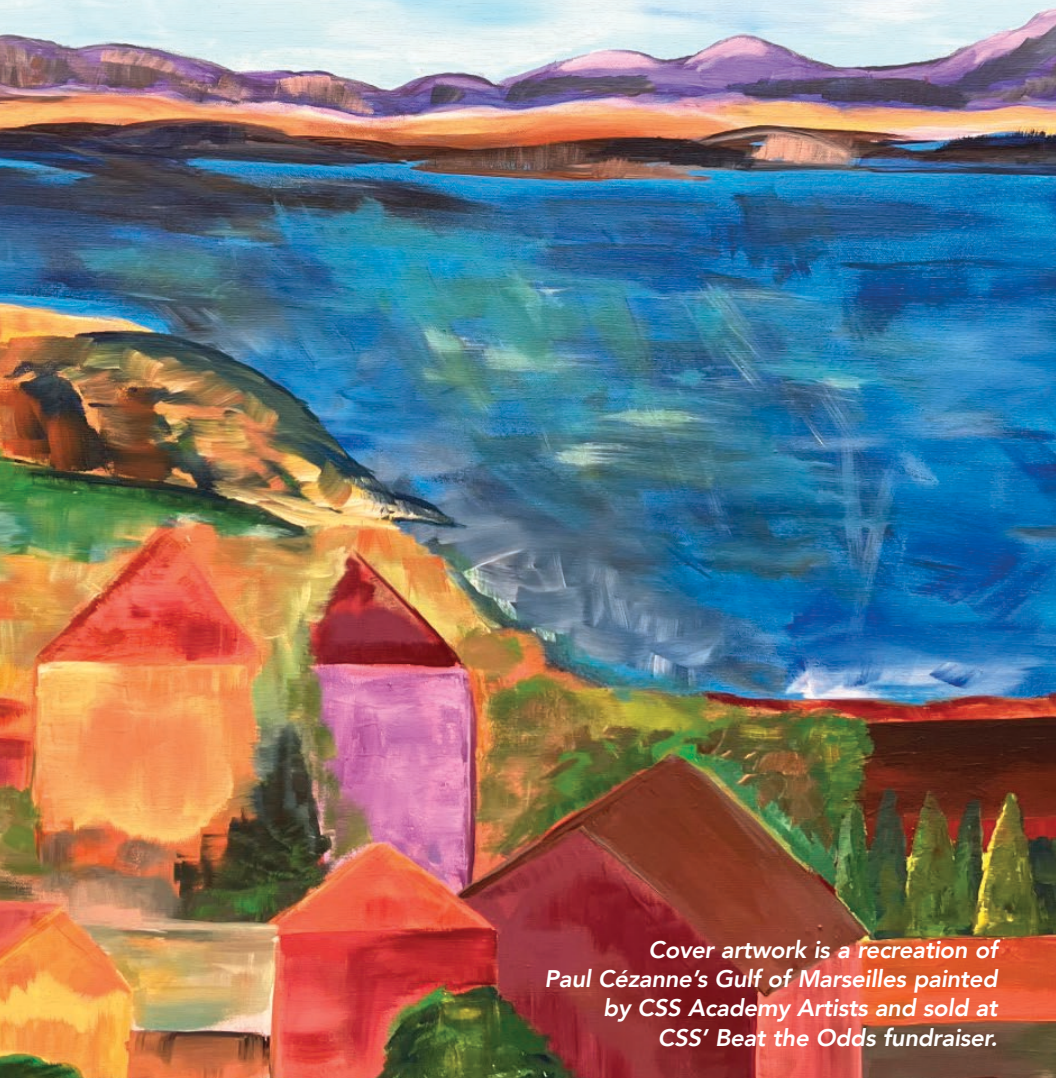


CSS Academy Programs



Current Class List

Fall 2022



Cover artwork is a recreation of Paul Cézanne's Gulf of Marseilles painted by CSS Academy Artists and sold at CSS' Beat the Odds fundraiser.

Register Today!

www.CSSservices.org/css-academy-programs

Classes are back!

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

We provide classes and workshops for people with (I/DD), their families, caregivers and residents in the community who want to learn something new. Classes are taught in the areas of the arts, life skills, technology, and health and wellness.

Classes provide a fun and progressive community learning environment. Trained CSS staff provides people with I/DD the right support to be successful.

**For more information, visit
www.CSSservices.org or call
708.354.4547.**

Our Mission

Community Support Services is a private, nonprofit agency that initiates, provides and promotes services for people with intellectual/developmental disabilities and their families, within their communities, in order to strengthen their independence, self-esteem, and ability to participate in and contribute to community life.

CSS Academy

3732 Grand Blvd.
Brookfield, IL 60513
Academy@CSSservices.org

CSS Administrative Office

9021 Ogden Ave.
Brookfield, IL 60513



CSS ACADEMY



Current Classes

ZUMBA GOLD®

Zumba Gold® classes are choreographed to be easy to follow and let you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low impact moves for beginners, and active older adults. This unique Zumba® formula has longer warm up and cools down sessions and allows participants a chance to improve balance, flexibility and cardiovascular health.

Note: Limited to 30 people per class. Geared toward beginners, seniors or others needing modification in their exercise routine. Individuals should be able to participate in physical activity without medical concerns. Come dressed in comfortable exercise attire, including tennis shoes.

Who: Teens & Adults

When: Mondays 3:00-4:00 p.m.
Thursdays 5:00-6:00 p.m.
Saturdays 8:30-9:30 a.m.

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



YOGA BASICS

Kick off the week right by resetting 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 from the body and mind. The class focuses on the basics, so it is perfect for the inexperienced or beginner yoga practitioner.

Note: Limited to 30 people per class. Individuals should be able to participate in physical activity without medical concerns. Come dressed in comfortable exercise attire and bring a yoga mat, towel, and water bottle.

Who: Teens & Adults

When: Mondays 4:00-5:00 p.m.
Wednesdays 4:00-5:00 p.m.
Saturdays 10:00-11:00 a.m.

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



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 individual who wants 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.

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.

Who: Teens & Adults

When: Thursdays 3:00-4:30 p.m.
10/20 – 12/15 (no class 11/24)

Fee: \$180 for 8 weeks



Coming Soon!

Email Academy@CSSservices.org today to show your interest.

FINE ART WITH FRIENDS

Channel your inner artist and let your creative spirit fly in a welcoming fun-loving environment. Participants have the option to follow along as our artist-instructor guides you through a specific painting or you may create to the beat of your own drum. Bring your friends and you will each take home a masterpiece. Ask about planning your own private party. CSS can host paint parties upon request. Now, let's get creative!

Who: Teens & Adults

When: TBD and upon request

COMPUTER BASICS

The Computer Basics course offers the beginner an opportunity to explore the uses of the computer and learn about some of the most commonly used applications. Participants can gain skills using the keyboard and mouse, sending, and receiving email, using Microsoft Word, and internet safety.

Note: Limited to 10 people per class.

Who: Teens & Adults

When: TBD



MONEY MANAGEMENT SKILLS

Participants will gain an increased understanding of monetary values, including the amounts of various bills and coins, how to count money, and make correct change. This class will focus on the very basics of having and spending money.

Note: Limited to 12 people per class.

Who: Teens & Adults

When: TBD

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 sautéing vegetables to baking pasta, there will be fun recipes and new skills to take home.

Note: Limited to 10 people per class. Individuals should be comfortable learning to operate basic kitchen supplies such as oven, stovetop, and cutting tools.

Who: Teens & Adults

When: TBD

ADULT EDUCATION

This course outlines five different topics related to personal health and relationships:

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

Note: Participants can attend all five or choose individual classes.

Who: Teens & Adults

When: TBD

Fee: Contingent upon funding

Registration:

Call (708) 354.4547 x142 or x174.

Ask for an Intake staff member.

VOCATIONAL WORKSHOPS

Gather knowledge and skills in preparation to join the workforce. CSS will be offering workshops geared toward explaining our Supported Employment Services program and discussing basic skills related to the job search process. Curriculum will include resume writing and interview skills.

When: TBD

