



Winter 2011 Session

Sundays Mornings

3 options - 9:30, 10:30, 11:30am

Spring Session: 1/9/11 - 3/13/11

(Skipping 2/13 and 2/20. Makeup class on 3/20/11)

Tumbletown - San Mateo Gymnastics is offering a gymnastics class for kids (4-7 y.o.) with motor delay. The class will be taught by physical therapy graduate students from UCSF/SFSU. Classes will promote gross motor skills development, build confidence, develop strength and increase endurance in a safe and fun environment through:

- climbing ladders
- jumping on trampolines
- hanging on bars
- somersaults & handstands
- walking on balance beam
- exploring obstacle courses
- swinging
- group activities

Kids that may benefit from this class are those that are diagnosed with:

Mild cerebral palsy, hypotonia, motor delay.

Participants should be able to ambulate independently.

\$160 per session

\$50 annual registration fee

San Mateo Gymnastics-Tumbletown

1333 Old County Rd. Belmont

To register call: (650) 631-8734

For questions about the class email: alyssamherrera@yahoo.com