

# *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

\$85/month (4 classes)

**NO REGISTRATION FEE!!!**

There are no makeup days for this program



## **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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