

Special Needs Gymnastics 2024

Schedule

5 Week Program on Sundays

Dates

TBA

Program Under Review

(Classes returning Term 2)

BOOKINGS ARE REQUIRED

All new participants are assessed by coaches for correct placement.

Circuit

5 week block - \$150.00

Rebound

5 week block - \$180.00

Bookings Essential

Phone 9846 1270

Please see Kindergym Information for Pre-Schoolers Programs

Contact

Gymsports Administration

9846 1270

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Rebound Therapy & Special Needs Gymnastics

Circuit Term Program

Rebound Therapy is a Trampoline Based Program to engage Rhythm, Movement and Gross Motor Development, coupled with Special Needs Circuits with our trained, caring and passionate staff.

The Primary Aged Special Needs Program is a class which is NEEDS SPECIFIC, designed for children aged 5 to 10. Coaches with the support of parents and/or carers will work in small squad groups to develop basic Gymnastic and fitness Skills, body awareness and self-confidence.



Our coaches are qualified NCAS Accredited Gymnastics coaches, with training and workshop experience with NSW Sport and Recreation in their Disability in Sport Programs and Gymnastics NSW Rebound Therapy. Class size is limited to 4 to 5 children with each coach, where each squad will be taught warm up and cool down exercises as well as basic Gymnastics movements and skills.

All enquiries are welcome - BOOKINGS ESSENTIAL

Special Needs Programs for Pre-Schoolers 18mths to 5 years

Within our Monday and Friday Kindergym Classes during the School Term we have Coaches who have been trained in Special Needs Gymnastics with NSW Sport and Recreation. See the Kindergym Brochure for further information on Days and Times. No bookings necessary.