

Plano Adapted Recreation

Kid Activities

HAPPY • HEALTHY • HAVING FUN

planoparks.org

HELD AT OAK POINT

ADAPTED GYMNASTICS BOYS (3-6 YRS)

Students with special needs will feel a real sense of accomplishment and independence as they learn how to roll, hang, swing, and go upside down all by themselves. Students will be taught basic skills on the pommel horse, high bar, parallel bars, floor vault and other activities. Each child will progress at a rate which they are most comfortable.



ADAPTED GYMNASTICS GIRLS (3-7 YRS)

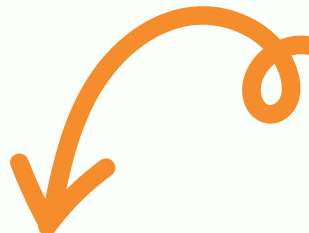
In this beginning gymnastics class for children with special needs, they will learn very basic skills on the vault, bars, beam, floor and trampoline, as well as other activities. They won't know it, but they will also be improving their gross motor skills, hand eye coordination, body awareness and building self-esteem. Each child will progress at a rate which they are most comfortable.

HELD AT OAK POINT

SOCIAL SKILLS GYMNASTICS (7 YRS & UP)

What a great way to improve social skills for individuals with special needs... by participating in a challenging, yet fun, adapted gymnastics class with your peers! Improving the ability to appropriately socialize with your peers will be the emphasis of this class, as students are introduced to beginning skills on the gymnastics equipment.

HELD AT OAK POINT



SHINING STARS PARENT & ME (1-3 YRS)

This class will focus on simplifying soccer into specific components, while teammates work together to build new skills in a fun, non competitive environment. Experienced instructors, along with puppet friends, Mimi and Pepe take you and your little one through a world of exciting physical activity. A one time \$30 registration fee to Shining Stars includes a jersey and soccer ball. Parent/caregiver participant is required.

SHINING STARS (8-14 YRS)

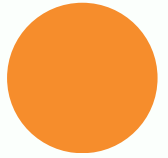
Shining Stars Program at Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment to individuals with developmental and intellectual disabilities. Through our innovative curriculum designed by licensed therapists, we use soccer to promote socialization, strengthen peer interactions and advance gross and fine motor skills. With a low player-to-coach ratio, each player gets the individual attention they need to reach his or her full potential. A one time \$30 registration to Shining Stars includes a jersey and soccer ball.

NIGHT OUT AT THE SPECTRUM (3-12 YRS)

Join us for an Adapted Kids Night Out, at We Rock the Spectrum Kids Gym in Plano. This respite program gives children with disabilities and their siblings an opportunity to socialize with their peers, thereby reducing the risk of social isolation. The evening will be full of arts and crafts, free play, jumping and climbing, and pizza. Drop off and pick up will be at We Rock the Spectrum, 1941 Preston Rd #1022, Plano. Register each child attending.

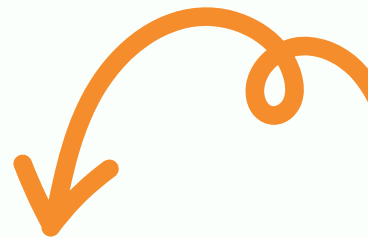
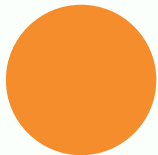
NEW TALENTED MUSICIANS
(5-7YRS) & (8-12 YEARS)

Children with special needs will have the opportunity to play musical instruments, while listening and singing along to the music. Volunteers will bring instruments. This music class will stimulate all areas of child development and skills, including social, emotional, motor, language, and overall literacy.



NEW! BRIGHT ARTISTS
(5-7YRS) & (8-12 YEARS)

Students with special needs will be introduced to various art activities like origami, drawing, and coloring with the help of volunteers. This art class will enrich the your child's artistic skills and creative thinking. Please wear comfortable clothing that can get dirty.



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