

Sokol Naperville Tyrs

Special Needs Gymnastics Program

Details

Who: K-12th grade students with varying disabilities including: Autism, Down Syndrome, non-verbal, hearing impaired, and vision impaired.

What: A fundamentals in gymnastics course to acquire basic gymnastics skills and develop overall strength and coordination.

Where: Naperville Central High School gymnastics gym.
440 W. Aurora Ave. Naperville, IL 60540

When: Wednesday nights 6pm to 7pm (K-5th) and 7pm to 8pm (6th-12th) starting September 15, 2021 through May 25, 2022.

Coaches

Dan Bajek - Physical Education Teacher at Fearn Elementary School and NCHS Men's Gymnastics Head Coach/Women's JV Coach. He has coached gymnastics at various levels/ages including children for ten years and high school for eight years.

Brittney Bajek - Board Certified Behavior Analyst (BCBA) at Behavioral Perspective. She has coached gymnastics for four years and was a gymnast for six years.

Description of Our Program

This program is designed to develop overall strength and coordination in children with a variety of special needs. These goals will be achieved by using gymnastics equipment to improve muscular strength/endurance, balance, and body control. We will utilize the men's events of horizontal bar, parallel bars, rings, pommel horse, floor, and vault as well as the women's events of uneven bars, balance beam, floor, and vault. Modified equipment such as extra mats, adjustable strap rings, and floor beams are available to accommodate various abilities. Visual aids including sign language, picture cues, floor spots, and equipment pictures for individual schedules will be used to assist the coaches and students.

Each class will have one USAG certified head coach, four assistant coaches, and a number of junior high/high school helpers. The annual family membership is \$100 and class fee is \$100 per child per session. (Session 1 Sept-Dec., Session 2 Jan - May). Please contact the unit president or head coach for any questions regarding our program.

Contact Info:

Lynda Filipello
Unit President
(630) 240-1873
lyndafilipello@aol.com

Dan Bajek
Head Coach
(708) 244-2434
dbajek38@yahoo.com

