



YEAR END HOLIDAY ENRICHMENT PROGRAMMES

2010



Both students with or without autism welcome! All programmes are autism-friendly!

IMPORTANT NOTES

1. Registration Closing Date – 10 Nov 2010 (Wed)
2. Registration is based strictly on a first-come-first-served basis, subject to suitable placement after review
3. Subsidies are available for needy families (household income of less than \$2,500 per month), for ARC clients or Pathlight students
4. Pathlight School students who qualify for the MILK Fund can make use of the \$150 grant set aside for holiday camps. This fund must be used before year end.
5. Pathlight students can also make use of their Edusave Fund for some of the programmes.
6. Pathlight School students enjoy special rate for some of the programmes
7. Cheque to be made payable to "ARC (S)". If registration is rejected, ARC will arrange to refund payment. An administrative charge of \$25 shall be imposed for every cheque dishonoured and returned by the banks
8. No refund will be entertained if cancellation is made 3 days or less before commencement of programme.
9. ARC reserves the right to reject or make changes to the programmes due to unforeseen circumstances

ACT NOW!!

Please complete the enclosed Registration Form and return it to MR DENNIS TAN, AUTISM RESOURCE CENTRE (SINGAPORE), no later than 10 Nov 2010 (Wed).

For enquiries, please email MR DENNIS TAN at dennis.tan@autism.org.sg or contact him at 9660 8158.

SPORTS & FUN CAMP

GOALS

Have fun learning new sports/ leisure skills. Also, to encourage physical exercise and improve motor skills. Activities include:

- Waterplay in a public swimming pool
- Field trips to MacRitchie Nature Reserve, Sister's Island, Marina Barrage
- Hiking
- Cycling
- Kite-flying
- Skate-scooter
- Ball games
- Water games
- Obstacle course
- Group social/competitive games



1 SENIOR

DATE & TIME

22 - 24 Nov (Mon - Wed)
8.30am - 5.00pm
8.30am - 8.30pm (24 Nov)

INSTRUCTOR

Brian Ravi, Ex-S-League Captain,
Pathlight Senior PE Instructor & supported by
Dennis and team

TARGET AUDIENCE

Pri 4 - Sec 5
(pending review for
readiness)

FEES

\$321 (\$276 for PL students)
(includes lunch/snacks/
transportation/ field trips fees
& souvenir)
PS: add \$20 for each
family member coming for
the Campfire cum Slideshow
on 24 Nov night

4 JUNIOR

DATE & TIME

29 Nov - 1 Dec (Mon - Wed)
8.30am - 5.00pm
8.30am - 8.30pm (1 Dec)

INSTRUCTOR

Brian Ravi, Ex-S-League Captain,
Pathlight Senior PE Instructor & supported by
Dennis and team

TARGET AUDIENCE

Pri 1 - Pri 3
(pending review for
readiness)

FEES

\$321 (\$276 for PL students)
(includes lunch/snacks/
transportation/ field trips
fees & souvenir)
PS - add \$20 for each
family member coming for
the Campfire cum Slideshow
on 1 Dec night

CIRCUIT TRAINING

GOALS

A strong and healthy body = a strong and healthy mind! So what are you waiting for? Dive into a 5-day of sweat, laughter and fun conquering the various workout stations.

Circuit training consists of a series of exercises/stations completed in succession with minimal rest in between. Each day the routine takes the students through a different sporting activity. This adds variety and fun.

Set to a great mix of pop music, this exhilarating class helps develop strength, endurance, flexibility, balance and coordination.

9 SENIOR

DATE & TIME

6 - 10 Dec (Mon - Fri)
2.00pm - 3.30pm

INSTRUCTOR

Brigid Varghese, an internationally certified personal trainer and group exercise leader for more than 27 years. Brigid loves working with children of varied abilities. Because of her training and background all her classes incorporate elements to enhance brain integration and facilitate the mind-body connection.

TARGET AUDIENCE

Pri 5 - Sec 5
(pending review for
readiness)

10 JUNIOR

DATE & TIME

6 - 10 Dec (Mon - Fri)
3.45pm - 5.15pm

INSTRUCTOR

Brigid Varghese, an internationally certified personal trainer and group exercise leader for more than 27 years. Brigid loves working with children of varied abilities. Because of her training and background all her classes incorporate elements to enhance brain integration and facilitate the mind-body connection.

TARGET AUDIENCE

Pri 1 - Pri 4
(pending review for
readiness)

FEES

\$107 (\$77 for PL students)

2 GOLF APPRECIATION CLINIC

GOALS

A basic golf course aimed at introducing the game and acquiring basic golf skills taught by professionals. Covers:

- Introduction and handling of golf equipment
- Proper posture, swinging, putting
- Safety rules
- Courtesy at the golf course

Includes a trip to the Tanglin Golf Course and be thrilled with the experience of playing first-hand on a real course. Also, a good refresher for students who attended past clinics.



DATE & TIME

25, 26 Nov & 2 Dec
(9.00am - 10.30am)
3 Dec (9am - 12pm)

INSTRUCTOR

Trainers from The First Tee. Experience golfers/trainers who have worked with ARC Enrichment in past years' clinics

TARGET AUDIENCE

7-18 yrs old
(pending review for
readiness)

FEES

\$149.80 (\$104.80 for PL students)
(includes transportation/visit to a golf club)

3 LASER GUN STRATEGIC & TACTICAL ACTION GAME SPORTS



GOALS

Experience a game straight out of a video game! A great opportunity for students to handle a state-of-the-art laser rifle, pistol and detonator balloon bomb. Structured props will be set-up. Also, experience the planning before a battle. Program Objectives:

- Gain confidence in handling state- of-the-art weapons
- Learn to focus and accomplish a goal
- Be engaged in all senses - sensory, tactile, cognitive & auditory
- Gain some social skills, like interaction, taking instructions, working in a team

Exciting new combat scenarios will be introduced.

DATE & TIME

25, 26 Nov, 2 & 3 Dec
(Thu & Fri)
3.30pm - 5.30pm

INSTRUCTOR

Christopher Aw & team
from Strategic & Tactical
Action Game Sports

TARGET AUDIENCE

Pri 5 - Sec 5
(pending review for
readiness)

FEES

\$149.80
(\$104.80 for PL students)

5 AIRBRUSH T-SHIRT PRINTING

GOALS

Love the t-shirt designs of your friends? Now take the opportunity to design your very own t-shirt! Also, a great opportunity for self-expression, creativity and confidence building

Program Objectives

- To learn the process of airbrushing / designing t-shirt
- To introduce the technique of airbrush painting
- To promote creativity and encourage expression of color

The highlight for the student is to bring home their very own personalized masterpiece!

DATE & TIME

2 - 3 Dec
(Thu & Fri)
2.00pm-3.30pm

INSTRUCTOR

Jason Quek
Owner/Trainer of
Amazing Tees

TARGET AUDIENCE

7-18 yrs old
(pending review for
readiness)

FEES

\$85.60 (includes
1 t-shirt/paints
/materials)

6

BASIC SOCCER SKILLS

GOALS

Learn the basic soccer skills in order to play and impress your friends! Have the opportunity to play in an artificial futsal pitch!

- Learn basic soccer skills, e.g. how to control, kick, dribble and shoot
- Experience how the game is played in a team

A good refresher programme for those who had attended past classes to sharpen their basic soccer skills and play with friends



DATE & TIME

6 - 10 Dec (Mon - Fri)
9.00am - 10.30am

INSTRUCTOR

Noor Hafiz,
Pathlight PE Teacher,
Ex-S-League Player and
soccer coach of
mainstream schools

TARGET AUDIENCE

Pri 1 - Sec 5
(pending review for
readiness)

FEES

\$107 (\$77 for PL students)

LEARN TO RIDE

DATE & TIME

6 - 10 Dec (Mon - Fri)
9.00am - 10.30am

DATE & TIME

6 - 10 Dec (Mon - Fri)
10.45am - 12.15pm

INSTRUCTOR

Ramlam Abdul Latiff,
owner of Precision Sports
Training and ex-national
head coach for the 13th
SEA Games. Has more
than 20 years working with
primary, secondary and
junior college students

TARGET AUDIENCE

Pri 1 - Sec 5
(pending review for
readiness)

GOALS

Always envy your friends who go cycling?
Now is the opportunity for you to learn to ride
and join them in future cycling trips!

Program Objectives:

- To learn the fundamentals of proper bike riding
- To inculcate safety in riding
- To overcoming fears and anxieties
- To build confidence and joy in riding

FEES

\$160.50
(includes rental of
bike and safety gears)



12

CLAY & CRAFT

INSTRUCTOR

Mr Han K T, Principal, Paris-trained Artist and Art
Therapist, Han's Art & Living. The focal point for all
his programs and methods is the PROCESS in
developing character, boosting confidence and
fuelling the love for learning.

DATE & TIME

13 - 17 Dec (Mon - Fri)
9.00am - 10.30am

TARGET AUDIENCE

7 - 11 years old
(pending review for
readiness)

FEES

\$160.50
(includes all materials)

GOALS

Goodbye to buying X'mas Decors this year.
Instead, create your very own!

Let your creative juices flow.... Here's the
chance to mold your very own X'mas décor
accessories, snowman stationery holder, 2-D
X'mas tree and many more!

Another great opportunity to exercise creativity
with clay molding. It is also great for improving fine
motor skills.



13

COMIC DRAWING

INSTRUCTOR

Mr Han K T, Principal, Paris-trained Artist and Art
Therapist, Han's Art & Living. The focal point for all
his programs and methods is the PROCESS in
developing character, boosting confidence and
fuelling the love for learning.

GOALS

Basic training for budding comic-artists!

Learn...

- to draw in quick and simple ways- to create
unique characters
- to communicate via drawings
- to construct and style a story

This year theme is "Christmas in Safari". You know animals in the
Safari would never have snowy X'mas. However, to tickle students'
creativity and stimulate them to think out of the box, 5 sessions of
fun and creative drawing await all budding cartoonists.

PS- Students must be able to draw

DATE & TIME

13 - 17 Dec (Mon - Fri)
10.45am-12.15pm

TARGET AUDIENCE

Pri 5 - Sec 4
(pending review for
readiness)

FEES

\$160.50
(includes all materials)

FLYBAR / KANGOO JUMPS

FITNESS AT YOU FEET

GOALS

Experience Flybar/Kangoo Jumps, a new concept
of aerobic exercise without the fear of injury and
jarring your joints. Now we bring you not one but
two low-impact jump gears from Switzerland to
further enhance the fun in exercising!

Program Objectives:

- To provide a safe, no-injury and low-impact sport
- To develop coordination and balance
- To harness rebound exercise benefits
- To correct body posture and enhance self-esteem
- To put FUN into sports fitness



DATE & TIME

13 - 16 Dec (Mon - Thu)
9.00am - 10.30am

INSTRUCTOR

Koh Zhen Hao
Manager of SpringGear.
Has run numerous Kangoo
Jumps workshops for ARC
Enrichment Unit since 2008

TARGET AUDIENCE

Pri 2 - Sec 5
(pending review for
readiness)

FEES

\$117.70
(\$82.70 for PL students)
(includes use of
Kangoo Jumps shoes
& Flybar Pogo Stick)

11

INLINE SKATING FOR BEGINNERS

DATE & TIME

13 - 17 Dec (Mon - Fri)
2.00pm - 3.30pm

DATE & TIME

13 - 17 Dec (Mon - Fri)
3.45pm - 5.15pm

INSTRUCTOR

Professional coaches from
Skateline who also run
ARC Enrichment weekly
intermediate skating class

TARGET AUDIENCE

6-18 years old
(pending review for readiness)

FEES

\$149.80
(\$104.80 for PL students)
(includes rental of skates
and safety gears)

GOALS

One of the most suitable sports for children
with ASD. Besides improving motor skills,
balance & coordination, students will be
taught the foundation to in-line skating. They
will learn basic skating skills like:

- how-to-fall, stride, balancing, braking, turning
and safety.

Also, a good refresher programme for those
who attended past classes.



ARC ENRICHMENT SERIES

Registration Form (for Non-Pathlighters)

2010 YEAR END HOLIDAY ENRICHMENT PROGRAMS

Closing Date: 10 Nov 2010 (Wed)

**Send to: ARC (S)
5 Ang Mo Kio Avenue 10
Singapore 569739
Attn: Dennis Tan**

Fax to: 6323 1974

Particulars of Child

Name of Child		Age	Level	
Name of School				
Home Address				
Medical History (if any)		Parent's Name:		
Special Diet (if any)		Contact:		
		(HP) _____ (R) _____		
		Email:		
Program	Program Date	Time	Fee (inclusive of GST)	Tick pls
1. Sports & Fun Camp (Senior) (for Pri 4 – Sec 5)	22 – 24 Nov	8.30am–5.00pm	\$321	
2. Golf Appreciation Clinic (for age 7 – 18 yrs old)	25,26 Nov, 2 & 3 Dec	9.00am–10.30am	\$149.80	
3. Laser Gun – Strategic & Tactical Action Game Sports (for Pri 5 – Sec 5)	25,26 Nov, 2 & 3 Dec	3.30pm–5.30pm	\$149.80	
4. Sports & Fun Camp (Junior) (for Pri 1 – Pri 3)	29 Nov – 1 Dec	8.30am–5.00pm	\$321	
5. Airbrush T-Shirt Printing (for age 7 – 18 yrs old)	2 – 3 Dec	2.00pm–3.30pm	\$85.60	
6. Basic Soccer Skills (for Pri 1 – Sec 5)	6 – 10 Dec	9.00am–10.30am	\$107	
7. Learn to Ride (for Pri 1 – Sec 5)	6 – 10 Dec	9.00am–10.30am	\$160.50	
8. Learn to Ride (for Pri 1 – Sec 5)	6 – 10 Dec	10.45am–12.15pm	\$160.50	
9. Circuit Training (Senior) (for Pri 5 – Sec 5)	6 – 10 Dec	2.00pm–3.30pm	\$107	
10. Circuit Training (Junior) (for Pri 1 – Pri 4)	6 – 10 Dec	3.45pm–5.15pm	\$107	

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Program	Program Date	Time	Fee (inclusive of GST)	Tick pls
11. Flybar/Kangoo Jumps – Fitness at Your Feet <i>(for Pri 2 – Sec 5)</i>	13 – 16 Dec	9.00am–10.30am	\$117.70	
12. Clay & Craft <i>(for age 7 – 11 yrs old)</i>	13 – 17 Dec	9.00am–10.30am	\$160.50	
13. Comic Drawing <i>(for Pri 5 – Sec 5)</i>	13 – 17 Dec	10.45am–12.15pm	\$160.50	
14. In-line Skating (Beginners) <i>(for age 6 – 18 yrs old)</i>	13 – 17 Dec	2.00pm–3.30pm	\$149.80	
15. In-line Skating (Beginners) <i>(for age 6 – 18 yrs old)</i>	13 – 17 Dec	3.45pm–5.15pm	\$149.80	

Add \$20 for each family member attending the “Campfire cum Slideshow” (7pm – 8.30pm) on the last day of the Sports and Fun Camp (pls indicate number of persons coming): _____

IMPORTANT NOTE:

- Registration is based on a first-come-first-serve basis, subject to suitable placement after review.
- Cheque to be made payable to “ARC (S)”. If registration is rejected, ARC will arrange to refund payment. An administrative charge of \$25 shall be imposed for every cheque dishonoured and returned by the banks.
- No refund will be entertained if cancellation is made 3 days or less before commencement of programme.
- ARC reserves the right to reject or make changes to the programs.
- Please contact Dennis at 9660 8158 if you have any queries.

INDEMNITY/CONSENT

I, _____ (IC No. _____), know that the Autism Resource Centre (Singapore) will do its best to ensure the safety and well being of the children. However, in the event of any accident occurring, I shall not hold the Autism Resource Centre (Singapore) responsible and neither will I allow or take any legal action and/or make any claims against the Centre, its teachers or the organizers of the program.

I **agree / do not agree** * to pictures/video of my child taken during the program to be used in ARC/Pathlight newsletter, website or any publicity activities. This also serves the purpose of letting others know more about the abilities of children with ASD.

Parent’s Signature

Date

*** Please delete accordingly**