



THERAPEUTIC  
HEALTH

# CHILD & TEEN 2023 fall programming

## Children's Programs

Classes are located at EA Therapeutic Health - Child Services Building

### Fit 4 Play

This functional small group program is based on Autism Fitness Theory and will focus on a different fall activity each week. The goal of this class is to provide your child with neurodiversity an opportunity to practice social and communication skills with peers in an inclusive and safe environment through therapeutic designed play and movement.

**Student Type:** Ages 6-10  
**Class Days:** Monday & Wednesday  
**Class Times:** 5 pm - 6 pm  
**Cost:** \$320 per session

#### Session 1

**Dates:** 9/11/23-10/30/23  
**Registration Deadline:** 9/1/23

#### Session 2

**Dates:** 11/1/23-12/18/23  
**Registration deadline:** 10/25/23

### Special Athletes Strength & Conditioning Training

This 8-week small group training will focus on strength, endurance, and functional movements needed for adaptive sport activities.

**Student Type:** Ages 12-17  
**Class Days:** Tuesday & Thursday  
**Class Times:** 4:30 pm - 5:30 pm  
**Cost:** \$320 per session

#### Session 1

**Dates:** 9/12/23-10/31/23  
**Registration Deadline:** 9/1/23

#### Session 2

**Dates:** 11/2/23-12/19/23



### Child and Parent/Grandparent Movement Exploration Class

This 8-week class will allow the child to explore movement through play to reach their milestones in a fun group with friends.

**Student Type:** Ages 1-5  
**Class Days:** Monday & Wednesday  
**Class Times:** 10 am - 11 am  
**Cost:** \$320 per session

#### Session 1

**Dates:** 9/11/23-10/30/23  
**Registration Deadline:** 9/1/23

#### Session 2

**Dates:** 11/1/23-12/18/23  
**Registration Deadline:** 10/25/23

### Social Skills All Day Bootcamp

This 2-day all day boot camp is for the experiential learner who is challenged by social communication in a small group setting.

**Day 1** – Children will benefit from building increased capacity for social communication, improved listening skills, and follow behavior norms in groups to improve their success at school and beyond.

**Day 2** – Children will navigate deeper into social thinking and social skills behaviors.

**Student Type:** Ages 6-9  
**Class Days:** Thursday & Friday (11/19 & 11/20)  
**Times:** 8 am – 5 pm  
*(Lunch is from 12-1 pm - Participants to bring packed lunch)*  
**Cost:** \$375 per child

**Dates:** 11/19/23 & 11/20/23 only  
**Registration Deadline:** 9/29/23

SCAN HERE TO REGISTER  
ChooseEA.org | (507) 259-7570



\*Financial note: EA works with county case managers through the MN 245D HCBS Program to accept waiver payments or service agreements for all programs. Financial assistance is available based on need. Please inquire with our office to complete a financial assistance request form.



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### Kids Shape

Is your child or family looking for guidance and ways to incorporate healthy eating? This 6-week kids shape class is designed for 6-10 children and was created to help with health and wellness goals for youth and their families.

**Student Type:** Ages 6-12

**Class Day:** Monday

**Times:** 5 pm - 6 pm

**Cost:** \$120 per child

**Dates:** 9/11/23-10/16/23

**Registration Deadline:** 9/1/23

### 1:1 Individualized Therapy

If your child is not ready for group class or prefers a more personalized experience, we also offer one-on-one sessions.

#### Therapeutic Play & Recreation

Children Ages 2-11

#### Adaptive Fitness & Sports

Teens Ages 12-16

For an assessment and pricing,  
call (507) 259-7570



### Event: Fall Trunk or Treat & Spooky Fun House!

The name probably says it all - get into the Halloween spirit, grab your treat bucket, and get ready for some good ol' fashioned trick or treating, well from trunks. All are welcome, so bring your friends and family!

**Date:** 10/28/23

**Time:** 10 am – 1 pm

**Cost:** Free

**Location:** EA Child Service Building



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