

## **GYMability Program**

Our GYMability program is available to children with a social, physical or learning disability. We provide a fun and safe environment for each individual to reach their maximum potential.

These classes are for children over the age of 5 that require more attention to help them enjoy and progress through their gymnastics classes. As this is a class for children with a social, physical or learning disability we aim to keep the class numbers low to enable them to concentrate with limited distraction within the gymnastics hall.

Our program is structured with modified activities to help each individual experience and progress at their own pace through the sport. It is required that each participant has one support person to assist throughout the activities.

Only the participant with one support person are allowed to enter once the class commences, additional family members or friends are required to remain outside the venue. This helps to limit distractions for the participants and also to keep it a fun and safe environment.

The class will begin with a coach led warm up which all participants and support persons are required to remain on the floor for the duration of the activity. If they do not wish to participate they still will need to remain in the warm up area until instructed for the next activity.

For the safety of all participants the instructions of the coaches must be followed, we are not able to have participants and carers using the equipment and running around freely within the gym. This will only occur if the guided activities have finished and the coaches instruct that the participants are able to have some free training time.

Following the coach-led warm up, guided activities will include basic circuit-based exercises and skills, for approximately 30 to 40 minutes. If a participant is unable or not willing to do any particular activity, the activity may be modified to suit their needs or alternatively they can skip that particular activity. Our goal is to encourage participation as much as possible.