



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.

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

Register: Online Registration with CommunityPass at www.livingstonnj.org



Register: in person at
The Senior Community Center
204 Hillside Ave
Livingston, NJ

973-535-7925 | syls@livingstonnj.org | livingstonnj.org/ForAll

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 10-17
Adult League – Ages 18+

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



The Shining Stars Program

The Shining Stars 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 adaptive 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.

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 *FUN*damentals 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: **Basketball and Floor Hockey**
- Spring: **T-Ball**

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 four and up with modifications as needed.

Examples of activities are as follows...

- **Arts & Crafts:** Use fine motor skills to peel, glue, and draw/paint while following directions.
- **Art Therapy:** Run by a certified Art Therapist
- **Backyard/Gym Games:** Games you play at a picnic, BBQ or in gym class in a structured environment.
- **Board Games and Socialization:** Learn frustration tolerance, turn taking, and team work skills while socializing.
- **Cooking:** Mix, pour and cook basic food while following directions and sampling finished product.
- **Gardening:** Scoop, fill and plant while following directions.
- **Get Moving:** Moving and stretching with stations and games.
- **Lego Building:** A multi-sensory play and socialization.
- **Music and Movement:** Listen to a beat, follow directions and expressing oneself thru a group music session.

Family Socials/Special Events

Family Socials: Open gym night, holiday parties, educational programs, and more

Shadow Program

The Adaptive Recreation Program provides 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