



Nantucket S.T.A.R. Summer 2022

# Summer is almost here!



by [Kerry Ray](#) on June 6

It is hard to believe the school year is ending and in a few weeks, summer will be here! We have had a busy spring season, wrapping up our CrossFit and Saturdays with S.T.A.R. and planning for summer. Thanks to the generous support of Lisa Wisentaner and the Nantucket Cycling Studio, S.T.A.R. participants had a blast, moving our bodies, doing yoga, dancing, running through obstacle courses, playing games and more! We enjoyed the opportunity to be active in both structured and unstructured ways, strengthening large motor skills and spending time together. Thank you, Mandy, for leading us in some joyful movement!



Saturdays with S.T.A.R., in collaboration with the Nantucket Community School, was a welcomed opportunity for families with children ages birth to four to get together with our wonderful Tina for games, songs, stories and time to create and explore. Children enjoyed creating art, exploring sensory activities and playing. Our littlest stars even enjoyed gardening and planting beans. One participant told me last week he is so excited as his bean is successfully growing into a plant! We are so grateful for the Community Foundation for Nantucket's ReMain Nantucket fund for supporting this program.



Nantucket S.T.A.R. was thrilled to bring back our annual May fundraiser this year, for the first time since before the pandemic. Boy did we have fun! Staff, families and volunteers joined together with members of the community to eat, drink and be merry at our 'Game On' event at the Chicken Box. What a joy it was to celebrate our stars together, in person! Please check out our video presentation, put together by Kim, that was shown at the event.



[https://youtu.be/xwDf2\\_no7bI](https://youtu.be/xwDf2_no7bI)



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## SUMMER PROGRAMS

The S.T.A.R. team is excited to spend some time in nature and on the water with you all this summer, see below for upcoming programs. Some scholarships are available in cases of financial need. Please reach out to Kerry for more information.



### Aquatics/Learn to Swim

Join us at the Nantucket Community Pool! Students are paired up individually with a staff member or volunteer and swim instruction is individualized to the students' needs and abilities. Water safety, basic swim skills and learning what to do in an emergency situation are the goals of this program. We use picture boards, social stories, hand-over-hand instruction, and play-acting/social stories to have fun while gaining important skills. Aquatics is available for participants age 3 and up. Two, 25 minute sessions will be offered during our one hour slot at the pool. Space is limited.

When: Mondays 4:45-5:45pm June 27-August 8th

Cost: \$65

Registration required

### Ocean Adventures

Ocean Adventures is offered in collaboration with Nantucket Community Sailing and with support from the Nantucket Golf Club Foundation. We meet at Jetties

beach for some fun in the water and on the sand. Participants explore kayaking and stand up paddle boarding with support from our staff and volunteers. Equipment and personal flotation devices are provided. Ocean adventures is available for participants age 5 and up.

When: Fridays July 1, 8, 15, 22 & 29th. Session 1). 1-145 *or* Session 2). 2-245pm

Cost: \$65

Registration required

## Adapted Water Sports

Join us for more fun on the water at Jetties beach! We will work with Nantucket Community Sailing to explore kayaking, paddle boarding and more! Equipment and personal flotation devices are provided. Adapted water sports is available for participants age 5 and up.

When: Monday 8/8, Wednesday 8/10 and Friday 8/12 offered in two sessions 1. 1-145pm *or* 2. 2-245pm.

Cost: Free of charge

Participants can be registered for programming by emailing [kerryr@nantucketstar.com](mailto:kerryr@nantucketstar.com)

Stay tuned for more information on additional summer programs and events as they become available!

[READ MORE ON OUR WEBSITE](#)





Nantucket S.T.A.R.  
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