

## More special needs programs for kids

Based on the success of its long-running adapted aquatics programs, the town's leisure services department is offering a program on dry land for special needs children.

"We want children outside of the pool involved in community programs," said Jen McEachen, recreation programmer for the Town of Whitchurch-Stouffville.

The new 10-week program, for kids aged eight to 12, will run Saturdays from 9:30 to

10:30 a.m. beginning Sept. 29 and will include art group activities, reading stories, singing songs and playing together. If possible, there will be designated library days, during which children can go to the library. Teaching life skills, is how Ms McEachen described it.

"Just so they'll feel comfortable in sitting outside the school or pool," she said.

The program has a cap of 12 participants. The cost is \$70. For more information, go to [www.by-design.ca/townofwseguide/](http://www.by-design.ca/townofwseguide/)

There are two other new programs for

children and youth being offered this fall by the town, Creation Station Art Extravaganza and Grade 7/8 Fit and Fun.

The art program is for children eight and older. Children will experiment with different art mediums such as clay, paint, pastels, origami and crayon melting and learn more about famous artists and their techniques.

For their final art pieces, participants will create works for an art exhibition held on the last day of the program.

The Grade 7/8 Fit and Fun program is for

12 to 14 year olds who want to increase their physical activity but not through competition of sport.

The program takes place in the Whitchurch-Stouffville Leisure Centre's fitness training room and is led by qualified staff.

Participants will learn basic workout principals such as how many sets and reps to do, what duration and intensity cardio training should occur at as well as stretching.

For more information, go to [www.by-design.ca/townofwseguide](http://www.by-design.ca/townofwseguide)



# sign up

the registration guide



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