



Shining Stars is a program of the Township of Livingston: SYLS department, and is funded in part by state grants.

Sports programs take place at Monmouth Court Community Center, 26 Monmouth Court, Livingston, NJ 07039

Recreational Activities take place at Livingston Senior Community Center. 204 Hillside Ave Livingston, NJ 07039

Family Socials take place at different locations in the area.

Visit: www.livingstonnj.org/shiningstars for more information and registration.

Registration fee: \$40-\$85 per student, per program.
Registration fee for Family Socials differ per event.

By mail: Send forms and check to:
Shining Stars at: Senior, Youth & Leisure Services (SYLS)
204 Hillside Ave, Livingston, NJ 07039

Or register in person at the Livingston Senior Community Center
204 Hillside Ave, Livingston, NJ 07039



**Online Registration with CommunityPass at
www.livingstonnj.org**



LIVINGSTON
SHINING STARS
PROGRAM

Shining Stars **Funtastic Programs for Exceptional Individuals!**

Expanding the quality of life for individuals
with special needs through
athletics and recreational activities

Shining Stars Sports:

Junior League – Ages 4-9

Teen League – Ages 10-16

Adult League – Ages 17+

Shining Stars Recreation:
Open to all Ages 4 and up

Township of Livingston
Senior, Youth & Leisure Services
204 Hillside Avenue
Livingston, NJ 07039
Tel: 973-535-7925 ext. 403

Email: jquirk@livingstonnj.org
Fax: 973-535-2949
www.livingstonnj.org/shiningstars



LIVINGSTON
NEW JERSEY
SENIOR, YOUTH & LEISURE SERVICES

The Shining Stars Program

The Shining Stars Sports Leagues program is a community-based program for individuals with special needs. Shining Stars was formed to fulfill the Senior, Youth and Leisure Services mission statement which is, in part, "to foster the physical, mental and emotional growth and development of Livingston's youth through sports and recreation at all levels of age and competition."

The Shining Stars program offers a variety of sports and recreational activities throughout the school year.

All programs are open to Livingston residents and surrounding towns.

Visit: www.livingstonnj.org/shiningstars for program information and schedules.

Registration fee: \$ 40 -\$85 per student, per program payable to the:
Township of Livingston

Shining Stars Sports Programs

An Adapted Sports league for individuals with special needs. The league is designed to fit the individuals needs. A "shadow" is provided to assist the individual in clinic style instruction. Modified indoor and outdoor playing areas are utilized. Structured and repetitive lessons are implemented weekly. A typical session consists of a brief warm-up, 2 to 3 different age and developmentally appropriate activities and end with (sports) related games. The *FUND*amentals are taught with adapted rules and equipment.

Classes are held on Saturday mornings throughout the school year. Open to ages four and up. The sports offered include:

Fall: **Soccer and Running Club**

Winter: TBD

Spring: TBD

Sports classes take place at Monmouth Court Community Center, 26 Monmouth Ct Livingston, NJ

Recreation Activities

The Shining Stars program offers a variety of recreation activities in order to meet the needs of individuals with special needs. Recreation activities are open to ages five and up. Examples of activities are as follows...

- **Arts & Crafts:** Use fine motor skills to peel, glue, and draw while following directions and socializing with peers.
- **Board Games and Socialization:** Learn frustration tolerance, turn taking, and team work skills while socializing and playing board games.
- **Cooking:** Mix, pour and cook basic food while following directions and socializing.
- **Backyard/Gym Games:** Games you play at a picnic, BBQ or in gym class in a structured environment.
- **Music and Movement:** Learning to listen to a beat, follow directions and expressing oneself thru a group music session.
- **Nature Walk and Safety:** Explore the outside learning safety skills, while exercising and socializing with peers.
- **Yoga;** Parent and child together: Stress relief class with techniques to take home.

Family Socials/Special Events

Family Socials are: Swimming, bowling, gym nights, holiday parties, and educational programs. **Suspended at this time **

Shadows Program

The Adaptive Recreation Program provides trained volunteers to "shadow" individuals during most recreation programs. The shadows work as a team or individually with the specific needs of the individual to help him or her participate more comfortably within the parameters of the program. Training will be provided for all volunteers. If you are interested in requesting a shadow or would like to volunteer contact: Jennifer Quirk, Adaptive Recreation Coordinator at 973-535-7925 x 403
Email: jquirk@livingstonnj.org

Training is provided and mandatory for all volunteers.