



# ATLAS

## COMMUNITY CLASSES

Atlas classes are designed to encourage connections and creativity in exploring passions in art, music, health and fitness and growth in vocational/life/mind set!

### ART

- Small group projects & crafts
- Appropriate use of materials
- Organization and care for materials & work
- Art theory & skills
- Sequencing & following directions
- Creative expression
- Sensory exploration

### EMPOWERMENT AND ORGANIZATION

- Self Expression and Empowerment
- - practice scenarios & review
- Filling out applications
- Interview practice
- Small group discussions on job interests & visions of the future
- Prep & practice of communication skills & self - regulation
- Community helpers discussions & exploration activities

### POETRY & WRITING

- Small group readings
- Literacy elements and word play
- Self expression & exploration of interests

### MUSIC

- Music instruction - students explore music theory, genres, and how to play a variety of instruments
- Group Class - Music & Movement, Music & Mindfulness

### HEALTH & FITNESS

- Sports
- Obstacle Courses
- Yoga
- Exercise Drills
- Mindfulness

### SATURDAY PROGRAM

- Creative Movement Classes: fun with health & fitness includes sports, obstacle courses, yoga, exercise and mindfulness

Various Classes are available in 30 minute, 60 minute, 90 minute, and 2 hour intervals between the hours of Mon - Fri 9 - 6:30 and Saturday 12 - 4. Private classes available upon request.  
(times may vary depending on student needs/preferences)

- 30-minute weekday class: \$27.50
  - 1-hour weekday class: \$55
  - Weekends: \$65/hour
  - 90-minute weekday class: \$82.50
  - 2-hour weekday class: \$110
  - Private classes available at \$100/hour
- Additional 1:1 support/guidance \$100

[Info@AtlasForWellbeing.Org](mailto:Info@AtlasForWellbeing.Org) | 212-256-0846

252 West 29th Street, Basement Floor, NY, NY 10001