

**NEW
ACTIVITY**

"SPECIAL ABILITIES" GYMNASTICS CLASS

**1st Month
1/2 Price!**

Class is offered to male and female athletes
with physical and/or intellectual disabilities.

Any age welcome!

Classes start November 4th
At Naydenov Gymnastics

Classes held on Wednesdays, 6:45 pm - 8:15 pm

Cost for Four week sessions - \$39

(Scholarships are available on a case by case basis)

Special awareness and exercises will be tailored to each
participant's individual abilities with focus on the following areas:

- ♥ Build physical awareness, coordination, flexibility & strength
- ♥ Increase individual's self-esteem, confidence & courage
- ♥ Enhance life skills in creativity, grace, poise & friendships

Non-Ambulatory participants will need to bring a personal partner for assistance.

Call to register:

Naydenov Gymnastics

5313 NE 94th Ave.

Vancouver, WA 98662

360-944-4444

www.ngymnastics.com

*Additional questions regarding
"Special Abilities" gymnastics class,
please contact Sheri Bousquet -*

sheri@soul-essentials.com

or Naydenov gymnastics

