





A Project of The HSC Health Care System's
Therapeutic Recreation Program


WHAT IS KIDS IN ACTION? Kids in Action is an adaptive program for children with complex health care needs and their siblings. Sponsored by The HSC Health Care System, Kids in Action provides athletic, social and health-based activities while focusing on each child's goals and strengths.


WHO CAN PARTICIPATE? Children ages 4 and older in the Washington metropolitan community. All abilities are welcome, as necessary adaptations are made so everyone can participate.

FUN EVENTS!

 **SPORTS & ACTIVITIES:** Held throughout the year, adaptive sports offered include baseball, basketball, bowling, martial arts, yoga and other activity-based outings.

 **SENSORY MANIA:** A sensory stimulation workshop designed for children who may not be able to participate in traditional, assisted athletic activities.

 **FRIDAY NIGHT FEVER:** A regular teen night designed for ages 11 and older to hang out with their peers, participate in social events, and make new friends.

 **SHAPEDOWN:** A 10-week, family centered class focusing on nutrition, fitness and family communication.

**PLUS, GAME NIGHTS, DANCE WORKSHOPS,
ICE CREAM SOCIALS, MOVIES, TALENT SHOWS,
TEEN DANCES & OTHER EDUCATIONAL ACTIVITIES**



KIDS IN ACTION began as an avenue for children with disabilities to participate in structured activities in the community. Children with complex health care needs regularly move through different health care settings, for example, transitioning from an acute care facility to rehab or outpatient therapy. A lack of options to participate in social and physical activities was identified by many families, as well as the concern that children could lose newly acquired skills achieved through therapy services.

As a result, Kids in Action was initially designed for outpatients and former patients at The HSC Pediatric Center, but is open to all children in the Washington metropolitan area. The program offers year-round adaptive sports, social events and health classes for children ages 4 and up, and siblings are highly encouraged to participate. Events are supervised by licensed recreation therapists so that all abilities can participate.

TO LEARN MORE, CONTACT:

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ABOUT THE HSC HEALTH CARE SYSTEM

The HSC Health Care System is a nonprofit health care organization committed to serving families with complex health care needs and eliminating barriers to health care services. With more than 100 years of experience, the System combines the resources of a care coordination plan, pediatric specialty hospital, home health agency and parent foundation to offer a comprehensive approach to caring, serving and empowering individuals with disabilities.



THE HSC HEALTH CARE SYSTEM