

FAQs

Does my participant need an aide during the class?

We encourage aides/caregivers to be present if needed for the class. If the participant has higher-support needs, then an aide/caregiver will need to stay with them to assist during the class.

What are the expectations of the Adapted Gymnastics program?

We have a flexible expectation approach within our program. This means that participants are able to determine what their own goals are in the program, as well as giving them control of what they would like to work on during the class.

Please note that there is still an expectation of safety and staying with their group during their class. For the safety of everyone in the gym, participants have to stay with their class and follow the guidance of their coach when in the gym.

What is the class ratio?

Our class ratio is 4:1 participants to coach. The maximum class size is 6 participants with 2 coaches for the class.