



Ability Classes

for special needs children

Make new friends !



Learn new movements!



Develop coordination & listening skills!

Preschool Information: ages 3-5 years

\$50.00/ month (50 minute class)

Mondays 3:10-4pm *Specialized Instructor: Tomi*

Recreational Information:

\$55.00/ month (1 hour class)

Recreational A Ability Class (ages 5-9 years)

Wednesdays 3:00-4pm *Specialized Instructor: Tomi*

Recreational B Ability Class (ages 10-16 years)

Saturdays 11-12pm *Specialized Instructor: Joanna*

Bring an Adult Aid for free or Sibling Buddy to class for 1/2 price. Adult Aid needs to sign the adult waiver and be hands on during the entire class. Adults are not allowed on any equipment at any time during the class except to assist the child. Sibling Buddies will need to be pre-registered for the class and current annual registration. Siblings will participate with the other child and assist in direction and staying on task. Please feel free to ask for more details.

Scholarships Now Available for Ability Classes through Jacks Helping Hand. Please Contact Mary Illingworth at (805) 547-1914.

See you in the gym! Please call in advance to schedule a no-obligation trial class.



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