

# *Special Needs Gymnastics Program Available!*

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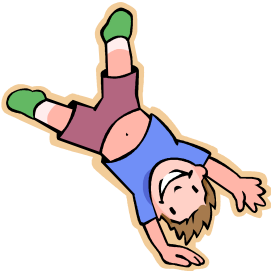
Orlando Metro Gymnastics

offers a gymnastics program for children with  
special needs!

Saturdays from 11:00am-11:55am

\$72/month (4 classes)

**NO REGISTRATION FEE!!!**



## **What Are The Benefits?**

- **improves the lifestyle of a disabled child**
- **helps control obesity, promote activeness, increase a child's self-image and social skills**
- **increases motivation and physical activity**
- **supports, rewards, and provides interaction from coach and/or parent which can improve self-esteem**
- **helps these individuals develop fundamental motor physical fitness skills.**
- **provides cognitive skill improvement and access strengths that cannot be challenged in the traditional classroom setting.**

Disabilities may include:

ADD/ADHD, Autism Spectrum Disorders, Blind/Vision Impaired, Cerebral Palsy, Hard of Hearing, Developmental Disabilities/Mental Retardation, Downs Syndrome, Epilepsy, Mitochondrial Disorders, Sensory Integration Disorder, Speech Disorders, Spina Bifida

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Orlando Metro Gymnastics  
4915 New Broad Street Orlando, FL 32814  
Ph:407-644-0847  
Fax: 407-644-7738  
[www.orlandometrogyms.com](http://www.orlandometrogyms.com)

