



**SPRING 2017**

## Marianjoy's Continuing Care Classes for Children with Special Needs

Spring Session: April 3—May 22, 2017

Pool Groups take place every 8 weeks: March 27 – May 15, 2017



Marianjoy's Continuing Care Program consists of classes offered through the outpatient department. The purpose of this program is to provide additional services to children as they work towards functional goals. Please read the descriptions carefully in order to verify when a specific group is running, for how many weeks and the requirements to participate. This will ensure that you enroll in a program that best suits your child's needs.

**All groups fees are \$150 unless otherwise stated in the brochure.**

For those families who demonstrate a financial need, assistance may be available. An application must be completed and approved prior to registration. For more information, please contact Melissa DiGiovanni at 630.909.7155.

**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. Registration information is available on our website at [Marianjoy.org](http://Marianjoy.org).**

## SPRING 2017: Marianjoy's Continuing Care Classes for Children with Special Needs



### GROUPS FOR MOTOR/FITNESS

#### Young Adult Fitness Group

Help your child get fit and stay fit! This 8-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.

**Participation 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. **Ages 8 years and older**

**Wednesdays, 5:00 to 5:45 pm**

**Sessions take place every 8 weeks.**

**MARCH 27 - MAY 15 AND MAY 22 -JULY 10**

#### 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 multitasking in this fun, activity-based group.

**Participation Requirements:** Ability to work independently for five minutes and to follow one-step commands consistently. **Ages 5 to 10 years**

**Mondays, 4:30 to 5:30 pm**

### Pragmatic Language/Social Interaction



#### Playdate Playmates: 1 to 2 Year Olds

A social-interaction and play-skills group that encourages communication with other children. Participants will practice interactive play, age-appropriate play skills and socialization. Caregivers attend the group to assist and to gain an understanding of the developmental skills to help the child practice at home. **Wednesdays, 10 to 11 am**

#### Come Play with Me: 3 to 5 Year Olds

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.

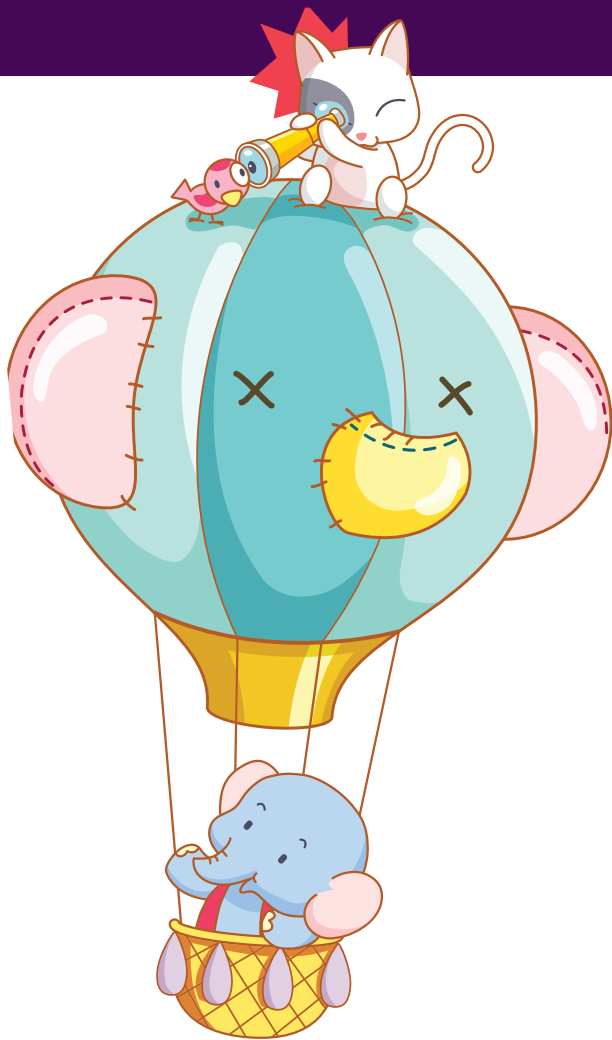
**Participation Requirements:** Participants must be able to sit independently for five minutes and follow basic directions. **Wednesdays, 9 to 10 am**

#### That's a Rap I : 5 to 7 Year Olds

This group is designed for children in the primary grades. The group will focus 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. **Thursdays, 4:30 to 5:30 pm**

#### Let's Get Ready to Rap: 8 to 11 Year Olds

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. **Tuesdays, 4:00 to 5:30 pm**



## 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. **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.

**POOL SESSION DATES: March 27 - May 15, 2017**

### After School in the Pool

Aquatic exercise classes tailored for children who are independent in the water and who have a physical condition requiring supervision from a physical therapist to complete their exercise routines. **Ages: 8 years and up**  
**Thursdays, 4 to 5 pm**

### Parent and Child Pool Exercise Class

Aquatic exercise class for children ages five years old and up. **Participation Requirements:** Child must have previous pool experience and be accompanied by a parent or caregiver in the pool for assistance. **Ages: 5 years and up**  
**Mondays, 4:30 to 5:30 pm**

### Water Wonders

This aquatic therapy class for children ages 6 months and up will focus on movement for balance, strength, respiration, and endurance in a warm-water environment. This group is designed to support land based therapy goals. **Participation Requirement:** Parent or caregiver must accompany child in the pool to assist with exercises. **Ages: 6 months and up**  
**Tuesdays: 1:30 to 2:30 pm**

### Sensory Pool: 6 Years and older

**NOTE: Runs April 3 to May 22, 2017**

This pool group is designed for children 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. **Participation Requirements:** Participants must be able to be independent in the pool and follow directions safely in the water. **Wednesdays, 4:30 to 5:30 pm**



## SPRING 2017 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: \_\_\_\_\_

CVV: \_\_\_\_\_

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 [Melissa.DiGiovanni@nm.org](mailto:Melissa.DiGiovanni@nm.org) or faxed to 630.909.7151.

## Marianjoy Rehabilitation Hospital

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.

