



NEW!!!
Verona Location

411 Prairie Heights Dr
Verona, WI

*Inside the Verona
Athletic Center*

SUMMER 2018 GROUPS & CAMPS GUIDE

10 Weeks June 11-August 24

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**Information &
Registration**

www.AspireWisconsin.com

Questions:

info@AspireWisconsin.com
608.556.6120 x708

**Small Groups,
Individual Attention**

Licensed and Experienced
Speech-Language
Pathologists
Occupational and Physical
Therapists

There are still slots open for individual therapy as well!
Call 608-556-6120 x708 to grab your child's spot!



GO BABY GO!

Fun for ALL babies!



Babies don't come with instruction manuals and no two babies are alike! What worked for your first, second, or third baby may not work for this baby. Go Baby Go classes are here to help!

Every Go Baby Go class is led by our pediatric physical therapist. Physical therapists are known as the Movement Experts within the health care field. Each class includes a review of infant development and opportunities for quality parent/child interaction, while learning from our skilled therapist in a supportive, casual, social environment!

Classes are personalized to the specific developmental stages of the babies attending and are designed as much for babies as for the parents. Understanding your baby's movement milestones helps your baby develop in healthy ways while parents feel empowered and confident in their parenting.

Babies change so much from month to month! Register for a single class or a series of all three months of classes for a discount.

What will I learn in Go Baby Go!?

Go Baby Go, Rookies! (for 0-6 months)

- **Equipment** - What does my baby really need? What to avoid and WHY!
- **Tummy Time Tips** - Help your baby enjoy this position, carrying positions, alternative positions.
- **Sitting and Rolling** - How to position your baby, get baby's hands free for play, teach baby to roll, help baby move in and out of sitting.

Go Baby Go, Masters! (for 7 months to taking first steps!)

- **Equipment** - What does my baby really need? What to avoid and WHY!
- **Crawling** - Getting baby to hands and knees, making it symmetrical, crawling to creeping, pulling up to kneeling.
- **Standing and Walking** - Moving in and out of standing, squatting, cruising, and first steps!



Cost: Sign up for one class \$20. Sign up for a series \$50

Registration: Required for all courses. Registration ends at midnight before the class is offered.

Schedule:

Go Baby Go, Rookies:

June 16, June 21, July 19, July 21, August 16, August 18 10:00-11:00 AM

Go Baby Go, Masters:

June 16, June 21, July 19, July 21, August 16, August 18 11:00 AM-12:00 PM

Sign up online at www.AspireWisconsin.com and click **REGISTER**



Groups for Preschoolers

Social Skills for Little Tykes

Ages: 3-5 Years

Mondays 8:30-9:30 am



Group members learn to play and interact socially with their peers in a fun and structured environment! The children are introduced to social learning opportunities and activities to develop turn taking, waiting, sharing and other skills specifically targeted to the group's participants.

Each week has a new and exciting theme designed to introduce new skills. The material taught is adapted to promote socialization and communication skills. All of the skills are taught through games, stories, art, gross motor activities, and music.

Lessons From Daniel Tiger

Ages: 3-5 Years

Thursdays 8:30-9:30 am

Come learn life and social skills with the help of Daniel Tiger! This group will allow your child to learn and expand their social skills by focusing on sharing, turn taking, self-control, emotional regulation, and listening. Through music, play and video modeling, each child will get to engage in group activities to prepare them for life's many adventures!



Parents, did you know that Daniel Tiger is based off of "Mister Roger's Neighborhood?" As Fred Rogers maybe taught you what it means like to be a good friend and neighbor, Daniel Tiger will teach your child these same concepts in a fun interactive way!

Play and Move

Ages: 3-5 Years

Tuesdays 9:00-10:00 am



Children learn through movement and play. Sometimes this comes naturally as a child develops, and sometimes a child needs a little bit of extra encouragement to be able to move and play.

Some kids move, run, jump, and dance their bodies around the room and need help slowing down. Other kids would prefer to sit and observe the world around them. Both types of kids need help through movement to help their bodies get to a just right place to be able to function in this world.

We will explore movement, how it makes our bodies feel, and ways that we can feel just right. We will also explore play, which is the occupation of being a child. We will work on the play skills of playing with other children, learning how to play pretend, and playing simple board games. **Come play and move and learn with us!!!**

**** If you are interested in a social group but the day or time doesn't work for you, please let us know! We will do our best to accommodate other options!**



Groups for Elementary Aged Children

Games Group

Ages: 6-10 Years

Mondays/Thursdays 1:00-2:00 pm

This group will give your child the opportunity to learn social skills and positive behaviors through games! It is a fun way for kids to focus on concepts such as “big problem, small problem”, what it means to be a team player/ good sport, turn taking, being flexible, and expected and unexpected behaviors.

The first session of the week we will learn a game and discuss possible social situations that may arise with each game. The second session of the week allows your child to use the skills learned that week by playing the game with peers!



Keep Calm and Carry on! Emotional Regulation Group

Ages: 7-10 Years

Thursdays 2:00-3:00 pm

Does your child have a hard time expressing feelings and coping when they're upset? This group for ages 7-10 will introduce concepts of emotional regulation from the Zones of Regulation® curriculum through fun and interactive lessons, worksheets, and activities.

Participants will learn how to identify and categorize their feelings, explore tools that can be used to modulate emotional level, and practice coping skills. Children with or without disabilities can benefit from this simple, practical approach to improving self-regulation.



Parents will receive resources for implementing the Zones of Regulation® approach at home, building on what's been practiced in weekly group sessions. Prerequisites for successful participation in the group include: children with verbal language skills who are able to sit and attend to a structured activity for approximately 45 minutes.

Note: The Zones of Regulation® is trademarked and the intellectual property of Leah Kuypers. The facilitator of this group has received training in the area of emotional regulation, including the Zones of Regulation® approach; however, this program is not affiliated with or endorsed by Leah Kuypers and the Zones of Regulation® organization.

Handwriting Group

Ages: Various

Thursdays 2:00-3:00 pm

Our Handwriting Camp, led by a licensed Occupational Therapist certified in Handwriting Without Tears (TM), follows a developmental teaching sequence and uses a multi-sensory approach to letter formation, writing control, letter spacing, letter orientation, and recall of letters. Participants will learn:

- Pre-writing Activities
- Age Appropriate Pencil Grip
- Handwriting Strategies
- Proper Writing Utensils and Paper Placement
- Cursive for grades 3-5
- Parent Education



Have an idea for a group? Let us know! (608) 556-6120





Speech and Music Groups

This summer, Rhapsody Arts Center and Aspire Therapy and Development Services are teaming up to offer a speech and music group. In each 45 minute session, we will work on improving social and communication skills while singing, playing instruments and learning about music.

Preschool group: Thursday
June 22-August 10, 11:30am

Elementary group: Thursday
June 22-August 10, 1:00pm

Location: Rhapsody Arts Center
1031 North Edge Trail, Verona

Cost: \$320 for 8 sessions
Sign up by June 1

For more information contact:

Rhapsody Arts Center: kim@rhapsodyarts.org, 608-848-2045

Aspire Therapy and Development Services: dana@aspirewisconsin.com, 608-556-6120

Enroll at rhapsodyarts.org or by calling 608-848-2045



TEENS Summer Program!

Ages 12-18+



Teaching Education Enrichment Networking and Social Skills

TEENS participants will

- ▶ Learn new skills and practice them in a safe and supportive environment
- ▶ Develop social skills needed to be successful within academic, social and family settings
- ▶ Improve their sense of belonging and ownership through games and relationship building activities
- ▶ Engage in community based activities such as: bowling, mini-golf, coffee shops, restaurants and other fun activities!

10 Weeks of Fun and Friendship!

Tuesdays and Thursdays 3:00-4:30 pm

At our NEW Verona Clinic

411 Prairie Heights Drive, Verona

with outings to community settings TBD

For more information, contact Jenny at
(608) 556-6120 x 708 or jenny.gilles@aspirewisconsin.com



Week-Long Summer Camps

Ages 6-11 years

All Camps meet Monday through Thursday from 9:00-11:00 am
Sign up for one week or several weeks!!

Keepin' it Up! Educational Camp

June 25-28, July 16-19, August 13-16

School is out but that doesn't mean learning and fun has to be! In our Keepin' it Up! camp, kids will keep up their academic skills and have some summer fun with new friends all at the same time!

Skills explored include science experiments, math, reading, and spelling. Sign up for one week or all three weeks for the full experience!



Yucky Fun Camp

June 18-21, July 9-12

Does your child have a difficult time with sticky, messy textures or feelings? Does he cry when he gets toothpaste on his cheek? Does she run away from art projects due to the mess of glue or paint?

If your child has difficulty getting messy, he or she is demonstrating tactile defensiveness. This means his/her neurological system perceives mess as a threat. By working with our two outstanding occupational therapists, your child's nervous system will be able to expand and accommodate mess, all while having fun with new friends.



We will start each group with some whole body movements to help our neurological systems prepare for getting messy, delve into messy fun together, and learn that getting messy can be fun. Each week we will make a new yucky product to take home to continue learning outside the clinic. Here's to getting messy this summer!

Food Explorers Camp

July 23-26, August 6-9



Does your child's diet consist of mostly processed foods? Does he or she struggle to eat vegetables, fruits, whole grain breads, and meats? Are you concerned about his/her limited ability to eat what's provided at family meals? If so, you have a food scientist on your hands!

We will perform experiments with different foods, classify them into different categories, and decide what we like and dislike. By investigating new types of foods and comparing them to each other, your child will expand his/her food repertoire to include some new items by session's end. Join us in our scientific food fun! *We will accommodate food allergies or restrictions.*

Move it! Camp

July 31-August 2

Does your child like to move, jump, and play? Join us for group games, obstacle courses and movement fun with friends this summer! Skills to be practiced during camp will focus on coordination. Indoor and outdoor activities may include hopping on one foot, skipping, jumping, galloping, climbing, balance beams, tumbling, all in a fun and peer supportive environment.

All camps are run by skilled, experienced therapists!



Registration

Sign-up now! Group sizes are kept small to ensure quality and individual attention

Register online at www.aspirewisconsin.com (Click “Register”)

Pay in full or with a deposit to secure your child’s placement.

Deposits

- Full summer groups: \$100 deposit due at registration. Balance due June 25th.
- Week-long camps: \$25 deposit due at registration. Balance due first day of camp.
- Deposit is nonrefundable unless group is canceled by Aspire due to insufficient enrollment.

Session	Cost
Go Baby Go!	\$20 per class or \$50 for the 3 month series
1 hour groups	\$350
Games Group	\$675
TEENS Program	\$750 +cost of outings where applicable
Week-long Camp	\$195
2+ Week-long Camps	\$175/week

Questions? Contact Aspire at info@aspirewisconsin.com

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