

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.
Enter at Door #9 on Hillside Ave – proceed 2nd floor

When: Wednesday nights 6pm to 7pm (K-12th) starting 2nd Wednesday of September through 3rd Wednesday of May. (Classes subject to change due to school's schedule)

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 eleven years and high school for nine years.

Brittney Bajek - Board Certified Behavior Analyst (BCBA) for a local clinic. She has coached gymnastics for five 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 family membership is \$100 and class fee is \$200 per child. Please contact the unit president or head coach for any questions regarding our program.

Contact Info:

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