



Adaptive Gymnastics Summer 2017

SESSION DATES

June 17—August 12

(8 weeks)

NO CLASSES: July 1

Tuition: \$75 per student

Saturdays

10:00a-11:00a General Class – Group 1

11:15a-12:15p General Class – Group 2

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.

Adaptive 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 swinging on it, everything is adapted to the gymnast's 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 enroll:

To enroll your child call 810.632.7222, x2 or enroll online at HartlandSportsCenter.com.

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

To volunteer, email **Abby Dahlgren** at classdirector@hartlandsportscenter.com.



CALL 810-632-7222 x2

www.HartlandSportsCenter.com

General Info:

DRESS CODE

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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 bleachers 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:

There are NO refunds in the SUMMER.

MAKE UP POLICY

THERE ARE NO MAKE-UPS IN THE SUMMER.

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