



## Activities offered by EFMP Fall 2010



**Adaptive Aquatics Swimming Classes:** Free for children ages 5-18 years to play and splash with swimming instruction from a water safety instructor. Classes are every Wednesday from 1700-1745. A parent or caregiver must be in the pool with the participant during the lesson. Registration is at ACS EFMP, Bldg 200, 9800 Belvoir Road.

**15 Sep–20 Oct 2010**

**27 October–15 Dec 2010** (no class 24 Nov)

Location: Benyaurd Indoor Pool

Corner of 23<sup>rd</sup> Street and Gunston Rd. Bldg 182

Fort Belvoir, VA 22060



### EFMP Open Swim

Saturdays from 1300-1700. Exceptional Family Member and caregiver swim for free. EFMP enrollment is required. Program runs from September through June at the Benyaurd Indoor Pool. Pool is ADA accessible. A pass is required for free admittance and is available only at the ACS EFMP office, Bldg 200, 9800 Belvoir Road. Call 703-805-5435 for more information.

### EFMP Bowling

**11 Sep; 13 Nov; 11 Dec**

Second Saturday of the month from September through June. EFMP Families bowl free from 1300-1500. EFMP enrollment is required. Registration is available only at ACS EFMP, Bldg 200, 9800 Belvoir Road, or by phone, 703-805-5435.

**Location:** Bowling Center 5975 Middleton Rd., Bldg 1199  
Fort Belvoir



### EFMP Parent Support Group

Meets the 1st Thursday of each month from October through June from 1830-2030. For parents with children with special needs. Each month will have a different topic. EFMP enrollment is required. Please call ACS EFMP for more information and to sign up at 703-805-5435 unless otherwise noted.



**21 September: Autism** (Note: For reservations for this class, general or disabled access information, contact Marcia O'Connor, EFMP manager at (703) 696-8467 or TTY at (703) 696-4675. Due to unreliability of answering machines, telephonic reservations must be made directly to Mrs. O'Connor.)

**4 November: Legal Considerations, special needs trust and IEPs**

**2 December: That's the Ticket, a behavior modification class**

**EFMP Start Smart Fall Soccer:**

NEW THIS YEAR!! A free sport program for the exceptional family member and adult. Priority is given to children unable to participate in typical sport activities. Not your typical Start Smart, the Start Smart instructor will modify the activities based on the abilities of the participants. EFMP enrollment is required. Sign up only at ACS EFMP, call 703-805-5435 for details.

**Wednesdays 6 October-10 November 1800-1900, Specker Field House**

**Friday Family Night Out:**

NEW THIS YEAR! Meets the 3<sup>rd</sup> Friday of the month, October through June, 1830-2030 at ACS. For EFMP families to get together for a comfortable evening of activities including a pot luck. Join us for an evening of games, Karaoke, wii sports or other activities based on family input. Call EFMP at 703-805-5435 to sign up.

**22 October, 19 November, 17 December**

**Respite Care:** Respite care is a program that provides temporary rest for family members responsible for regular care of people with disabilities. Up to 40 hours of care may be provided in the EFMP respite care user's home, or other settings, such as an enrichment program. Eligibility for EFMP respite care and number of hours provided is based on EFMP enrollment, exceptional family member's medical or educational condition and deployment needs. Only active-duty Army families with an EFM are eligible to apply. For more information please contact the EFMP office at 703-805-5435.

If you are interested in our program or have questions about enrollment please feel free to contact our office at 703-805-5435 or DSN: 655-5435.

Army Community Service  
Exceptional Family Member Program  
9800 Belvoir Rd., Bldg.200  
Fort Belvoir, VA 22060  
(703) 805-5435