

# Desert Recreation District

Indio Community Center • 45-871 Clinton Street, Indio



## ADAPTIVE GYMNASTICS

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



**WHO:** Individuals with a special need or disability  
5-14 Years of Age

**WHEN:** Saturdays, Ongoing 2023  
9 – 9:50 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](https://www.MyRecreationDistrict.com) or call (760) 347 – 3484