

KOL PROGRAM

For Young People with Special Needs

For Children and Teens Ages 4 – 17

The KOL Program is a school year weekend recreational program for children and adolescents who are on the high functioning end of the autistic spectrum or have related developmental differences, such as ADHD and language delays. KOL cultivates a supportive community among parents and caregivers who have a space to come together and share resources and advice. We offer activities ranging from soccer and capoeira to music and art, all while promoting social skills development and relationship building.

Super Soccer Stars

Classes incorporate notions of structure and task completion through entertaining and engaging soccer activities! Each child learns at their own pace, builds self-confidence, enhances social skills, and has a blast!

This class is open to the broader community.

Play Capoeira

A Brazilian martial art that involves practice with music. It helps to develop motor coordination, balance, flexibility, and an awareness of space. Skills developed include focusing, communication, and socialization. This class is open to the broader community.

ARTS Rx – Music

Exposure to various styles of music, sounds, rhythm, and song provides a therapeutic environment and allows children to explore different cognitive modalities. Classes encourage creativity, leadership, and confidence through playing instruments, singing, and improvisation. This class is open to the broader community.

ARTS Rx – Creative Movement

Movement therapy focuses on the emotional, cognitive, physical, and social integration of the individual. It helps a child to express and deal with emotions, enhances communication, and further develops social integration. Dance therapy creates a link between feeling, thought, and action by connecting mind and body. This class is open to the broader community.

ARTS Rx – Art

Art therapy is the therapeutic use of art making as a form of expression which can open doors to communication. Many individuals with autism think visually “in pictures.” The ARTS Rx program utilizes art making within the group setting to foster social skills and provides a framework for increased self-awareness and emotional expression.

SO FUN CITY SUNDAYS: MAGIC, MESSY CRAFTS, AND GAMES

Led by a writer from TruTVs hit show, The Carbonaro Effect, and a Board Certified Behavior Analyst, participants will learn and perform mind-blowing magic tricks, create messy experiments, design exciting games, and more in this interactive and unique program. Participants will focus on fun but also walk away with boosted confidence and strengthened friendships.

So Yummy

NEW So Fun City Class for children 7 – 11 years, is part art class and part cooking class where participants will get creative with foods and build fun and yummy creations.

PARENT TESTIMONIALS

“The 14th Street Y KOL Program is made from love and the love you give to the children extends to each and every parent. My child loves the 14Y and wakes up excited every single Saturday. That in itself should tell you how great the instructors and staff are. I love each and every one of them, and so does my son, they are family”

– Marcia, parent of Talen, 11

“I love the way the instructors engage my son. The friendships he has made, as well as the ones I have cultivated, are invaluable to our lives. The director maintains great communication throughout the program and keeps me in the loop, which strengthens the sense of community my family gets from being a part of KOL.”

– KOL Parent

“I have been blessed to find this treasure of a program at the 14th Street Y. The KOL Program has allowed my son to be around his peers and have a great time learning and creating. He is allowed to be himself without being judged or looked at and [has] teachers and instructors that understand [his] special needs. I just love this place!”

– Debra, parent of Dalton, 7



KOL KINDNESS OPENNESS LOVE

Winter/Spring 2020 Program Schedule

Learn more at 14StreetY.org/KOL or contact Antonio Rodriguez, LMSW, Inclusion Program Manager, at ARodriguez@14streeety.org or call 646-395-4324.

Winter/Spring Session: February 29 – June 7

No classes 4/20, 4/27, and 5/25

	Ages 4 – 6	Ages 7 – 11	Ages 12 – 17
Super Soccer Stars Saturday	9:00 – 9:40 AM M \$50 / NM \$47.50	9:45 – 10:30 AM M \$50 / NM \$47.50	10:35 – 11:15 AM M \$50 / NM \$47.50
Play Capoeira Saturday	9:45 – 10:15 AM M \$27.50 / NM \$30	10:35 – 11:15 AM M \$40 / NM \$42	11:20 – 12:05 PM M \$40 / NM \$42
ARTS Rx – Music Sundays	10:30 – 11:00 AM M \$24 / NM \$25	11:20 – 12:05 PM M \$35 / NM \$37.50	12:15 – 1:00 PM M \$35 / NM \$37.50
ARTS Rx – Creative Movement Sundays	9:45 – 10:15 AM M \$24 / NM \$25	10:35 – 11:15 PM M \$35 / NM \$37.50	11:20 – 12:05 PM M \$35 / NM \$37.50
ARTS Rx – Art Sundays	9:45 – 10:15 PM M \$24 / NM \$25	10:35 – 11:15 PM M \$35 / NM \$37.50	11:20 AM – 12:05 PM M \$35 / NM \$37.50
So Fun City Sundays		9:45 – 10:30 AM M \$40 / NM \$42	10:35 – 11:15 AM M \$40 / NM \$42
So Yummy Sunday		9:00 – 9:45 AM M \$40 / NM \$42	

Pricing listed above is per week for the Winter/Spring Session.

Aquatics: Children with Special Needs Swim Class

The 14th Street Y also offers swim classes specifically geared towards the safety and swim development of children and adolescents with special needs. Our small class sizes will ensure your child receives optimal focus and attention throughout the course. Swim class is taught by experienced Certified Water Safety Instructors.

Funding for the KOL Program is provided through generous grants from the Far Fund and the J.E. and Z.B. Butler Foundation and the Oppenheimer Haas Trust

Ages 4 – 16	Ages 8 – 16	Ages 8 – 12
Mondays 4:00 – 4:30 PM	Saturdays 2:00 – 2:30 PM	Saturdays 2:30 – 3:00 PM

→ For more information about aquatics, please contact Miguel Pagan, Director of Aquatics: MPagan@14streeety.org or 646.395.4315

