the pool for assistance.

Mondays, 4:30 to 5:30 p.m.

Aquatic Fitness For Kids

Aquatic fitness group for children ages 5 and older who are independent in the pool. The focus of this group will be to improve endurance, balance, and strengthening in the aquatic setting.

Requirements: Children must be independent in the water. Class size limited to six participants.

Thursdays, 4:00 to 5:00 p.m.

Mom & Child Swim

For children ages six months and older, this class will focus on movement for balance, strength, respiration, and endurance to support a child's land-based therapy goals in a warm-water environment. Requirements: Parents or caregiver must accompany the child in the pool to assist.

Tuesdays, 10:00 to 11:00 a.m.

Sensory Pool

This class is designed for children six years of age and older with identified sensory integration or sensory regulation needs. This class focuses on self-regulation strategies; tactile and vestibular stimulation exercises; balance and aerobics for general health and wellness; as well as cooperative and social interactions with peers.

Wednesdays, 4:15 to 5:15 p.m.

SUMMER CLASSES REGISTRATION FORM

Please use one registration form per child.

Child's Name: _____

Child's Date of Birth: _____

Primary Diagnosis: _____

Parent/Guardian's Name: _____

Street Address: _____

City, State, Zip: _____

Phone Number: _____

E-mail Address: _____

For the class(es) that require a parent or caregiver's participation, please indicate who will be attending: Parent Caregiver

Emergency Contact Name and Phone Number:

REGISTRATION

I would like to register my child for the following class(es):

Class: _____

Class: _____

PAYMENT METHOD/CREDIT CARD INFORMATION

Payment ensures registration of your child in the class and is due prior to the start of the first class.

Check (made payable to Marianjoy) MasterCard Visa

Credit Card #: _____

Cardholder Name: _____

Expiration Date: _____

Authorized Signature: _____

Charge Amount: _____

MAIL REGISTRATION FORM TO:

This registration form(s), with payment, may be mailed to

Melissa DiGiovanni
Marianjoy Pediatric Department
26W171 Roosevelt Road
Wheaton, IL 60187

When paying by credit card, your registration can be e-mailed to MDiGiovanni@Marianjoy.org or faxed to 630-909-7151.

Marianjoy
Rehabilitation Hospital

Now part of
M Northwestern
Medicine

MARIANJOY PEDIATRIC PROGRAM

The pediatric team is led by award-winning, board-certified pediatric physiatrist, Dr. Mary Keen. In her role as the team's coordinator, Dr. Keen helps oversee the treatment plans of our youngest patients. With an office located on Marianjoy's main campus in Wheaton, our therapists have immediate access to obtaining Dr. Keen's expertise when questions or concerns arise.



Dr. Mary Keen
Medical Director,
Marianjoy Pediatric Program

Dr. Keen is board-certified in pediatrics, pediatric physical medicine and rehabilitation, and neuro-developmental pediatrics.



Dr. Larissa Pavone
Marianjoy Medical Group Physician,
Pediatrics

Dr. Pavone is board-certified in physical medicine and rehabilitation.

To register or for more information about Marianjoy's Continuing Care Classes, please call 630-909-7155. For additional community support, check out the following:

