

9129 Monroe Rd. Suite 101 & 105  
 Charlotte, NC 28270  
 704/847-3911 Phone  
 704/847-2300 Fax  
 www.crosswayot.com

### Spring/ Summer 2010 Group Calendar

Please contact us for more information and to register

Monday	Tuesday	Wednesday	Thursday	Friday
Team Crossway Ages 4-7, 3-4p	Mind & Body Connection Age 10 + (girls group) 3-4p  Team Crossway Ages 8-11, 4-5p	Warrior Friends Ages 5-6 and 7-9, 4-5p  Tumble Time ages 3-4, 5:30 – 6:15p	Silly Snacks Ages 3-5, 12-1p	Sunshine Yoga Ages 4-6, 9-10a  Circle of Friends Ages , time?

#### Coming this summer...

- Camp Crossway:** offered June 15 - 17, 22 - 24, and 29 - July 1, ages 3 - 5, 9 – 12:30p  
**LEAPS: Language Enrichment, Articulation, Phonemic Skills,** please request handout  
 for days/ times  
**CIMT: Constraint Induced Movement Therapy:** July 19 - 23, 26 - 30 and Aug 2 - 6,  
 ages 2 - 8, 9a – 3p

#### Spring/ Summer 2010 Group Descriptions

**Team Crossway:** Participate in social play while working to improve coordination, ball skills, strength and footwork necessary for participation in youth sports (t-ball, soccer, hockey, basketball and football). This is a chance to make sports fun for children of all abilities. Mondays ages 4-7 (3-4p) and Tuesday ages 8-11 (4-5p). Meets June 14 – August 3. Led by Jen P (PT) and Heather (SLP).

**Mind and Body Connection:** An introduction to health and wellness for girls ages 10+ who experience aversion to healthy foods and exercise. Tuesdays 3-4p. This ongoing group has limited availability, please inquire soon if interested. Led by Lisa (OT).

**Warrior Yoga:** This opportunity allows children to learn and grow together, build self-confidence and develop core muscles necessary for upright posture and endurance during school and play. Children work on sensory integration in an environment where they can feel safe and comfortable. Ages 5-6 and 7-9, 4-5p. These ongoing groups are led by Lisa and Shelley (OT).

**Tumble Time:** A fun opportunity to gain confidence while practicing gross motor skills, improve flexibility, increase strength and accomplish improved physical well being in a group setting. Exploration of body movements and motor skills include structured cardio exercises, movement sequences and stretching. Ages

3-4, 5:30 – 6:15p. Meets June 14 – August 3. Led by Jen L (OT).

**Silly Snacks:** This cooking class is a tasty approach to building a child's language concepts, socialization, visual perception, and sequencing skills. It is also a fun way to be around food for children with food aversions or tactile sensitivities. Ages 5 and under, meets 12 – 1p, Thursdays July 8 – August 26. Led by Kathleen (OT) and Heather (SLP).

**Sunshine Yoga:** This ongoing group is designed for making friends, building self-esteem and learning body awareness. Children can come to this group and work their bodies and their minds. Fridays 9-10a, ages 4-6 (check for availability, additional classes offered as needed). Led by Lisa (OT) and Jen P (PT).

**Camp Crossway:** Annual summer camp runs June 15 - 17, 22 - 24, and 29 - July 1 from 9 – 12:30p. This camp creates a fun atmosphere where children improve gross motor and fine motor skills through sensory experiences while developing social skills.

**LEAPS:** A fun, camp-style way to approach language enrichment, articulation and phonemic awareness. Concepts are addressed in individual groups (choose to attend one or all). Please request additional information for times/ days.

**CIMT:** Occupational, physical and speech therapist led camp for children affected by hemiparesis cerebral palsy. Children will experience gains in willingness and participation through a variety of therapeutic interactive activities while wearing a uni-valved cast on affected side during camp hours. Camp meets July 19-23, July 26-30 and Aug 2-6 from 9a – 3p. Ages 2-8.

**Circle of Friends:** This OT and PT led group is offered the last Friday of each month. This group is designed for children who would like to meet new friends and socialize in a sensory enriched environment while developing coordination, gross motor, fine motor and visual motor skills. Fridays time?