Move and Groove Adapted Music
(Ages 12-21)
Instructors: Bonnie Hayhurst, MT-BC, Ellen Antes, MT-BC, Jennie Antes, MA
Tweens and teens with special needs are invited to join this exciting program designed by teachers and music therapists to foster social connections and self expression through music and movement. All abilities welcome and no musical experience necessary. Adapted movements will meet each ability level!
Fee: $99
7 Weeks, Thursdays
#402 1/11–2/22
5:45pm–6:30pm
East Woods School

Adapted Mindful Creativity
(Grades 3-5)
Instructors: Sarah Restifo, Christine Kasik, HCSD Special Ed Aides
Explore and discover your artistic self through this arts and yoga program! A time for students of all abilities to decompress, relax, express creativity and have fun! Bring a yoga mat. Art materials provided. Students will bring a piece of artwork home each week!
Fee: $150 (includes supplies)
Two Sessions
4 Weeks, Wednesdays
#400 1/17–2/14 (no class 1/31)
#401 2/28–3/21
Afterschool until 5pm
East Woods School

Register at www.hudson.k12.oh.us/hcer