



Special Needs Gymnastics

Participants will begin to develop fundamental movement skills such as jumping, hanging, climbing and rolling in a fun and safe environment. In this coach led class children work with their parent/caregiver within arms reach of them to help explore both gross and fine motor skills. Through structured circuits, games, music and dance children will begin to develop body awareness, agility, balance, coordination, strength, and flexibility. The goal is to give the athlete the opportunity to enjoy sport, have fun and develop self-confidence and group/team social interactions in a safe and positive learning environment. This class is for any child who may need extra assistance in a small class setting. Classes are 45 minutes in length.