



CSS Academy

CSS Academy was established to build community through social, vocational, and educational opportunities for people with and without intellectual/developmental disabilities (I/DD.)

What makes CSS Academy unique is that CSSA is an inclusive facility that is open to ALL members of the community! Sign up for a class today!



Art Exploration

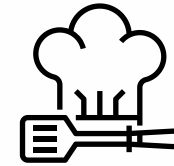
These classes are geared toward teens and adults with I/DD. Come explore the variety of art materials in this introductory art making class. From drawing and painting to building sculptures and working with clay, yarn, and other tactile materials, these groups invite individuals to sample different materials and possibilities that the art world has to offer.

Time: Thursday afternoons 3:00–4:30 p.m.

Friday afternoons 3:30–5:00 p.m.

(choose one day a week or both that suits your schedule)

Ages 16+, \$200 for 8 classes



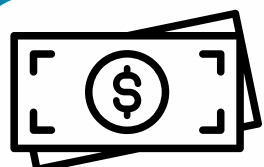
Cooking Exploration

Get creative with your cooking and gain comfort in the kitchen. Learn to prepare meals using a variety of cooking methods and various ingredients. From dicing and sauteing vegetables to baking pasta, there will be fun recipes and new skills to take home. Each student gets to pick a recipe throughout the weeks and the class learns how to prepare that dish together.

Time: Tuesdays, 4:15–5:15 p.m.

Cost: \$150 for 6 classes

Ages 16+



Basic Money Concepts

This class focuses on the very basics of having and spending money. Over the course of this eight-week class, participants will be taught the monetary value of bills and coins, how to count money and make change, opening a banking and checking account, develop a saving plan, paying bills, understanding credit and keeping their money safe, and other financial concepts.

Time: TBD (call for more information)

Cost: \$160 for 8 classes

Ages 16+



Zumba

CSS Academy is excited to offer a fan favorite, Zumba! The classes provide modified, low impact moves, aerobic workout, fun choreography and music, all in a lively group environment.

Zumba allows participants a chance to improve balance, flexibility and cardiovascular health.

Saturdays, 8:30 – 9:30 a.m.

Thursdays, 5:00 – 6:00 p.m.

Cost: \$8 walk-in rate per class; \$60 for a 10-class punch card

Ages: 16+



Yoga Basics

Reset your mind and body as you stretch, strengthen, and relax. The practice of yoga is designed to restore the nervous system and help release deeply held tensions. The class focuses on the basics, so it is perfect for the inexperienced or beginner yoga practitioner.

Saturday mornings 10:00 – 11:00 a.m.

Cost: \$8 walk-in rate per class; \$60 for a 10-class punch card

Ages: 15+



Therapeutic Drumming

Discover your own personal rhythm! Experience group empowerment drumming. HealthRHYTHMS is an evidence-based drumming program in which participants use the power of sound for well-being and connection. The process can reduce stress, improve mood, increase creativity, strengthen immune system, and build camaraderie.

Monday Afternoons–4:30–5:30 p.m.

Cost: \$100 for 4 classes

Ages 16+



Computer Basics

The Computer Basics course offers the beginner an opportunity to explore the uses of the computer and gain more confidence with technology. Students learn about the parts of the computer, how to create a document, store files, utilize email, internet safety, and get practice using the keyboard and the mouse.

Note: Laptops will be provided.

Wednesdays 4:00–5:30 p.m.

Cost: \$150 for 6 classes

Ages 16+



Floral Crafting Workshop

Learn how to make your floral arrangements look beautiful and professional in our once a month Floral Arrangement Workshop. Additionally, you will learn floral basics, tips on floral pairing and innovative ways to arrange flowers, and you will create a wonderful centerpiece to take home by the end of class!

Dates: Fridays: March 15th, April 19th, and May 17th

Time: 5:00–6:00 p.m.

Cost: \$20 per class, Ages: 16+

For more information or to register:

Contact: Cassie Krcmar at

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