

Make a difference in the life of a child!

ADAPTIVE GYMNASTICS

Volunteer with Balance 180

WHAT: Adaptive Gymnastics program for children ages 2-16 with physical or intellectual disabilities. Athletes learn basic skills on vault, bars, beam and floor in a step-by-step individualized process.

WHEN: Saturdays, 12:30-1:55pm and 2:00-2:55pm

WHERE: Balance 180 gym- 6527 NW 18th Drive

HOW CAN YOU HELP? Volunteers encourage gymnasts to work on motor skills, follow instructions, and make new friends! No prior gymnastics experience required.

To volunteer, contact Natalie Ziev:

balance180adaptivegymvolunteer@gmail.com

