

# ONE-ON-ONE FITNESS TRAINING AND MOTOR SKILL DEVELOPMENT FOR CHILDREN WITH SPECIAL NEEDS



All sessions are individualized and adapted to meet the unique motor and fitness needs of each child.

## Programs May Include

General gross motor skill development

Sport specific skill instruction

Training to improve cardio vascular endurance, strength, balance, flexibility and/or coordination

Support of gross motor IEP goals

\*This program is appropriate for children of any age and level of ability, regardless of their behavioural or communication needs

For More Information Contact Macy Warren

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