

OUCARES strives to offer scholarships and keep our program prices as low as possible. We are able to do so with the help of generous donations and sponsors.

Please contact us if you are interested in helping to fund OUCARES programs. Any help is greatly appreciated by OUCARES and all of the families we are able to serve.

*Parents/Caregivers must remain on the premises if your participants is under the age of 18 years, while the participant in your care is involved in a program.*

*We do our best to staff all programs adequately and recruit volunteers as much as possible, but in the event your program participant needs more assistance than is currently available, we ask that you step in and assist your participant.*



Registration forms are available on our website:

[www.oakland.edu/oucares](http://www.oakland.edu/oucares)

Email: [oucares@oakland.edu](mailto:oucares@oakland.edu)

Phone: 248-370-2424 / Fax: 248-370-4242

Rev 2/26/2019



JOANNE AND TED LINDSAY FOUNDATION  
AUTISM OUTREACH SERVICES  
OAKLAND UNIVERSITY

# OUCARES SPRING 2019 RECREATIONAL PROGRAMS



Oakland University.

## SPORTS PROGRAMS

### OUTDOOR SOCCER

Participants will learn to play the game of soccer through simple drills and small games. Goals include strengthening motor skills, direction following and cooperative interaction with peers.

**Dates:** Saturdays, April 20—June 22 (No Session May 4, 25)

**Ages:** 4-9 yrs. **Time:** 9:30-10:30am  
10+ yrs. **Time:** 10:30-11:30am

**Location:** OU Recreation & Athletic Outdoor Complex RAO Soccer Fields

**Cost:** \$60 *Limited Scholarships Available*

### JUDO

Instructed by Judo Steve, a 5th Level Black Belt with experience teaching individuals with ASD. Learn the basics of Judo while building confidence, self-discipline, listening skills, increase coordination and controlled movements. Judo is a fun way to exercise while also learning to follow directions and practice self-defense skills. **Siblings or peer buddies are invited to register for this program!**

**Dates:** Tuesdays, April 9—May 28

**Ages:** 7-14 yrs. **Time:** 6:00-7:00pm

**Location:** Pawley Hall Atrium (OU CAMPUS)

**Cost:** \$80

### SNAG GOLF

Starting New At Golf (SNAG) is simplified golf, allowing full shots, pitching, chipping, and putting using modified equipment. Goals include improving motor skills, direction following, and social skills. This program is for people with a diagnosis of Asperger's, High-Functioning Autism, or PDD/NOS. We will be using the OU's Par 3 golf course & Driving Range throughout the program.

**Siblings or peer buddies are invited to register for this program!**

**Dates:** Mondays, April 29—June 10 (No session May 27)

**Ages:** 8+ yrs. **Time:** 6:00pm-7:00pm

**Location:** OU Golf Course

**Cost:** \$80

## SOCIAL SKILLS PROGRAMS

### BASIC SOCIAL SKILLS

This program is designed to teach Social Skills in a play-centered small group setting. Activities will include skill-based lessons, interactive play & games, role playing, behavior modeling & positive social interactions with peers. Participants must be able to self-regulate without a 1:1 and be motivated to interact positively in a group environment.

**Dates:** Thursdays, April 11—May 30

**Grades:** K-2nd **Time:** 5:30 - 6:30pm  
3rd-5th **Time:** 6:30 - 7:30pm

**Location:** Room 204 Meadows Learning Center (1435 W Auburn Rd)

**Cost:** \$130 *Limited Scholarships Available*

### TEEN SOCIAL CLUB

This program offers an opportunity for pre-teens & teens to meet new people and socialize while learning about different teen topics each week. The instructor will use a variety of techniques to encourage & demonstrate positive social interaction through games, conversation, shared interests and activities. This program is for participants with High-Functioning Autism or Asperger's with conversational language skills who do not need a 1:1 support.

**Dates:** Tuesdays, April 9—May 28

**Ages:** 11-14 yrs. **Time:** 6:30 - 8:00pm

**Location:** Room 203 (Meadows Learning Center, 1435 W. Auburn Rd)

**Cost:** \$130 *Limited Scholarships Available*

**Dates:** Thursdays, April 11—May 30

**Ages:** 15-18 yrs. **Time:** 6:30 - 8:00pm

**Location:** Room 203 Meadows Learning Center (1435 W. Auburn Rd)

**Cost:** \$130 *Limited Scholarships Available*

### SOCIAL CONNECTIONS for ADULTS

This program offers Adults with High-Functioning ASD or Aspergers an opportunity to meet new people and socialize while learning about relevant topics each week. The instructor will address important issues such as: making and maintaining relationships, workplace etiquette, social media and internet safety, community interactions and so much more.

**Dates:** Wednesdays, April 10—May 29

**Ages:** 18+ **Time:** 6:00pm-7:30pm

**Location:** Room 203 (Meadows Learning Center, 1435 W. Auburn Rd.)

**Cost:** \$130.00

## EMPLOYABLE SKILLS PROGRAMS

### PHOTOGRAPHY AND PHOTO EDITING

Participants will learn the main functions of a digital camera and how to best utilize them in different settings. Participants will use photographs taken in class as tools to learn basic photo editing techniques in Adobe Photoshop. Instructed by professional photographers. This program is designed for individuals with a diagnosis of Asperger's, High-Functioning Autism or PDD/NOS who do not need a 1:1 support.

**Dates:** Mondays, April 8—June 3 (No Session May 27)

**Ages:** 13+ yrs.

**Time:** 5:30-7:00 pm

**Location:** Room 204 Meadows Learning Center (1435 W. Auburn Rd.)

**Cost:** \$200

**OUCARES-Meadows is located at  
1435 W. Auburn Rd. in Rochester, MI**  
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**OUCARES—OU Campus is located at  
2200 N. Squirrel Rd. in Rochester, MI**

### ROBOTICS CLUB

Learn the fundamentals of Robotics and basic computer programming in this interactive social club. Participants will work with Lego Mindstorm robots and computers to introduce the concepts of building a robot, introduction to programming, demonstrations and competitions, all while working on teamwork and social skills. This program is designed for individuals with High-Functioning Autism, PDD/NOS or Asperger's with conversational language skills who can follow multi-step directions with minimal prompts and do not need a 1:1 support.

**Dates:** Mondays, April 15—May 20

**Ages:** 10-14 yrs.

**Time:** 6:00- 7:30pm

**Location:** Room 203 Meadows Learning Center (1435 W. Auburn Rd.)

**Cost:** \$130

## SPORTS PROGRAMS

### BOWLING LEAGUES

OUCARES' Oakland "Strikers" & Macomb "Pin Crushers" Bowling Leagues provide fantastic opportunities for individuals with ASD to bowl in supportive and controlled environments. Social participation is encouraged to help participants develop friendships in a community setting. Price includes 2 games/week, bowling ball & shoes, and a pizza party.

#### Oakland Strikers

**Dates:** Saturdays, April 13—June 22 (No Session May 25, June 15)

**Ages:** 16+ yrs. **Time:** 10:00am-12:00pm

**Location:** Classic Lanes (2145 Avon Industrial Dr., Rochester Hills)

**Cost:** \$60

#### Macomb Pin Crushers

**Dates:** Saturdays April 20—June 15 (No Session May 25)

**Ages:** 16+ yrs. **Time:** 10:00am-12:00pm

**Location:** 5 Star Lanes (2666 Metro Pkwy, Sterling Heights)

**Cost:** \$60

### BASKETBALL

Participants will learn basic basketball skills such as dribbling, shooting, and team skills. Mastering these skills will involve listening, direction following and interacting with teammates.

**Dates:** Fridays, April 12—June 21 (No Session April 26, May 3, 24)

**Ages:** 10-15 yrs. **Time:** 6:00-7:00pm

16+ yrs. **Time:** 7:00-8:00pm

**Location:** Recreation Center Gym (OU CAMPUS)

**Cost:** \$60

### VOLLEYBALL

Participants learn to play a sport while socializing and having fun! Players learn basics of volleyball while also learning team work, increasing their confidence, improving their motor skills and coordination. Program designed for individuals with conversational language skills who follow simple directions with a diagnosis of PDD/NOS, Asperger's, or High Functioning Autism.

**Dates:** Tuesdays, April 9—June 11 (No Session April 30, May 21)

**Age:** 16+ yrs. **Time:** 6:30-8:00pm

**Location:** Woodland Elementary Gym (6465 Livernois, Troy)

**Cost:** \$40

## SPORTS PROGRAMS

### YOGA

This fun movement program utilizes breathing exercises, yoga poses & movement activities to benefit the individual with ASD. The gross motor movements practiced are designed to positively impact fitness, self-regulation & motor performance in a relaxing environment. Bring a yoga mat. Classes are taught by a certified yoga instructor.

**Dates:** Wednesdays, April 10 - May 29

**Ages:** 8+ yrs.

**Time:** 6:30-7:30pm

**Location:** Room 200 Meadows Learning Center (1435 W. Auburn Rd.)

**Cost:** \$100

### SWIMMING

Instructed by a certified lifeguard with experience working with children with ASD, the goals are for participants to become comfortable in the pool, understand water safety, and learn new swim techniques and strokes. Participants will be assessed during the first session and provided direction based on their skills. Parents or guardians may be asked to participate if a 1:1 is needed.

**Dates:** Sundays, April 14—June 16 (No Session April 21, May 26)

**Ages:** 5-10 yrs. **Time:** 10:00-10:45am

11-16 yrs. **Time:** 11:00-11:45am

**Location:** Aquatic Center Pool (OU CAMPUS)

**Cost:** \$130

## ADULT PROGRAMS

### AFTER HOURS ADULT SOCIAL

This is a social support group for adults with the diagnosis of Asperger's, High Functioning Autism or PDD/NOS. Come join us for pizza, conversation, cards, games, and fun! No registration required, come when you are able.

**Dates:** Tuesdays, April 9, May 14, June 4

**Ages:** 18+ yrs. **Time:** 6:00-9:00 pm

**Location:** Oakland Center (OU CAMPUS)

**No cost for this program**

## SPRING EVENING ENRICHMENT SERIES

### **April 23: Becoming An Entrepreneur**

Presented by Spencer Kelly, Small Business Owner with ASD

### **May 16: Autism, Motivation & Depression**

Presented by Ron Sandison Adult, Author & Employee with ASD

For more information or to register for these events, please go to our website at [www.oakland.edu/oucares](http://www.oakland.edu/oucares)

## PARENT PROGRAMS

### EVERYDAY ABA FOR PARENTS

Instructed by Dr. Jessica Korneder, PhD, BCBA-D Assistant Professor at Oakland University & Director of the Oakland University ABA Clinic. We will be offering 2 separate training dates for different age groups: Parents or Guardians of Younger Children (2-8 yrs) and Parents or Guardians of Adolescent Children (9-18 yrs). Learn to use ABA (Applied Behavioral Analysis) techniques at home to develop your child's skills and reduce challenging behaviors. Attendees are encouraged to bring their own lunch. A 30 minute lunch break will be provided during the course of the day.

#### Parents of Younger Children (2-8 yrs.)

**Date:** Saturday, May 18

**Time:** 9am-4pm

**Location:** Pawley Hall Room 208 (OU CAMPUS)

**Cost:** \$25 per person *Limited Scholarships Available*

#### Parents of Adolescent Children (9-18 yrs.)

**Date:** Saturday, May 4

**Time:** 9am-4pm

**Location:** Pawley Hall Room 250K (OU CAMPUS)

**Cost:** \$25 per person *Limited Scholarships Available*