

Special Needs Program

NEW Schedule!!!

UC Clubhouse– Winter/ Spring Schedule

Meets one time per month.

Instructors: Jessica Johnson and Mitzi Nuñez-Ramos

Location: Kennedy Community Center, 1333 Decoto Road.

Come and hang out with Union City's social group for developmentally disabled teens and adults. UC Clubhouse will be offering a lot of new and exciting activities this fall and holiday season, including fun trips, entertainment and lots more! To obtain a brochure and registration information or the Fall and Holiday Calendar, please call 675-5329. Please Note: In order to participate in UC Clubhouse events, you must be a member.

January

Slumber Party Night at UC Clubhouse

Friday, January 15, 2010, 6:30-9:30 pm, Cost \$15, Code: 39704
Come in your favorite PJ's and bring your pillow and blanket as we watch movies, eat snacks and have fun!

–February

Hang Man Wars

Friday, February 12, 2010, 6:30-9:30 pm, Cost \$15, Code: 39705
We love playing hang man at UC Clubhouse! We will be having the hang man wars and you can also create your own mini dry erase boards to keep the hang man wars moving. We will provide snacks and other fun activities as well.

March

Super Sleuths at UC Clubhouse

Friday, March 12, 2010, 6:30-9:30 pm, Cost \$15, Code: 39706
Have you ever wanted to have x-ray vision? Come and join us as we will be creating x-ray images and solving the UC Clubhouse mystery. Snacks and other fun activities will also be provided.

April

April Showers

Friday, April 9, 2010, 6:30-9:30 pm, Cost \$15, Code: 39707
Rainy day activities like when we were little! We will make shrinky dinks and play indoor games. Snacks and other fun activities will also be provided.

May

Bubble Art

Friday, May 14, 2010, 6:30-9:30 pm, Cost \$15, Code: 39708
On this special day in May, we will be making cool art using bubble paint! Snacks and other fun activities will be provided.

June

End of Year Celebration

Friday, June 11, 2010, 6:30-9:30 pm, Cost \$15, Code: 39709
We will make mini- yearbooks so you can have your friends write their summer wishes in them! Snacks and other fun activities will be provided.



Special Olympics

Winter and Spring Sports – Basketball season will start in January. Track and Field and Aquatics will begin in March. For more information about days, dates and times please call 510-675-5328. Please note: in order to participate in Special Olympics you must be registered with Special Olympics Northern California.

Special Olympics Coaches Wanted!

Union City Special Olympics is currently looking for coaches to lead its Special Olympics teams for 2010. If you have some experience in sports and would like to help athletes with developmental disabilities, then please call (510)675-5328.

Please note: All prospective coaches must go through a thorough background check in order to be a coach for Special Olympics.

Swimming and Water Exercise Programs In Our Area



Although the Dan Oden Swim Center is not open in Union City for winter and spring programs, below find a suggested place to learn to swim, exercise or lap swim:

Hayward Area Recreation and Park District

Hayward Plunge (indoor / year-round swimming pool)

Serving the area since 1937.

24176 Mission Blvd.

(510) 881-6703

OFFERING:

Youth and Swimming Lessons • Private Swim Lessons
Scuba Diving • Competitive Stroke Clinic
Adult Lap Swimming (am/noon and evenings)
Water Exercise • Aquatic Personal Training – new
Special Events • Public/Recreation Swimming
Arthritis Foundation –Exercise Program – new
Water Walking • Swim and Tennis Camps
Swim Lessons for Home School Students (PE)

For more information visit www.haywardrec.org or call (510) 881-6700.

Registration is available on-line call for a PIN number.

“Continuing to Create Community through People, Parks and Programs”

Lifeguard Training

Location: Kennedy Community Center or R.S.C

The American Red Cross Lifeguard Training class provides lifeguard candidates with the skills and aquatic knowledge necessary to keep patrons of aquatics facilities safe in and around water. This course teaches lifeguarding skills, first aid and CPR for the professional rescuer (CPR/FPR). Upon successful completion, students will have the skills and knowledge to prevent, recognize and respond to emergencies and provide care to injuries and sudden illnesses until advanced medical personnel arrive and take over. The American Red Cross will issue certificates upon successful completion. Prerequisites: must have the ability to swim 300 yards continuously and retrieve a 10-pound brick from the bottom of the pool; must be at least 15 years of age by the last day of class. Fee includes books, certification fee and facility use. Attendance and participation is required at all class meetings.

Code	Day	Dates	Time	Fee
39671	Mon-fri	4/5-4/9	9 am-5 pm	\$185/\$205
39672	Sat	4/10-5/1	8:30 am -5:30 pm	\$185/\$205