



Creating Circles of Support for People with Intellectual/Developmental disabilities and Their Families



Zumba is Back!

CSS Academy is excited to bring back a fan favorite, Zumba! Instructor Hilda is certified in Zumba Gold® (basic level Zumba).
*Class can be modified for others that need it, such as alternative choreography or chair Zumba options.

Date:

Every Saturday starting May 7, 2022 through the end of summer

Time:

9:00 a.m.

Where:

CSS Academy
3732 Grand Blvd.
Brookfield, IL

Registering:

RSVP to Cassandra Colucy at 708-354-4547 ext. 191
or Ccolucy@CSSservices.org



Creating Circles of Support for People with Intellectual/Developmental disabilities and Their Families



Yoga

CSS Academy is happy to bring Yoga back this summer!

Date:

Every Saturday starting June 25, 2022 through the end of summer

Time:

10:00 a.m.

Where:

CSS Academy
3732 Grand Blvd.
Brookfield, IL

Registering:

RSVP to Cassandra Colucy at 708-354-4547 ext. 191
or Ccolucy@CSSservices.org

Cost: \$8/per class or \$60 for a 10-class punchcard



Adult Education

This course outlines five different topics:

1. Hygiene
2. Puberty/Menopause/Masturbation/Gender
3. Relationships
4. Pressure/ How to Be Safe
5. STI's/STD's/Pregnancy

Date:

TBD

Time:

3:15 p.m.- 4:15 p.m.

Where:

CSS Academy: 3732 Grand Blvd., Brookfield, IL

Cost:

Contingent upon funding.

*Participants can attend all five or choose individual classes

Registering:

Mario Martinez: mmartinez@cssservices.org or 708.354-4547 ext. 142

Andrea Hicks-Jones: ahjones@cssservices.org or 708.354.4547 ext. 174



Art Exploration

This eight-week class is geared toward teens and adults with intellectual/developmental disabilities (I/DD). Come explore the variety of art materials in this introductory art making class. From the basics of drawing and painting to building sculptures and working with clay, this group is perfect for the individuals who want to sample the different materials and possibilities that the art world has to offer. Art materials are used to help individuals express themselves and gain an overall sense of enjoyment and wellness within a social group environment.

Date:

October 20th - December 15th, 2022 (no class 11/24)

Time:

Thursdays, 3:00-4:30 p.m.

Where:

CSS Academy
3732 Grand Blvd.
Brookfield, IL

Cost: \$180 for 8 weeks

Registering:

RSVP to Cassandra Colucy at 708-354-4547 ext. 191
or Ccolucy@CSSservices.org

Note: Limited to 12 people per class. Individuals should feel comfortable getting messy with clay, glue, paint, and other art materials, and handling basic cutting tools such as scissors.