

# Sokol Naperville Tyrs

## Special Needs Gymnastics Program

### Details

**Who:** K-8th grade students with special needs (Autism, Down Syndrome, non-verbal, hearing impaired, vision impaired, etc.)

**What:** A fundamentals in gymnastics course to acquire basic gymnastics skills and develop overall strength and coordination.

**Where:** Naperville Central High School gymnastics gym.  
440 W. Aurora Avenue, Naperville, IL 60540

**When:** Wednesday nights 6pm to 7pm (K-5th) and 7pm to 8pm (6th-8th) starting January 11, 2017.

### 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 two USAG certified coaches and three junior high helpers. Children can sign up one month at a time and prices will depend on the number of classes offered each month with the base price of \$5 per class. Please contact the unit president or head coach for any questions regarding our program.

### Coaches

**Dan Bajek** – Physical Education Teacher and Special Education Aide at Bower Elementary School. He has coached gymnastics at various levels/ages including children for five years and high school for three years.

**Kate Viscomi** – Districtwide Adapted Physical Education Teacher for Wheaton-Warrenville CUSD 200. She has taught Adapted PE for elementary and junior high students for six years in her school district.



#### Contact Info:

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**Dan Bajek**  
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