



ADAPTIVE GYMNASTICS

About Adaptive Gymnastics

Our Adaptive Gymnastics program offers a fun and engaging experience for elementary-aged athletes. Adaptive gymnastics is administered by trained Adaptively FIT coaches. We provide modified gymnastics stations that focus on enhancing balance, coordination, and strength, tailored to accommodate athletes with diverse needs and abilities. With visual aids for skills, transitions, and communication, our program ensures a smooth flow and effective engagement throughout the program.



How long is the program

The adaptive gymnastics program is an hour in length each session. It can be administered once for a fun gymnastics trial, once everyday for a week as a "gymnastics camp," or once a week for 4 weeks for a more in depth experience.



Benefits of Gymnastics:

Participation in adaptive sports and recreation of children with diverse needs promotes inclusion, minimizes deconditioning, optimizes physical functioning, improves mental health as well as academic achievement, and enhances overall well-being.

Program Objectives:



Enhance physical abilities, motor skills, and balance through gymnastics exercises



Foster confidence and self-esteem



Promote social interaction and inclusion