

# 2018-19 Adaptive Gymnastics



## SESSION DATES

Session A: Sept. 9-Nov. 4  
(no classes: 10/28)

Session B: Nov. 11-Jan. 13  
(No classes: 12/23, 12/30,)

Session C: Jan. 20-March 24  
(No classes: 3/3, 3/10)

Session D: April 7-June 2  
(No classes: 4/21, 5/26)

\$45 annual family registration fee.  
Tuition: \$78 per student/per session.  
Please specify session dates when enrolling.

## Sundays

10:00a-11:00a General Class

11:15a-12:15p General Class

## DRESS CODE

**Gymnasts and volunteers**  
**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 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 trampolines, 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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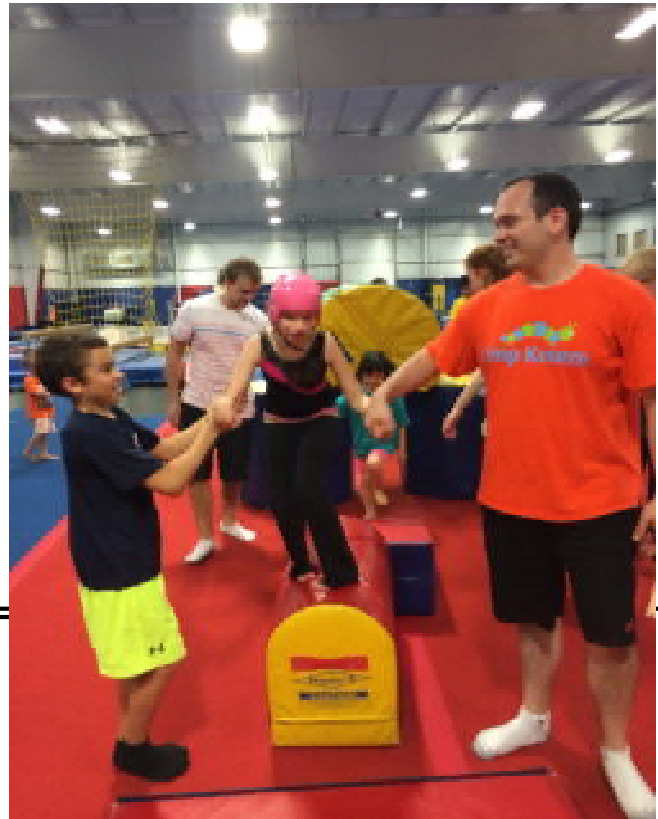
### How to enroll:

To enroll your child call 810.632.7222, x2 or enroll online at [HartlandSportsCenter.com](http://HartlandSportsCenter.com).

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

To volunteer, email **Abby Dahlgren** at [clasdirector@HartlandSportsCenter.com](mailto:clasdirector@HartlandSportsCenter.com).

**CALL 810-632-7222 x2**  
**[www.HartlandSportsCenter.com](http://www.HartlandSportsCenter.com)**



### General Info:

#### DRESS CODE

*Gymnasts and volunteers:*

*Dress in stretchy clothing (NO JEANS)!!!!*

#### **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. Registration fees are not refundable. If after your child's first 30 days at Bounce you need to withdraw and you paid in full, we will be more than happy to extend a Bounce account credit for unused tuition from the date we are notified. 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, PSPT, Drop In, Private Lessons) or contract classes.

#### **MAKE UP POLICY**

Students receive two (2) make up classes per child per full session. Missed classes must be made up during Open Bounce. You have 30 days from the date your session ends to complete any make-ups. Absolutely NO make up classes can be made up in other preschool or recreational classes.

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