

# Desert Recreation District

Bermuda Dunes Community Center • 78-400 42<sup>nd</sup> Ave, Bermuda Dunes



## ADAPTIVE GYMNASTICS

**Classes focus on stretching, vestibular & proprioceptive movements. Assists with building coordination, balance, strength & flexibility.**



**WHO:** Individuals with a special need or disability  
5-10 Years of Age

**WHEN:** Wednesdays, September through December 2023  
10:30 – 11:15 A.M.

**FEE:** \$25 per month, or FREE with our ADAPTIVE MEMBERSHIP

**EXTRAS:** -Bring water!  
-Parental assistance may be requested during session to best support each participant.



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