



Winter
2015
ZUMBA!!

NEW ZUMBA PROGRAM!

ASRC is excited to collaborate with **promOTing participATion, LLC & Communication Foundations, LLC** to offer a Zumba program for teens and young adults with autism spectrum disorders. Our program will incorporate the use of pop and hip hop music to make this class current and fun!

Zumba Description:

Zumba is a fusion of fitness, entertainment, and culture blending rhythms from around the world with easy to follow choreography for a total body workout. The benefits of participating in a Zumba fitness class are endless and include: improving cardiovascular fitness, improving muscle strength, endurance, motor planning, and postural control, as well as producing endorphins which can help relieve stress and regulate the arousal system.

Program Details:

Dates: Fridays, January 16th – February 27th **7 Weeks a Session**

Time: 5:15-6:00pm

Location: ASRC Center, 101 North Plains Industrial Rd., Wallingford

Instructor: Missy Olson, M.S., SpEd/AT, OTR/L, certified Zumba instructor

Ages: 13 years and up

Class Size: Minimum 5, Maximum 15

Fee: \$70 per person (\$10 per class)

Registration Deadline: Individuals **MUST** pre-register by **Friday, January 8th**

Requirements: Individuals must be able to participate independently without 1:1 supervision. Mentor participation is welcome – we hope to provide peer models too!

Contact:

For more information or to register please contact Ian Learned, ian@autismconnecticut.org



Autism Services & Resources Connecticut and promOTing participATion, LLC & Communication Foundations, LLC