

2016-17 Adaptive Gymnastics



SESSION DATES

Session A: Sept. 11- Nov. 6
Session B: Nov. 13 - Jan. 22
Session C: Jan. 29 - Mar. 26
Session D: April 2 - June 4

NO CLASSES:

Nov. 26, Dec. 25, Jan. 1
April 16, May 14

\$45 annual family registration fee.
Tuition: \$75 per student/per session.

Please specify session dates when enrolling.

Sundays

9:00a-10:00a General 1 Class

10:00a-11:00a General 1 Class

11:00a-12:00p General 2 Class

DRESS CODE

**Gymnasts and coaches:
Dress in stretchy clothing (NO JEANS)!!!!**

The mission: to provide a safe and fun environment for children with physical, cognitive, communication and/or behavioral impairments to participate in modified gymnastic activities and to enhance socialization skills. The program utilizes gross motor activities that will enable children to develop and enhance flexibility, mobility, spatial orientation, and neuromuscular and motor skills. We also endeavor to facilitate each child's self-esteem and social relationships with peers. Lastly, we offer encouragement and enthusiasm as we strive to improve the participants' confidence and abilities.



All children will be matched with a volunteer partner, who will help them in all exercises to ensure a fun, safe, and inclusive environment for all children.

Adapted Gymnastics also provides opportunities for students with an interest in health care professions to gain valuable experience in working with children with varying abilities.

Activities Include:

Warm Up: a fun and interactive warm up to help the gymnasts feel comfortable in a new environment and with their partners while introducing themselves to the equipment.

Events Include:

Bars: which may include a variety of exercises from holding on to the bar to swing on it, everything it adapted the gymnasts comfort level.

Vault: including jumping on a bouncy board, running down runways, or playing in the foam pit!

Beam: there is no limit to the different types of walks, crawls, or goofy moves down the beams. There are a variety of heights to ensure everyone is having fun!
Floor: this will include exercises over a plethora of mats.

Closing activity: this will create a final fun ending to the class, which may include a parachute, jumping on the trampoline, playing in the foam pit, or many other fun games in the gym.

**2755 Arena Dr.
Hartland, MI 48353
810.632.7222, ext. 2
HartlandSportsCenter.com**

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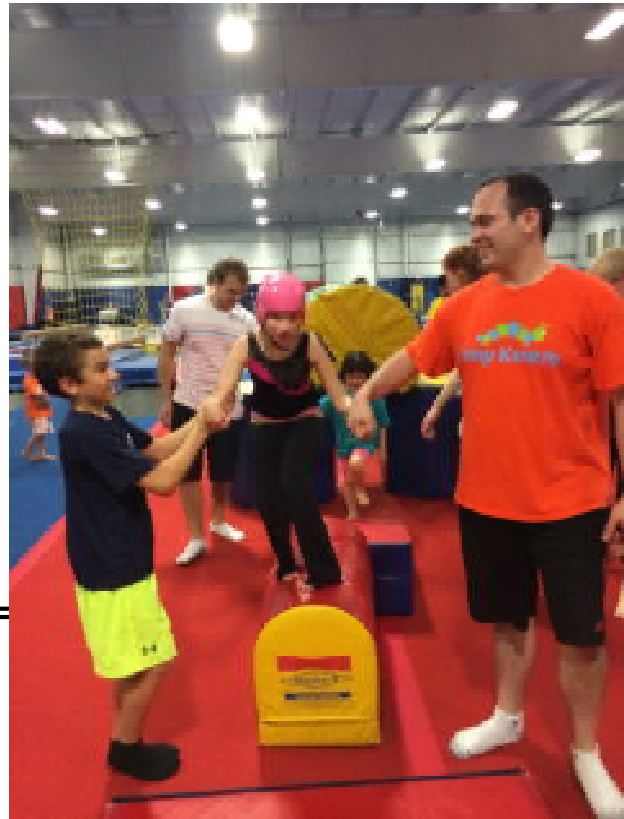
How to register:

To register your child or to volunteer, contact:
Abby Dahlgren at akdahlgren@att.net or 810.632.7222.

Call the gym, with your preferred day, time and session (A, B, C or D) and register with a credit card.

All families are encouraged to enroll as soon as you choose your preferred day and time.

CALL 810-632-7222 ext 2
www.hartlandsportscenter.com



General Info:

DRESS CODE

Gymnasts and coaches:

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Other:

- **All participants must have a parent-signed release form on file to participate in class.**
- Tuition must be paid in full prior to enrollment.
- Children should place their belongings in cubbies upon entering gym.
- Children must wait on the benches until their coach calls their class to the gym area.
- Children are not allowed to be in the gym area when they are not in a supervised class.

Refund policy:

If within your child's first 30 days at Bounce you are not satisfied for any reason, we will cheerfully refund 100% of your unused tuition. If after your child's first 30 days at Bounce you need to withdraw, we will be more than happy to extend an account credit. All refund requests must be made in writing and within the *current session your child is enrolled*. Refunds and account credits will be processed within 30 days of written cancellation. Absolutely NO refunds are given on punch cards (Open Gym, Drop In, Private/Semi Lessons, and Rec Team Optional).

MAKE UP POLICY

Students receive two (2) make up classes per child per full session. Missed classes must be made up during Open Bounce before the end of the month in which your session ends. Absolutely NO make up classes can be made up in other preschool or recreational classes.

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