



Open to the Community!

Class Offerings

Adaptive Art—Mondays from 5 p.m. until 7 p.m.

Adaptive Yoga—Tuesdays from 5 p.m. until 7 p.m.

Therapeutic Martial Arts—Wednesday from 5 p.m. until 7 p.m.

Adaptive Music—Fridays from 5 p.m. until 7 p.m.

Therapeutic Horseback Riding—Monday - Friday from 4 p.m. until 8 p.m.

Saturday from 9 a.m. until 12 p.m.

What is Medina Creative Arts?

Medina Creative Arts is a new enrichment program open to the entire community. Our class offerings provide whole-body wellness and stimulate participant whole-body wellness. All of our instructors are degreed, seasoned professionals. Four class sessions will be offered throughout the year. Additional classes will be added in a session based upon demand.

What is the cost of the classes?

Classes are offered in 12 week sessions costing \$150 (\$12.50 per class). Each participant must commit to the entire session and no make-up lessons will be provided. The cost includes all materials, equipment, and props to enable you to enjoy your class to the fullest.

How do I find out more information?

To find out more information on these or other programs, please check out our website at www.medinacreativehousing.com or contact Sharon Biggins at 330.591.4434 or Sharon@medinacreativeliving.com.



Class Descriptions

Adaptive Art—Two different classes are offered:

Intro to Adaptive Painting (Hour 1) is a class that allows participants to learn and explore different painting techniques in a fun and cooperative environment. Participants will be using different kinds of paints including watercolors and acrylics as well as a variety of tools to create beautiful pieces of art. The class will also learn, discuss and put into practice basic art concepts and theory like using the color wheel and art elements in order to establish a solid foundation for the continuing education of blooming artists. Benefits of the class include enhancement of fine motor skills and communication skills, a variety of sensory experiences, and a creative outlet.

Intro to Adaptive Printmaking (Hour 2) is a class that introduces participants to the basic concepts and principles of printmaking, while exploring a variety of printmaking tools and techniques. Participants will be stamping, stenciling, creating resist prints and rubbings to make beautiful monoprints and multiples. Participants will also learn how to create prints using found objects as well as a chance to assemble their own printmaking matrices. This class is an excellent way to enhance motor skills, communication skills, and creativity for anyone actively involved.

Adaptive Yoga—This class provides an exploration into the whole-body benefits of the ancient practice of yoga. Students will learn both traditional and contemporary yoga poses in an environment that is both helpful and encouraging. Participants of all physical abilities are welcome and necessary adaptations and assistance will be provided. This class will bring together the physical and mental benefits of yoga in an exciting way. Partner activities will occur along with fun and engaging games. Students will see many benefits including enhancement of gross motor, communication and social skills, as well as flexibility and spatial awareness.

Therapeutic Martial Arts—This class teaches a style of martial arts called “Taekwondo.” It originated in Korea. Taekwondo means “the way of the hand and foot.” In this class you will learn some basic Korean terminology, the proper way to make a fist and punch, the proper way to kick and the proper way to block and defend yourself in case you are attacked. You will work hard, learn discipline and respect, but mostly you will have fun. We follow the USATAD (United States of America Taekwondo Association for the Disabled) standards and guidelines. This is not only a national organization but is also recognized in several countries throughout the world. We will have promotion exams at the end of each session, depending on the progress of the student. If the student needs more time then more time will be given. This is a very individual art. No one is compared to anyone else. Effort + desire = success.

Adaptive Music—This class offers a blend of music appreciation, education, and instrument learning, to promote and enhance participants’ physical, cognitive, emotional, and social functioning. The program seeks to provide a relaxing and stimulating environment conducive to the exploration of personal feelings, development of interpersonal relationships, and augmentation of attention and motivation. The Adaptive Music Program strives for a creative, social, and remedial approach to active music involvement. Each weekly session aims for unique and self-sustaining objectives, while also sequentially progressing to fulfill interests of returning participants. No prior music experience needed.

Therapeutic Horseback Riding—This class provides an equine-assisted activity for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of individuals with special needs. Therapeutic riding provides benefits in the areas of health, education, sport and recreation & leisure. Throughout the world, there are thousands of individuals with special needs who experience the rewarding benefits of horseback riding. A disability does not have to limit a person from riding horses. In fact, experiencing the motion of a horse can be very therapeutic. Because horseback riding rhythmically moves the rider's body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance and muscle strength.