

Weekly Recreation Classes



Drawing & Painting

Drawing &
Painting



Dance



Fun &
Fitness



Gymnastics
& Cheer

Martial
Arts



Yoga



Weekly Recreation Classes are held at:
Life Without Limits Therapy Center
980 Roosevelt, Suite 100 • Irvine, CA 92620

Life Without Limits for Children with Disabilities

About Our Recreation Program

Welcome to United Cerebral Palsy of Orange County (UCP-OC) where we help children with special needs live a Life Without Limits. Here at UCP-OC we offer a variety of recreational activities for children and young adults ranging from 3 - 22 years of age with varying abilities and diagnoses.

There are several exciting activities that are typically offered throughout the year; after-school and evenings. We are certain you will find an activity that will spark your child's interest. Our upbeat Dance, Gymnastics, or Fun & Fitness exercise classes get children moving. To inspire creativity, we offer Yoga, Drawing & Painting, and Martial Arts. For young adults who want to socialize and make new friends, then our Friday Night Club is a perfect fit. We also offer short term opportunities like Bike Camp each August and other short term classes ranging from 3-12 weeks. For more information on Friday Night Club, Bike Camp or short term classes, contact 949-333-6400 or recreation@ucp-oc.org.

Free Trial!

We offer a free trial on all classes. This trial is two sided; this is the time when both the parent and instructor can determine whether the student is a good fit for a class. The free trial applies to each class the parent wants to trial prior to making a commitment. This is essential because the fees for the classes are assessed by the month not by the number of classes the student attends.

Schedule of Weekly Classes

Monday	4:15 — 5:00 pm	Gymnastics	Private Lessons
Monday	5:15 — 6:45 pm	Gymnastics & Cheer	Based on Ability
Tuesday	3:00 — 4 :00 pm	Yoga Therapy	30 min Private Sessions
Tuesday	4:00 — 4:45 pm	Mommy & Me Yoga	Based on Ability
Tuesday	5:00 — 5:45 pm	Flow & Phreeze Yoga	8 years & up
Tuesday	5:00 — 6:00 pm	Dance	8 years & up
Wednesday	4:00 — 5:00 pm	Fun & Fitness	8 years & up
Wednesday	5:00 — 6:00 pm	Fun & Fitness	Based on Ability
Thursday	4:00 — 5:00 pm	Martial Arts	Based on Ability
Thursday	6:30 — 7:45 pm	Drawing & Painting	13 years & up



Weekly Class Descriptions



DANCE

This class will cover a variety of dance styles including ballet, hip hop, jazz, musical theater, and creative movement. Students will learn different dance techniques, traveling patterns and choreography. Different aspects of movement will be addressed in each class such as rhythm, quality of movement, and use of space. Students will be challenged to use their creativity and move beyond familiar patterns.

Drawing & Painting

Students will learn basic art history, and about specific artists from the past while creating their own artwork. They will learn the various techniques artists use and learn to apply them in their own creations. The instructor comes each week with a lesson plan and an art objective. Parents can interact with the instructor and discuss goals and artwork.



Fitness & Fun

Participants will work towards goals in strength training activities, stretching, eye-hand and eye-foot coordination, motor planning and cardio-respiratory fitness. This program is designed for individuals who are ambulatory and able to follow 2-step directions. The instructor works each week to reach fitness goals of the participants by keeping the class fun and different every time!

Gymnastics

The benefits of the gymnastics program focuses upon whole body exercise, including development in strength, flexibility and balance coordination, while promoting healthy choices and self-confidence. Classes are structured but not rigid, so that children can channel their physical energy while learning to socialize with other students in a safe and fun environment.



Martial Arts

This adaptive style of Martial Arts training is designed to find creative, methods of pulling out their seemingly hidden attributes. The classes are safe and controlled, and contain no aggressive movements. They promote balance, range of motion, safety, and awareness, along with self respect and confidence. This class is geared towards creating a healthy respect for discipline, self control, and fair play. But most of all it is a fun, and enjoyable way to challenge the student physically, mentally, and emotionally, while making them feel safe.



Flow & Phreeze Yoga

Flow & Phreeze Yoga is an energizing blend of Flow Yoga performed on the specially designed Phresh Mat. Our Phresh Mat is printed with playful iconic symbols that are a "map" to guide Yoga positions combined with breathing techniques that calm the nervous system and enhance focused learning. The unique mat design, simplifies the complexities of yoga movements by facilitating technically correct body placement. The system is based on anatomical averages, and increases safety and physical alignment for growing bodies. The Phresh Mat is an interactive game board that keeps it fun and easy for kids of all ages and abilities to improve flexibility, balance, coordination, strength, neuromuscular development, and focused learning.



Call
Today

949 –333-6400
recreation@ucp-oc.org
www.ucp-oc.org/recreation

FAQs About Weekly Classes

Who is eligible for Weekly Classes?

UCP-OC recognizes the need for more recreational opportunities for children with disabilities. Any child with or without a disability may sign up for classes if they fit the following basic criteria, as assessed in an informal assessment by the individual class instructor and/or UCP-OC staff.

- Must have the cognitive and physical ability to participate.
- Must be able to follow simple instructions.
- Must not be overly aggressive or disruptive on a regular basis

Will the instructors know how to work with my child?

We hire top-notch instructors who have experience working with children and adults having a variety of disabilities. The biographies of our instructors can be provided upon request. All instructors are available to speak with parents and answer any questions they may have prior to or after each class.

What are the costs to enroll?

Class fees vary. These fees **cover the cost of your dedicated instructor and class supplies**. The monthly payment for the class is expected in advance. Once the commitment is made there are no refunds. All classes roll into each month without a break. Existing students are not required re-enroll each month. If you are planning to take time off from class a two week notification is required. Families are asked to notify UCP-OC of an absence.



How do I register?

If you would like to register your child, you may call 949-333-6400. The class schedule will be updated periodically and enrollment is on a month-to-month basis. Parents may register at any time during the month and the class fee will be prorated. You will receive a confirmation when you are accepted into the class and you will be contacted if there is an issue processing your request, or if a class is full or canceled. Classes will be canceled if minimum enrollment is not met. All required forms and releases along with fees must be returned to UCP-OC to secure your space in class or classes. Payments of cash, check or credit card will be accepted.



Looking for something else? Check out our short-term offerings.

Please contact us or visit our website for a calendar of upcoming short term offerings.

These classes will vary in duration, cost and content.

Examples of our short term classes are Arts & Crafts, Cooking, Theater and much more.