



ADAPTED PROGRAM

LESSONS EVENTS PLAYTIME



ABOUT OUR ADAPTIVE PROGRAM

AAG's adapted program provides an inclusive opportunity for children with neurological, learning, physical, social, and emotional disabilities to participate in classes, private lessons and activities.

WHAT WE OFFER



Soaring Stars Classes

an inclusive class for children ages 3-12 years old with neurological, learning or physical disabilities. Provides an opportunity to participate in recreational classes as an individual or partnered setting. AAG coaches will focus on teaching gymnastics and ninja basics while reinforcing independence and confidence in a welcoming, fun and safe environment. A para and/or parent is required to be on the floor unless the instructor has approved individual participation.



Private Lessons

1 on 1 practice with an instructor of your choice. Special focus on the areas and events you would like to work on in the gym. Lessons can be scheduled at a time to create a less stimulating gym environment as needed. Allow for the participant to work toward the goal of joining a structured group class if desired.



Family Playtime

Join us for Family Playtime! From guided games and activities to open gym exploration, your family will have a great time. Family Playtime is welcoming and inclusive to children of all abilities.



Open Practice

supervised time in the gym to practice their gymnastics, ninja and/or tumbling skills. Coaches will be available but not instructing a class. We welcome and include children of all abilities.



Drop Off Events & Camps

AAG Strives to make our drop-off events & camps available to children of all abilities. we welcome parents contact aag's events director to discuss the best options for participation in joining drop off activities & camps.

Get started now by filling out AAG's Getting To Know You form.



<https://forms.gle/87qi1LgircWeN5AXA>

For More Information Contact Megan at adaptedprogram@aag-stl.com



We invite your family to Join us for Weekend Family Playtime offered one Sunday a month