

Boy/Girls Special Needs Gymnastics:

Ability Gymnastics (5-10years) or (11-18 years): The perfect start for a gymnast who is in need of a bit of extra assistance. Students will work to build strength, establish basic skills, and increase flexibility. This class provides a great foundation for more advanced skills in the future with a focus on safety and fun. Any participant signing up for gymnastics classes that cater to students with special needs , must have a parent or adult present during the class. Parent/Caregiver will be allowed to watch but will not be able to come out onto the gymnastics floor unless in the case of an emergency. The participants must be able to follow basic directions to ensure safety. Please email Madisonrast@gmail.com with any questions. All participants will be emailed a form to fill out prior to the start of class so we can best accommodate those wishing to participate.