



IncredABLES

GYMNASTICS

IncredABLES Program is for children and adults with special challenges, our focus is on:

Increasing physical strength, flexibility, and coordination, self expression, following directions, greater independence, and feeling proud of accomplishments. We work with trained coaches through GFGA.

What gymnastics has to offer and helps encourage:

Physical Benefits

- An increase in muscular strength, flexibility and endurance
- The ability to relax
- Correct body alignment while walking, standing, jumping etc.
- Increased agility and coordination

Cognitive Benefits

- Awareness of the body
- Awareness of space and where the body is in it
- Awareness of relationships: body parts to each other and the apparatus
- Awareness of relationships with others

Psychological Benefits

- The joy of movement mastery
- Discipline and self control
- The exercise habit as a pleasurable daily occurrence
- A confident self image and a positive attitude towards their bodies
- Trust in one's own abilities: move from a world of "I can't" to "I can"

WHO: 5YRS-UP (WITH EXCEPTIONS)

TODDLERS 18MON.-5YRS (WITH EXCEPTIONS)

WHEN: WEDNESDAYS

SESSIONS: (5) SIX WEEK SESSIONS

SESSION 1: SEPT. 14, 21, 28 & OCT. 5, 12, 19

SESSION 2: NOV. 2, 9, 16, 30 & DEC. 7, 14

SESSION 3: JAN. 4, 11, 18, 25, & FEB, 1, 8

SESSION 4: FEB. 22, 29, & MAR. 7, 14, 21, 28

SESSION 5: APR. 18, 25 & MAY 2, 9, 16, 23

****NO GYM****

OCT. 26, NOV. 23, DEC. 21, 28, FEB. 15, APR. 4, 11

TIMES: 5YRS-UP 3:40-4:25

TODDLERS 4:30-5:15

WHERE: GREAT FALLS GYMNASTICS ACADEMY

815 1ST AVE NORTH

PARTICIPANTS MUST REGISTER

BEFORE COMING TO CLASS

454-1449

JILL_VANSON04@EAGLEMOUNT.NET

