Kids & Teens
Family Support Programs

Saturday Kid’s Break
Natick | 9:00 am—4:00 pm | Ratio: 1:3 | Ages: 12-18
Coordinator: Sarah Ouellette

Morning (9am-12pm) FITNESS
(Zumba, Yoga & Adaptive CrossFit)
followed by a FUN afternoon
(12:45pm—4pm) community adventure!
Half or full day option!
January 5: CrossFit & a trip to the movies
January 12: Yoga & Ryan Family Amusements
January 26: Zumba & Sky Zone!
February 2: Zumba & Monster Mini Golf
February 9: Yoga & Taza Chocolate Tour
March 2: CrossFit & Sky Zone
March 9: Yoga & Whimsey Arts & Crafts
March 16: Yoga & Patriots Place Museum Tour
March 23: Zumba & Ryan Family Amusement
March 30: CrossFit & The Little Mermaid Play at Dragonfly Theater
April 6: Yoga & Sky Zone
April 27: Zumba & Discovery Museum
May 4: CrossFit & Look Out Farm
May 11: Yoga & Golf on the Village Green
May 18: Zumba & Cushing Memorial Park Playground
June 1: Zumba & Ryan Family Amusements
June 8: Yoga & Charles River Kayak
June 15: CrossFit & Sunshine Farm: Strawberry Picking

The cost of this program is funded for residents of the Newton South Norfolk and Middlesex West areas by DDS.
A bagged and ready to eat lunch is required for full-day participants.
No nuts or seafood please!

Teen Night is now...
Building Friendship Club!!
Weekly on Wednesdays 5:45—7:00 pm
Monthly on Friday nights 6:15 pm—9:00 pm (Cost: $20)
Coordinator: Sarah Ouellette
Enhance social skills & build new friendships!
Meet weekly on Wednesdays, 5:45—7:00 for 3 or 4 week session lead by Sarah Ouellette and teen volunteers!
Practice new skills and celebrate monthly in the community on Friday nights after you’ve completed a session!

Session 1: Wednesday: Jan 2, 9, 16, 23
Outing: Friday, Jan 25th: Ice Skating
Session 2: Wednesday: Jan 30, Feb 6, 13
Outing: Friday, Feb 22nd: Applebee’s
Session 3: Wednesday: Mar 6, 13, 20, 27
Outing: Friday, Mar 29th: Bowling
Session 4: Wednesday: Apr 3, 10, 24
Outing: Friday, Apr 26th: Rock Climbing
Session 5: Wednesday: May 8, 15, 22, 29
Outing: Friday, May 31st: Treetop Adventures
Session 6: Wednesday: Jun 5, 12, 19
Outing: Friday, June 21st: Fun & Games

School Vacations: save the dates!
Needham | 9:00 am—3:00 pm
Ages: 7—21
Ratio 1:3 = $86/day
Ratio 1:1 = $98/day
February 19th—22nd
April 16th—19th

A.S.P.I.R.E
Needham
After School Program
Tuesday—Friday
2:45 pm—5:30 pm
Ages: 12-21
Contact:
Sarah Ouellette
for more information!

Save the date:
April 6th, 2019
(Registration opens in March)
Logan Airport
www.charlesrivercenter.org
All ages welcome

With any questions or suggestions, please contact Renee Scherer!