

THERAPEUTIC PROGRAMS

DANCES FOR TEENS AND YOUNG ADULTS WITH SPECIAL NEEDS

A variety of dances are planned for teens and young adults with special needs. Dances will take place at the Camarillo Community Center on the third Friday of the month, February 16, and April 20. Sounds are provided by Music by Ed, and refreshments are provided by McDonald's restaurant on Arneill Road. Admission is \$3 and advance registration is not needed.

All dances are held at the Camarillo Community Center located at 1605 E. Burnley St.

Theme	Age	Time	Day	Date	Cost
Sweetheart Dance	13+	6:30-8:30pm	F	2/16	\$3.00
Spring Fling Dance	13+	6:30-8:30pm	F	4/20	\$3.00

No Dances for the months of January or March

V.I.P. PROGRAMS

Our V.I.P. programs are for youths with special needs. We emphasize fundamentals, teamwork, sharing, and use positive reinforcement. If you would like to volunteer please call Amy at 482-1996 ext. 14.

V.I.P. BASKETBALL

This is a non-competitive program for youths with special needs. We focus on the fundamentals of basketball and emphasize teamwork and having fun. Participants learn court awareness, gain ball control, dribble, pass, shoot and learn a variety of plays. Age appropriate basketball hoops are used. Practice is held at the Monte Vista Gymnasium (located at 888 Lantana Street, Camarillo) on Sundays from 3:00 to 5:30pm from January 7 through March 25. *No practice on Sunday, February 4.*

Registration will *not* be taken at Monte Vista Gymnasium. Participants must register through the Pleasant Valley Recreation and Park District Office.

Day: Sunday **Location:** Monte Vista Gymnasium
Class # **Age** **Date** **Time** **Fee**
 8003.030 6+ 1/7-3/25 3:00-6:00pm \$25

VENTURA COUNTY SPECIAL OLYMPICS SPECIAL OLYMPICS GYMNASTICS

Workouts include basic tumbling, locomotion and balance beam skills as well as strength and flexibility exercises. The class meets Monday evenings at the Community Center in Room #7 from 6:00-7:00pm. Class continues through May 21. Volunteers are needed for this program. Program Volunteer and Special Olympics Coach: Donna Adams. *No class January 1 or February 19.*

Day: Monday **Location:** Room 7

Class # **Age** **Time** **Date** **Cost**
 8003.010 6+ 6:00-7:00pm now-5/21 \$15

SPECIAL OLYMPICS SKIING

Interested in skiing? Meet at the Camarillo Community Senior Center from 6:30-8:00pm every Tuesday beginning January 2 through March 6. Please bring your own skis and ski boots. Volunteers are needed for this program. Program Volunteer and Special Olympics Coach: Lisa Kadowaki

Day: Tuesday **Location:** Camarillo Senior Center

Class # **Age** **Time** **Date** **Cost**
 8003.020 6+ 6:30-8:00pm 1/2-3/6 \$15



SPECIAL OLYMPICS TRACK AND FIELD

Practice begins Saturday February 3 from 9-10:30am through Saturday, May 5 at Arneill Ranch Park. Wear comfortable athletic shoes and clothing for running and jumping activities. On days with rain or poor weather, practice will be held at the Camarillo Community Center Room 6. Volunteers are needed for this program. Special Olympics Program Volunteer and Special Olympics Coach: Lisa Kadowaki

Day: Saturday **Location:** Arneill Ranch Park

Class # **Age** **Time** **Date** **Cost**
 8003.040 6+ 9:00-10:30am 2/3-5/5 \$15

If you are interested in volunteering for a Special Olympic program or event or would like more information on a program or event, call 650-7717.