



## ACTIVITIES FOR KIDS!

Register for activities at [planoparks.org](http://planoparks.org)

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### Beyond Karate (6-11 Yrs) & (12 Yrs & Up)

Do you want to learn how to protect yourself? Then come out to this all-inclusive Martial Arts class designed for all ability levels. You will be introduced to self-defense, hand strikes, kicks, blocks and learn kata - sequence of karate moves. This class will build physical strength; improve discipline; enhance self-confidence, instill respect of others; develop social skills; and teach through positive feedback and encouragement.

#### 6-11 Yrs:

Liberty	Thursday's	4 weeks of class	5:30pm-6:30pm	\$89
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#### 12 Yrs & Up:

Liberty	Thursday's	4 Weeks of class	6:30pm-7:30pm	\$89
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### Kids Night Out (1-10 Yrs)

Kids Night Out is a monthly respite program that gives children with disabilities and their siblings an opportunity to socialize with their peers, all while parents enjoy a nice night out and time to relax. The registration fee is \$20 per family or \$40 per family with 4 or more children. Register only the participant. To register siblings, contact Dianne Dillon at 972-941-7272, or [dianned@plano.gov](mailto:dianned@plano.gov).

Liberty	Friday's	Once a month (Sept-May)	5:45pm-8:45pm	\$20
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### Adapted (Adv) Gymnastics (4-9 Yrs)

This class is for athletes, ages 4-9 who are successful at basic tumbling and gymnastics skills. Please see the instructor for approval before registering. Gymnastics provides a multitude of benefits for children with special needs, as it challenges the brain to work in connection with the body, as the child becomes physically stronger. Some of the skills this class will focus on include cartwheels, round-offs, front and back walkovers, chin up pull overs, back hip circles and more. All of these activities aim to help improve student's motor skills and confidence as well as their ability to follow directions.

Carpenter      Sunday's      4 weeks of class      1:00pm-2:00pm      \$65

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### **Adapted Gymnastics Boys (3-7 Yrs)**

Students with special needs will feel a real sense of accomplishment and independence as they learn how to roll, hand, 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.

Carpenter      Sunday's      4 weeks of class      2:00pm-3:00pm      \$65

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### **Adapted Gymnastics Girls (3-5 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 with they are most comfortable.

Carpenter      Sunday's      4 weeks of class      3:00pm-4:00pm      \$65

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### **Social Skills Gymnastics (8 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 peers will be the emphasis of this class, as students are introduced to beginning skills on the gymnastics equipment.

Carpenter      Sunday's      4 weeks of class      4:00pm-5:00pm      \$65

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