Competitive Sports and Fitness for Special Needs Adults

Mondays and Wednesdays
April 4–20, 9a.m.–noon

This class is designed for students with mild to moderate learning delays and who are independent in daily living skills. It will provide opportunities to improve individual fitness levels and develop a variety of competitive sports skills. There is no individual supervision before, during or after class. While on campus, students are expected to exhibit appropriate behavior. Gym shoes and appropriate workout clothes are required.

FOR MORE INFORMATION
mcspecialneedsclasses@gmail.com
708.656.8000 ex. 2281