

# Desert Recreation District

Online classes available through ZOOM®



## ADAPTIVE GYMNASTICS (ONLINE)

**Classes focus on stretching, vestibular & proprioceptive movements. Learn how to safely practice movements when at home.**

**WHO:** Individuals with a special need or disability, friends & family

**DATE:** Fridays

**TIME:** 11am – 12pm

**FEE:** FREE

**EXTRAS:** Must sign up online to receive the Zoom® link on the confirmation receipt.

**Best location to take class:** An open/clear area

**What to bring (if available):** yoga mat, hula hoop, masking tape or line on floor to make our beam, pillow, water.



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For information or to register, visit [MyRecreationDistrict.com](https://www.MyRecreationDistrict.com) or call (760) 347 – 3484