

# WINTER CLASSES

**Jan. 6–Feb. 28, 2026**

To register, scan the QR code or visit  
**WholeChildren.ServiceNet.org**



**Recreational and social  
classes for children, teens  
and adults of ALL abilities!**



WHOLE CHILDREN™  
+  
MILESTONES





## WHO ARE WE?

At **Whole Children™** and **Milestones**, children, teens and adults have freedom to pursue their interests, build skills, and develop deep friendships in all of our recreational and social classes.

We offer weekly afternoon and Saturday classes taught by skilled instructors, and most classes have a student-to-teacher ratio of 3:1 or less.

Whole Children™'s mission is to provide skill-building and enrichment for children and teens up to the age of 18, specifically designed to be inclusive for those with disabilities and/or autism. We've successfully provided this service for over two decades, creating a place where people are welcomed and respected.

Milestones Recreation provides a similar experience for adults ages 18+. This program was created as our individuals grew out of Whole Children™. Alongside enriching and fun classes, Milestones Recreation helps individuals learn more about building healthy relationships.

## SPECIAL EVENTS:

*FREE for members / \$10 for non-members.  
Please register on Jackrabbit  
or by calling 413-585-8010.*

### HOLIDAY SOCIAL

**Dec. 19 for all ages**

### MOVIE NIGHT

**Jan. 15 for all ages. Movie TBD**

### PAL-ENTINE'S KARAOKE

**Feb. 12 for ages 16+**

## ENROLLMENT:

- Each class is \$95 for an eight-week session. Cooking classes are an additional \$25 per session for supplies.
- Participants who take four or more classes receive 20% off.
- Class age ranges are suggestions. If you're outside the range, please call to talk with a program manager.

*Financial assistance available. Please inquire.*

**All classes are held at 11 Village Hill Road, Northampton, MA 01060**

*Age ranges are suggestions! Please call if you fall outside ranges and wish to join.*

## TUESDAY

Friendship Band	Ages 16+	4–5 p.m.
Minecraft Kids/Teens	Ages 7–12	4:15–5:15 p.m.
Yoga Dance	Ages 16+	4:15–5:15 p.m.
Joyful Chorus	All ages	5:30–6:30 p.m.

## WEDNESDAY

Boundaries and Relationships	Ages 18+	4–5 p.m.
Comic Writing	Ages 13+	4–5 p.m.
Tumbling Group <b>NEW!</b>	Ages 6-10	4–5 p.m.

## THURSDAY

Art Science <b>NEW DAY</b>	All ages	4–5 p.m.
Growing Up	Ages 10-13	4–5 p.m.
Theater	Ages 13+	4–5 p.m.

## FRIDAY

Games and Hangs	Ages 13+	4–5 p.m.
Kung-fu Kids	Ages 6–11	4–5 p.m.
Cooking <b>NEW DAY</b>	Ages 16+	4–5:30 p.m.
Kung-fu Adults	Ages 12+	5–6 p.m.

## SATURDAY

Movement and Play	Ages 3–6	10–10:45 a.m.
Yoga <b>NEW!</b>	Ages 12+	10–11 a.m.
Anime Brunch Club	Ages 13+	10–11:30 a.m.
Cooking	Ages 16+	11 a.m.–12:30 p.m.
Intro to Fantasy Role-playing Games	Ages 13+	11:45–1 p.m.
LEGOs and Trains	Ages 13+	12:45–1:45 p.m.
Art Class	Ages 13+	1–2 p.m.
Podcast <b>NEW!</b>	Ages 16+	2–3 p.m.
Video Game Club	All ages	2–3 p.m.

## Joyful Chorus



# CLASS DESCRIPTIONS:

## ANIME BRUNCH CLUB

Relax and watch anime with friends! Many people think of anime as a genre, but it's actually another way that stories can be told with many different genres to explore. This class offers a forum for everyone to share favorite shows with each other, which treats us to a large variety of storytelling and art.

Anime can contain both constructive and somewhat questionable messages about society and values, so teachers invite students to participate in a thoughtful discussion while also cracking jokes and gushing about favorite characters. Feel free to bring a nut-free meal or snack!

## ART CLASS

We do a little bit of everything in this class— drawing, painting, fiber arts, collage and more! This class is for everyone with an interest in exploring the visual arts, whether you're already an accomplished artist or someone looking to discover your creative side.

## ART SCIENCE *NEW DAY!*

What did the artist and the scientist have in common? They both loved to experiment!

Whether the discovery is on the canvas or found in the lab, the fields of science and art are powered by exploration. Are you curious about the whys and how's of the world we live in? Are you open to creating and expressing yourself in a relaxed environment? If yes, join us to learn a bit about a scientific topic and then do an art project inspired by it. Topics we may investigate include plants, animals, rocks and minerals, chemical reactions, space, color, weather, and more.



## BOUNDARIES AND RELATIONSHIPS

This session we continue to focus on exploring the world of friendship while also discussing the other relationships we have in our lives, from classmates to dating and everyone else in between. In



class we cover how to meet new people, make friends and how to stay connected. Our class provides students with the building blocks of creating relationships of all types and understanding that boundaries are needed to have safe and healthy relationships.

## COMIC WRITING

Attention all comics and manga fans: This session we work together to create a comic and tell a story with words and pictures.

Anyone interested in writing or drawing comics (or doing a bit of both) is welcome!

## COOKING

Come cook something with your friends! Students work on practical cooking skills while finding new foods to try. They each get a chance to suggest a nut-free dish that we do our best to recreate. And of course, at the end of class, we get to enjoy the meal together!



## FRIENDSHIP BAND

**THIS CLASS HAS LIMITED OPENINGS SO PLEASE CALL/EMAIL TO INQUIRE ABOUT SIGNING UP.** Join in the fun of making music with the Friendship Band, Whole Children's™ resident rock group. We play our old hits and create new songs together. We explore writing lyrics, composing melodies, and matching rhythms as a group. We continue to generate ideas for the Friendship Band's

LIVE performances – including costumes, choreography, and adding videos to the gigs. *Performers must consent to being photographed and videoed and are expected to participate in a number of community performances.*

## GAMES + HANGS **NEW DAY**

Join us for a fun class all about hanging out and playing games with friends. Whether you have a game you want to share, you are interested in learning a new one or a bit of both, this is a great class to connect with people, practice social skills and spend some extra time with friends.



## GROWING UP

It's back- your favorite class to learn about yourself, your body and all the wonderful mysterious changes that occur. This class is designed to help kids learn about all the issues they will encounter as they start the journey through their teens to adulthood. Starting off with understanding that what they think and feel is important, we move through learning about boundaries, personal space and appropriate touch with people in their lives. Topics covered included puberty, personal hygiene, public and private, stranger safety, and identifying feelings.

## INTRO TO FANTASY ROLE-PLAYING GAMES

Interested in learning how to play fantasy role-playing games like Dungeons & Dragons or Pathfinder? In this class, we use the

Milestones Adventure System to teach you how to play these games. The Milestones Adventure System is a brand-new and easy-to-learn fantasy role-playing system created by Whole Children and Milestones staff with our community in mind. This system puts the focus on the group storytelling, teamwork, and role-playing aspects of fantasy games. It is designed with all skill levels in mind.

*This class is for all newcomers and veterans of fantasy role-playing games.*

## JOYFUL CHORUS

Encapsulating our spirit, the Joyful Chorus is a truly inclusive and, of course, a joyful opportunity for students to come together in song. We are a performance group, singing at events all over the valley.

*This class is supported by a grant from the Department of Developmental Services (DDS). Singers must consent to photos and video, and are expected to participate in community performances.*

## KUNG-FU (KIDS AND ADULTS CLASSES)

In Indonesian Kung-fu, or “Silat,” students learn both physical and verbal self-defense and martial arts skills, with a focus on cooperation, respect, self-awareness and self-control. Students earn stripes and belts at their own pace, while learning the values of hard work and determination. Each session culminates in a presentation and board-breaking demonstration! Students may purchase attire from the instructor.



## LEGOS AND TRAINS

We set out all kinds of building materials each class for students to explore: trains, K'NEX, blocks, and of course, LEGOs. They can build by themselves or cooperatively with others, and we make sure to take time at the end to share our creations. Talking and sharing among the group is strongly encouraged and usually one of the best parts of class!

## MINECRAFT

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! We play together on our two Whole Children servers. Our creative server for students that want to build freely and our survival server for students who want to embark on an adventure. Teachers are ready to help those just learning to play and to model appropriate social skills. Minecraft here promotes cooperation and enhances students' ability to negotiate space and resources.



*“Minecraft Java Edition” for PC and Mac is required to play with other students on our servers. A personal account can be purchased at [Minecraft.net](https://minecraft.net). Other versions, such as Mobile/Tablet, Switch, Xbox, Playstation, or other Bedrock devices, are not compatible with our servers. We have laptops available for students to use but will require parents or guardians to be available to login to student's accounts each week. We encourage students to bring their own laptops if possible.*

## MOVEMENT AND PLAY

This fun, supportive class helps young children build communication, motor skills, and confidence through creative play. We start with hands-on art and imaginative activities, then head to our movement room — complete with a ball pit, climbing wall, and other exciting equipment that encourages coordination, exploration, and social connection.



We meet each child at their developmental level and celebrate their strengths every step of the way. *Age range is flexible—please inquire with any specific questions.*

## PODCAST **NEW!**

Interested in recording a podcast? Have an idea for a short segment? Join us for the first ever Milestones podcast! We will collaborate on ideas, record and have a good time sharing with our community. Come join us for our first official podcast!

## THEATER

Calling all actors and performers! Theater class is back for all who want to be on the stage and show off their talent. In this class



we begin our preparation for the show in Spring! If you are signing up for this class, you are committing to both the winter and spring sessions of Theater class.

## TUMBLING GROUP **NEW!**

Do you love to jump, tumble, and roll? Then join us for our new class where you can showcase your gymnastic skills while also learning a few new ones from us! This is a class where you can move, stretch and play through games and other movement-based activities. *Age range is flexible, please call to inquire with any specific questions for this class.*

## VIDEO GAMES CLUB

Play with your friends in-person in Smash Brothers, Pokémon, or maybe your favorite indie game! Play alone and talk with others, or connect in games with multiplayer functionality and play together. We usually play games on the Nintendo Switch but feel free to bring along any games you want to share or talk about.



If you are more of a Minecraft enthusiast, join us in the pixelated world, where gamers explore and build to their hearts' content! On our designated Minecraft server, students interact with one another while being in the game world, and chat with their friends online. Teachers are ready to help those just learning to play, and to model appropriate social skills.

*To get the most out of this class, it is recommended that students have access to a Nintendo Switch console with an online subscription for multiplayer, and/or another device that can run games.*



## YOGA *NEW!*

Come re-charge after a long week in our Yoga class. Whether you already practice, like to stretch or just want to move your body, you will find a welcoming place for you to explore all these things. This class will help you build muscle and flexibility while also unwinding from your week.



## YOGA DANCE

Move to the sounds of fabulous music at your own pace to improve flexibility, strength, and your balance. Experience the reduction in stress levels, improved cardiovascular fitness, and well-being of mind, body, and spirit in a warm and welcoming group setting.

### **Interested in joining, but want to get familiar with the space first?**

Take a virtual tour of the Inclusive Community Center on our website at [WholeChildren.ServiceNet.org/tour](https://WholeChildren.ServiceNet.org/tour) or call to set up an in-person tour with one of our staff members.



**Register now!**

Scan the QR code or go to

**[WholeChildren.ServiceNet.org](https://WholeChildren.ServiceNet.org)** or...

call us at **413-585-8010**



**WINTER CLASSES START JAN. 6**



**WHOLE CHILDREN + MILESTONES**  
**INCLUSIVE FUN FOR ALL ABILITIES!**