



410 N. Azusa Ave., Covina CA 91722 626-331-8841

Adaptive Classes

2019

Our Adaptive Dance classes are inclusive classes that focus on skill development, self-empowerment, and celebrating our differences.

Rising Stars: Ages 4-8 *Teacher/Student Ratio with parent participation = 1/10



A parent participation class for students with special needs; ages 4—8yrs. With the instructors direction and guidance, students will warm up their bodies with fun cardio exercises and stretches. The class will participate in fun activities on three gymnastics events/stations per week. Activities will be modified to meet the needs of the boys and girls participating in the class.

Although there is a wide range of ages in this class, all students will be challenged and will have the opportunity to gain balance, strength, coordination and confidence.



Developmental Ninja: Ages 6-12 *Teacher/Student Ratio = 1/5

Designed for children who are able to stay with group, follow direction and complete basic exercises, circuits and obstacles with the assistance of an instructor.

Developmental Ninja classes give kids a fun approach to fitness as they gain strength, conditioning, flexibility, problem solving and coordination. With assistance, the participants will be challenged to overcome obstacles designed for their skill level and needs.



Gymnastics: Ages 6-12

*Teacher/Student Ratio = 1/5

Students participate on all apparatus uneven bars, balance beam, vault table, tumbling & trampoline, learning balance, coordination & basic gymnastics skills. This class provides children with MILD disabilities and/or special needs, with a challenging and rewarding experience.



Students will have the appropriate amount of assistance and encouragement, while still being challenged.



Dance: Ages 4-7 & 8-10

*Teacher/Student Ratio = 1/3-5

Our classes are open to students with individual learning differences and other special needs who will enjoy a group setting focused on learning rhythm and dance movements. Classes will range from 30 - 45 minutes, depending on age.



All classes are taught by a Rhythm Integrative Dance Certified Instructor. Group classes will be a 1:3-5 ratio, students will best succeed in our classes if they receive aid from a parent or friend, dependent on their specific needs.





Adaptive Classes

2019: 8 Week Sessions

#1: January 07—March 02	#2: March 04—April 27	#3: April 29—June 22
#4: June 24—August 24	#5: August 26—October 19	#6: October 21—December 21

	MONDAY	WEDNESDAY	THURSDAY	SATURDAY
Rising Stars: 4-10 yrs	5:05-5:50pm			8:45-9:30
Developmental Ninja: 6-12 yrs				11:15-12:00
Gymnastics 6-12yrs		5:30-6:15	4:30-5:15	
Dance & Movement 4-7yrs	4:30-5:00			9:40-10:10
Dance & Movement 8-10yrs	6:00-6:30			10:25-10:55
Adult Exercise			9:30-10:30am	

2019 Class Fees: 8 Week Sessions



Class	Fee
Rising Stars (Parent Participation)	\$190
Developmental Ninja	\$190
Gymnastics	\$182
Dance & Movement	\$96
Adult Exercise	\$80

Payment Options

- 1) In full prior to start of session
- 2) Auto Pay (5% Discount) & 1/2 paid on the 15th of each month.
- 3) 60/40 Installment Plan

5% Sibling Discount (2nd child)

20% Discount off Multiple classes. (2nd class per week)

All Students	Annual Membership \$35 due at time of registration & annually
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★ Private Lessons available in dance room or gym

1-Single 30 min	\$45
1-Single 45 min	\$60
3 or 4 Pack of Private Lessons	10% Discount

Minimal Availability. First Come-First Serve.
Payment due at time of scheduling.

Must complete Adaptive Private Lesson Request Form.
Cash Only or Check only for Private Lessons or 5% CC Fee

★ Ask about Financial Assistance



New Students Inquiries:

Call: 626-331-7823 or
Email: Lorena@Stars-Gymnastics
For more information