



CSS Academy



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



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.

Thursdays 3:00 – 4:30 p.m.
October 1st – November 19th
Winter 2027 January 7th – February 25th



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.

Mondays 4:00 – 5:30 p.m.
September 28th – October 26th
November 2nd – November 30th



Therapeutic Drumming

Discover your own rhythm through 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, and build camaraderie. Drums and musical equipment are provided. No prior musical experience necessary.

Fridays 4:00 – 5:00 pm
August 28th – October 2nd
October 9th – November 6th



Zumba

CSS Academy 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 change to improved balance, flexibility and cardiovascular health.

Saturdays, 8:30 – 9:30 a.m.
Tuesdays, 6:30 – 7:30 p.m.
Cost: \$8 walk-in rate per class; \$60 for a 10-class punch card



Yoga

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 beginner practitioner or those looking to enhance their wellness.

Saturdays, 10:00–11:00 a.m.
Cost: \$8 walk-in rate per class; \$60 for a 10-class punch card



Creative Arts Workshops

Create, Connect, and Express: Discover the joy of making art in a welcoming, inclusive environment where everyone is encouraged to explore their creativity. Each workshop explores a different art form and materials. These experiences can build confidence, develop new problem-solving skills, improve fine motor skills, and encourage socialization.

September 26th 1–4pm, Nature Themed Mixed Media Painting
October 3rd 1–4pm, Beading and Crafting
October 11th 1–4pm, Fall Seasonal Floral Arranging



Art 360

Innovative program collaborating with Brookfield Zoo that brings art, learning, creativity and social inclusion full circle. Individuals observe various animals in their habitats, while enhancing social skills and discovering new forms of self-expression through art techniques. Classes alternative between special experiences at the Brookfield Zoo and art making at the Academy art studio.

Tuesdays 3:30–5:30 p.m.
Winter 2027 Session: January 26th – March 9th



Wellness & Meditation

This class introduces a series of mindfulness and meditation practices aimed to provide relief, inner peace, and an overall sense of wellness. Participants will be introduced to a variety of stress-reduction practices including healing drum sound baths, art and music, forest bathing, and guided meditations and visualizations all in a welcoming environment for beginners. This is an opportunity for self-care, and a mind and body reset for the fall season.

Saturdays, 11:00 a.m. – 12:00 p.m.
September 26th – October 24th

CSS Academy:
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For more information or to register contact: Cassie Krcmar at
708-354-4547 x 191 or Academy@CSSservices.org

These classes may be FREE for you!
Grant funding is available. Call to see if you qualify.