

Class Descriptions

TINY TOTS

Music & Movement for Tots

A fun-filled class exploring movement through music, which stimulates imagination and creativity. Participants will improve fine and gross motor skills, develop coordination and social skills but most importantly will have fun!

Sensory Art for Tots

Join us to squish, squeeze, crumble, and fluff your way through our Sensory Art for Tots! Our future artists will have fun playing and creating art using different sensory mediums. Be prepared to be messy!

Tiny Tot's Time

Come sing, dance, move, and have fun at the Family Center! This class fosters socialization and age-appropriate social skills, such as turn taking and sharing! Parents are welcome to stay in the class if they wish!

CHILDREN'S

Art Fusion

Exercise your imagination! Students will explore the three-dimensional and crafty arts. Work with a wide variety of mediums including mosaics, paper crafting, recycled art and more.

Baking

Learn to make cakes, muffins, cookies, breads, and scones while making friends! Participants will learn the skills to measure, portion, cook, and decorate an array of items that they will be able to bring home and show off to the family!

Builders Club

The Builder's Club is for children who have an interest in construction utilizing Lego™ bricks. The club enhances imagination, socialization, hand/eye coordination, fine motor skills, and problem solving skills. The Club is the place to get inspired, educated, and entertained with Lego-themed inspirational activities.

Digital Youth

Calling all young Techies! Come to the FCA and learn digital skills while exploring computer science. Learn basic computer programming, enjoy a pizza dinner, and play some cooperative games with friends.

Food as Art

Create works of art using delicious ingredients! This class promotes creativity, socialization, peer relationships, teamwork and more. The best part, you get to eat your masterpiece! This beginner class is focused on more simple, yet unique projects that will challenge your mind.

Karate

Learn self-defense, meditation, balance and combat within a safe and supervised environment. Taught by a martial arts instructor, the class also strengthens the fine and gross motor skills associated with kicking, punching, jumping and balancing while enhancing socialization techniques and teamwork.

Lunch & Games

Bring a bagged lunch and come and unwind in between classes. Play some games or simply chat with friends in a fun atmosphere.

Mad Scientists

Science isn't just a class you have to take in school, it's a fun way to learn about the world around you! Our future Mad Scientists will learn about scientific principals through fun, hands on projects that will fly, bounce, and explode! They will also strengthen their teamwork ability and social skills all while having a great time!

Minecraft

Minecraft is not really a game. It's more like a toy. And it's a virtual world where you can make just about anything. Work together to form castles, villages, cities, ships, spaceships, and even fantasy worlds. Socialization, sharing and creativity are all encouraged during this interactive class.

Multi-Sports

This class focuses on the fundamentals of basketball and football. Engage in fun games and drills while building skills and strengthening physical fitness. The intermediate class requires basic knowledge of passing, dribbling, and shooting a basketball as well as passing and catching a football.

Music and Movement

A fun-filled class exploring movement through music, which stimulates imagination and creativity. Improve fine and gross motor skills, develop coordination and social skills within a community of learners.

Sensory Music

Join us for a multi-sensory experience where your eyes, nose, and hands are as busy as your ears in this unique music class. Participants will create and experience music utilizing all of their senses while working on social and teamwork skills.

Yoga

Yoga is a fun and easy form of exercise that allows you to feel happy, calm and healthy! Our Children's Yoga class utilizes songs and visuals to help the participants learn the poses and develop the ability to be relaxed and calm.

TWEENS & TEENS

Act One Theatre

Are you the next movie or TV star? Use various acting techniques such as improv, character building and scene development to practice social skills — e.g., eye contact, gestures and reciprocal conversation — in a safe, fun, and reinforcing environment.

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Cartooning

Explore your love of drawing in our cartooning class. Create your own cartoon character from animated shows, films, books or video games. Their storyboards will come to life with narration and storytelling in small group settings.

Culinary Connections

Gain basic kitchen and safety skills in this beginner's level class. You'll make 2 delicious recipes while socializing with friends. Learn cutting, measuring and mixing skills while strengthening your ability to follow a recipe, taking turns, and waiting for your delicious creations to cook.

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Minecraft

This class is a fun and innovative way to enter the popular game of Minecraft. Complete tasks only possible in a 3D virtual world. Participants learn real-world concepts – building, farming, survival, logic, geography, geometry, creativity and teamwork—while working together on a local server to solve problems and socialize in a safe, online space.

Mix-it-up Art

A new class for those interested in non-traditional forms of art, such as working on canvas that combines paint, ink, and collage. If you think it, it's art!

Multi-Sports

This class focuses on the fundamentals of many different sports, including football, basketball, soccer and more. Engage in fun games and drills while building skills and strengthening physical fitness.

Music Makers

Enjoy singing and dancing to a variety of songs while playing various instruments. Fun activities that increase mobility are incorporated into each class.

Sculpting

The FCA is taking our art to the 3rd dimension! We will be utilizing clay and other mediums to make beautiful sculptures. Participants will follow demonstrations by our Art Therapist to make specific pieces as well as use their creativity to make sculptures of their own design!

Social Scene Night Out

Come hang out with friends, enjoy a pizza dinner and fun recreational activities at the FCA!

TAC: Teen Adventure Connection

Travel through Long Island and visit museums, restaurants, parks, mini-golf and more! Learn about money management, safety and travel skills and make new friends along the way. This program runs every other weekend. Please call a member of the FCA management team for more information. 11:00am-3:00pm

T2: Technology Thursday

Calling all Techies! Come to the FCA, and learn digital skills while exploring computer science. Learn some basic computer programming, enjoy a pizza dinner, and play some cooperative games with friends!

Teen Movement

In this exciting class, participants will work on dancing and introductory acting skills! They will move and groove to some of today's hottest hits and also practice acting and improv! This highly active class will keep everyone moving and a smile on their face! This is an introductory class and no skills are required to participate!

Yoga

Yoga is a fun and easy form of exercise that allows you to feel happy, calm, and healthy! Practice relaxation techniques, postures, breath, balance, flexibility and deep stretches.

Zumba Rhythms

Come get your exercise while moving to some of the hottest tunes out there! Shake, shimmy, and slide your way to a fit lifestyle!

ADULTS**Culinary Connections**

Strengthen kitchen and safety skills in this intermediate level class. You'll make 2 delicious recipes while socializing with friends. Improve cutting, measuring, and mixing skills, follow a complex recipe, learn turn taking skills and waiting for your delicious creation to cook.

Dance & Motion

Learn to move and groove to a variety of musical genres. Become more in tune with your body and work up a sweat! This class is a great combination of recreation and exercise and is sure to put a smile on your face!

Junk Art

Don't throw away that egg carton! Common, everyday items will be used in this unique and innovative art class meant to broaden the ability to create imaginative and inspired art form recycled materials.

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Multi-Sports

This class focuses on the fundamentals of many different sports, including football, basketball, soccer and more. Engage in fun games and drills with while building skills and strengthening physical fitness.

Music Makers

In this course, participants enjoy singing and dancing to a variety of songs while playing various instruments. Join us for a great time jamming with your friends!

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PARENT FITNESS CLASSES**Parent Yoga****Parent Zumba****INDIVIDUALIZED SERVICES:****1:1 Personal Training**

Focused on developing a foundation for strength, stability and motor planning with individualized programming, each participant will have specific short- and long-term healthy lifestyle goals. Full on Fitness combines innovative fitness modalities, (medicine balls, sandbags, fitness ropes, and bodyweight movements) with positive behavior support using ABA methodologies.

1:1 Music Lessons/Therapy

Provides 1:1 musical instruction to children, teens and adults interested in learning how to play a musical instrument, such as the piano, guitar, and drums.

Birthday Parties

Looking for a kid's birthday party place where your child will have a blast? Come to the Family Center! It's fun for them—and for you—because you know every child (including those with autism) will feel welcome, safe and secure. Choose a 1-1/2 hour classic, premium party or our 2-hour deluxe modern in our ultra-modern kitchen. Your package includes: dedicated party host and staff, choice of theme, pizza or bagel meal (gluten-free options available), and paper goods. Start planning that spectacular party today.

Salon Services:

The Family Center for Autism has a well-appointed salon and spa for children and adults that offers haircuts. This service provides a safe, autism-friendly environment for individuals to get their hair cut by specially-trained stylists. Family members, siblings and community members can also take advantage of this low cost service!

Vacation Programs/Summer Camps

The Family Center for Autism provides organized and structured activities during school breaks and vacations as well as a summer camp. Here, your child can enjoy field trips to various locations on Long Island, practice Yoga poses, build social skills, or channel their inner chef with a variety of activities. Designed for individuals with autism but open to the community, our summer camp, school break and vacation programs are available for all ages.