

# monon community center *adaptive programming*

## **Preschool Programs**

Designed for ages 2 – 5 and largely focused on sensory development and exploration. For example, Little Swimmers and Animal Art encourage participants to explore the world around them through sensory exercises.

## **Youth Programs**

Designed for ages 6 – 12 and include skill-based options like Watercolor Fun and Act it Out – Improv Fun. These program activities help participants develop their gross motor and social skills.

## **Young Adult Programs**

Social and fitness-based programs are designed for ages starting 13+. Muscle-Up teaches exercise skills and confidence while social programs like Teen Fun Night provide opportunities to spend time with friends and develop social skills.

## **Adult Programs**

Adult programs are goal-based and designed for individuals 18+. The purpose of these programs, like Culinary Creations and the 5K Training Program, is to help participants set, work toward, and meet a goal.

