Small Group Classes
*COST: $325 per quarter or DDA Respite: 39 units/ 9.75 hours per quarter*

**Art:** Class activities include using a variety of art materials and media available to create artwork based on your interests and inspirations under the guidance of an instructor. Bring ongoing projects or begin new ones.

**ASL:** In ASL, we will be exploring and learning about the basics of the language and culture of American Sign Language! We will be learning together and creating a community of inclusion where we will celebrate all abilities!

**Around the World:** This class will explore different cultures through hands-on activities and crafts by diving into important art, music and literature from different countries.

**Bricks:** Students who engage in this STEM building class will work towards developing fine motor skills, be encouraged to develop their creative thinking and foster teamwork skills. Students will be able to transform their imaginations and creations into real life structures using Legos.

**Classic Games:** These are fun friendly games to make you laugh and help you bond. They’re a chance to step away from your phone and enjoy spending time playing Mad Libs, Charades, Storytelling, Pictionary, and more together.

**Community Connect:** This class will explore what it means to make positive impact in our personal communities in creative ways. We will be discussing how each of us can make a difference in the lives around us and doing activities to spread some joy.

**Cooking:** In cooking, we’ll learn preparation and planning; reading written recipes and creating grocery shopping lists; preparing techniques and skills including stove-top cooking and chopping.

**Coping Skills:** This class will explore a variety of coping skills that students can use to manage strong emotions, achieve wellness, and navigate stressful situations. We will explore different outlets (such as art, sensory soothing, and journaling) and build students’ confidence as they learn to solve problems in a creative and constructive manner.

**Crafts:** Students will acquire basic crafting skills while working to improve their fine motor skills. This class will also help build confidence, creativity, social skills and provide a space to share their talents and artwork with friends.

**Drawing:** Drawing class will put your artistic skills to the test as you learn how the use of lines, shapes, and color create works of art!

**Disney:** In this class students will get to create Disney crafts, watch clips, play games, listen to a few of their favorite songs! Individuals will complete Disney activities that encourage creativity and decision making while practicing fine motor and social skills.

**Focus Group:** Join us as we explore what our bodies and minds need to stay healthy and happy during this time. Have fun and get creative as we try new activities and develop a toolkit that will help you take care of YOU!

**Gaming:** This group will meet weekly to discuss and play video games together. Students may opt to use any gaming device that they choose during class and the instructor will introduce new genres and games each week.
Small Group Classes Continued

**Girl Power:** Girls unite! We will discuss some of the joys and challenges of being a woman in today’s world. We will learn to empower, advocate, and love one another and ourselves more.

**Harry Potter:** This class will give participants that are familiar with the books and movies the opportunity to share their love of the story, but also allow participants that are new to the stories to enjoy the journey for the first time by exploring movie clips, music, activities and classes they teach at Hogwarts.

**Jam Sessions:** Learn how to create music using whatever we’ve got! Our mouths, our bodies, musical instruments, and objects you may find around the house. This class is perfect for those that just want to make music and JAM!

**Move & Groove:** When the music is groovin’ you gotta start movin’! In Move & Groove, students will be taught choreography to fun, upbeat music. No experience necessary!

**Music in the Movies:** Students engage in activities, discussions, and listening to songs and soundtracks from popular movies, from the amazing music of Disney and beyond. Bring your favorites to share!

**Musical Journeys:** Students learn the characteristics of different styles and genres of music, as well as music from cultures and places all over the world. We will watch video clips, listen and learn about new instruments, and expose ourselves to beautiful sounds and musical creations from across the globe.

**Music:** A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community.

**Music & Movement:** Our movement based music class will focus on exploring the many ways our bodies can move to music. We will learn and create dance moves, dance styles and the different types of music that accompany them, upbeat warm-up music and well as calming/relaxing cool down music.

**Nature Tours:** Have you always wanted to visit the National Parks? Now’s your chance to do so, virtually! Join me as we adventure through the National Parks Service to create breathtaking 360° tours of terrains ranging from Hawaii’s active volcanos to Utah’s canyons.

**Pokémon:** Students will explore the wonderful world of Pokémon through exploring different types of Pokémon characters, playing games, watching clips, and other activities. Students will grow in their knowledge of Pokémon and connect with other students who share the same love of Pokémon. ‘Gotta catch ‘em all!

**Pop Culture:** Students will work with the instructor to develop topics of interest and each week a different topic will be highlighted with video clips and discussions. Topics include cars, music, movies, games, and art.

**Public Speaking:** Do you want to find your voice and speak with confidence? Join us for a new public speaking course where we will learn how to organize your thoughts and feel more confident while speaking to others. In this small group, we will support each other by listening and learning how to speak about things that we care about.

**Science:** Students will watch different science projects conducted online as well as learn about space, how things work, and our own planet earth. Students are encouraged to try out projects on their own time and report back progress during the class.

**Song Writing:** This song writing group will explore, and learn how to write an original song. We will look at the basic elements of song writing, and work together to write a hello song for our group to use each week, rewrite some famous songs, and create our very own song from scratch!
Small Group Classes Continued

**Sports Center:** Come share your love for sports and your eagerness to learn about a few new ones! Students will watch highlights, discuss favorite teams, different positions, rules and strategies, as well as do some light exercising together each week!

**Wrestling:** If you’re a fan of WWE Smack-down or Raw, come and join Wrestling! Wrestling is purely an entertainment based theatrical performance. This class will consist of learning the basics rules and fundamentals about this indoor sport, how they create/reenact their stunts, and much more.

Large Group Classes

**COST:** $195 per quarter or DDA Respite: 39 units | 9.75 hours per quarter

**Art:** Class activities include using a variety of art materials and media available to create artwork based on your interests and inspirations under the guidance of an instructor. Bring ongoing projects or begin new ones. This class may include painting, charcoals, clay, water colors, sketching, abstract art and more.

**Disney:** In this class students will get to create Disney crafts, watch clips, play games, listen to a few of their favorite songs! Individuals will complete Disney activities that encourage creativity and decision making while practicing fine motor and social skills.

**Drama:** Through improvisational games, activities, scripted scenes, and original skits, this course gives students a chance to play and discover different aspects of the performing arts. Students will explore different characters, work with scene partners, and experience the joy of performing—all in a safe, non-judgmental atmosphere.

**Fit & Fun:** Join us as we explore a variety of fun movement activities that will help us better understand how our feelings are connected to our bodies! Expect a lot of exciting movement, fun music, and a space to connect with yourself and your friends!

**Move & Groove:** When the music is groovin’ you gotta start movin’! In Move & Groove, students will be taught choreography to fun, upbeat music. No experience necessary!

**Music:** A fun and all-encompassing general music class. A range of activities will include singing, songwriting & music making, dancing, lyric discussions, and what it means to be in a music-connected community.

**Social Skills:** Socializing and connecting with others is necessary for all areas of our life. Just like any other skill, socializing takes practice and effort. We will be learning the unspoken social rules and building connection with others.

**Rock & Roll:** Come rock with us! Students will share and learn about different styles of rock music, rock bands & musicians, instruments, watch performances and music videos, analyze and discuss lyrics. Good for any rock & roll lover. Come with an open mind and your horns up!

**Water Coloring:** The goal of this course will be to introduce students to the fundamental processes of visual perception through the medium of water color painting. By learning and practicing various painting techniques, we hope to gain confidence together in using water color painting as a primary medium for artistic expression.

Zoom Live Chats (ZLC)

**COST:** $130 per quarter or DDA Respite: 39 units/ 9.75 hours per quarter

**12 PM ZLC:** This is a time to informally connect and catch up with staff and other students!