

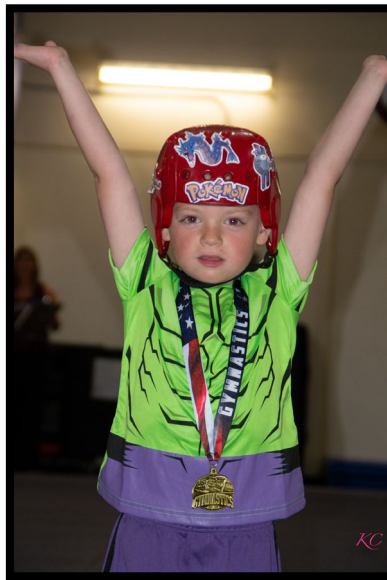
Desert Recreation District

Bermuda Dunes Community Center • 78-400 42nd Ave, Bermuda Dunes



ADAPTIVE GYMNASTICS

Classes focus on stretching, vestibular & proprioceptive movements in a comfortable space. Assists with building coordination, balance, strength & flexibility.



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

WHEN: Wednesdays, January through April 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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For information or to register, visit MyRecreationDistrict.com or Call (760) 347-3484