



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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LEARN & GROW THROUGH MOVEMENT

ADAPTIVE GYMVENTURES

Gymnastics for Special Needs Kids

TOBY WELLS YMCA



Join this modified gymnastics class designed to improve gross motor skills and enhance socialization. This class is especially for kids with physical, mental, social, or emotional impairments. Parent participation is required. Class is held once each month on a Friday and lead by certified Feldenkrais practitioner Kristi Kohn.

Dates: March 15, April 12, May 10

2:00 p.m. - 2:45 p.m. Creepers, Crawlers & New Walkers

2:45 p.m. - 3:30 p.m. Climbers, Jumpers, & Runners

For information, contact RaeAnne Grabowski
858-496-9622 x13014 or rgrabowski@ymca.org.

www.missionvalley.ymca.org