

AFTER SCHOOL PROGRAMS

UCP/NYC's After School Programs in Brooklyn and Manhattan provide a stimulating array of recreational activities for students ages 5-12 who live at home. In addition, the

After School Programs offer important respite time to families during a period of the day when childcare is critically needed.

Students participate in a variety of recreational and socialization activities that enhance peer interaction and social development. These include:

- homework assistance
- arts and crafts
- cooking
- gym and playground time
- movies and games

The programs are a collaborative effort between UCP/NYC and the NYC Board of Education. The Manhattan program is based at PS 138 at 30 and the Brooklyn program at



PS 396. The programs operate Monday through Friday from 3:00 to 5:30 p.m. from late September through June and follow the public school calendar.

ABOUT UNITED CEREBRAL PALSY OF NEW YORK CITY

UCP/NYC is the leading nonprofit agency in New York City providing direct services, technology and advocacy to children and adults with cerebral palsy and other disabilities.

The agency was founded in 1946 by parents of children with cerebral palsy during an era when no community or school-based services existed. Since that time, UCP/NYC has been at the forefront nationally in developing residential, educational, recreational, vocational, clinical, technological and family support services that address the diverse needs of people with disabilities and their families. Currently, over 7,000 individuals and their families benefit from our services every year.

UCP/NYC's mission is to provide the highest quality services in health care, education, employment, housing and technology resources that support people with cerebral palsy and related disabilities in leading independent and productive lives.

For information about UCP/NYC programs and services contact:

PROJECT CONNECT
United Cerebral Palsy of NYC
120 East 23rd Street, 5th Floor
New York, NY 10010

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TEL: (212) 979-9700, ext. 237
FAX: (212) 260-7469

or

Toll Free 1 (877) UCP CONNECT, ext. 237

To look us up on the world wide web:
www.ucpnyc.org



RECREATION SPORTS · TRIPS SERVICES

CREATIVE PROJECTS

Recreation and socialization programs for children, teens and adults with developmental disabilities.

UCP/NYC'S RECREATION SERVICES

United Cerebral Palsy of New York City (UCP/NYC) is pleased to offer a comprehensive array of social, cultural and recreational opportunities for children, teens and adults with developmental disabilities. These include:

- Brooklyn and Manhattan After School Programs
- SPIRIT Saturday Recreation
- EXPLORE Weekend Adult Recreation
- EXPLORE Monthly Party Night
- ACTION Summer Day Camp

For more information or to make a referral, contact the Recreation Services location in your borough:

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Manhattan/Bronx
122 East 23rd Street, Manhattan
(212) 979-9700, x702

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Brooklyn
175 Lawrence Avenue
(718) 436-7600, x345

.....
Staten Island
281 Port Richmond Avenue
(718) 442-6006, x203

**SPIRIT
SATURDAY
RECREATION**

SPIRIT lives up to its name—it is full of adventure, challenge and fun! Teens and young adults with disabilities are encouraged to explore

recreational opportunities through a variety of center-based and community-based activities. Groups meet every Saturday from 10:00 a.m. to 3:00 p.m. (except for major holidays) at UCP/NYC centers in Brooklyn, Manhattan and Staten Island. Transportation is available for most individuals.

For many of our young participants, SPIRIT is their first opportunity to experience the diverse social and recreational opportunities available in the metropolitan area. Trips include visits to area museums, parks, zoos, and cultural and sight-seeing attractions. Once a month, group members also have an opportunity to swim in UCP/NYC's accessible indoor pool in Brooklyn. Activities at the center can include:

- creative projects/arts and crafts
- sports and movement activities
- cooking
- discussion groups
- games and music
- publishing a group newsletter
- parties

**EXPLORE
WEEKEND ADULT
RECREATION**

If excitement and adventure are your game, EXPLORE is the program for you. EXPLORE is a self-directed weekend recreation program for adults with

developmental disabilities who are 18 years or older and live in Manhattan. Group members plan all activities with the assistance of staff. Participants are encouraged to utilize all available resources in planning their explorations.

EXPLORE meets weekly on Saturdays (except for major holidays) from 10:00 a.m. to 3:00 p.m. at UCP/NYC's Manhattan Center located at 122 East 23rd Street. Members are responsible for getting to and from the program on their own, but use agency vehicles for their excursions. The group's outings take advantage of all NYC boroughs along with the surrounding metropolitan area. Here is just a sampling of their activities:

- bowling at Chelsea Piers
- movie and theatre going
- restaurant dining
- local street fairs
- the Boardwalk and Aquarium at Coney Island
- shopping
- The Bronx Museum of Art
- the Newport Mall in New Jersey
- outdoor activities
- swimming in UCP's indoor pool in Brooklyn

**EXPLORE
MONTHLY
PARTY NIGHT**

One Friday per month is party night at UCP/NYC's Manhattan Center located at 122 East 23rd Street! A light supper

precedes three hours of non-stop music and dancing, complete with a live DJ and door prizes. Theme parties, such as "Back to the 50s," "Dance Fever 70s" and "Spring Fling" make it a great way to meet new people and enjoy dancing the night away with your friends!

The socials are open to adults 18 and older who are developmentally disabled and live at home in Manhattan. Individuals must be able to travel to and from the Center independently or provide their own transportation.



**ACTION
SUMMER
DAY CAMP**

UCP/NYC's ACTION Day Camp offers a great summer experience for Brooklyn young people ages 13-21 who are developmentally disabled and live at home. The camp

operates weekdays from 8:45 a.m. to 3:30 p.m. during the last three weeks of the summer when public schools are closed and parents have few options available for their child. The camp is based at UCP/NYC's Brooklyn Center located at 175 Lawrence Avenue. Transportation to and from the program is provided daily.

ACTION offers a variety of on-site recreational and socialization activities, including creative projects, sports and movement, table games and parties. Swimming in UCP/NYC's heated indoor pool is available three days a week. In addition, full day trips to area attractions are scheduled twice a week.

