



**SPECIAL  
NEEDS**

**FITNESS & FUN!**

## **CS Gymnastics is excited to announce the launch of our Fitness & Fun Class!**

Created for special needs children ages 6-18, the program will focus on increasing physical fitness through fun exercises, while integrating the development of social skills and creating social interaction opportunities.

Led by experienced special education instructors, class activities will include:

- **Obstacle courses**
- **Balance and strength stations**
- **Trampoline skills**
- **Elements of Gymnastics & NinjaZone programs**

- **EVALUATIONS WILL BE HELD MARCH 2<sup>ND</sup> – 18<sup>TH</sup>.**
- **Spring Session will run March 23<sup>rd</sup>-June 17<sup>th</sup>**
- **Classes will run on Mondays and Wednesdays starting at 4:30pm**
- **Your child's day of attendance & length of class will be determined at their evaluation.**
- **Your child may participate independently, or with their one-on-one aide.**

**Call today to schedule your child's evaluation!**