

# GymSkills

***A unique and challenging physical activity program for children of all abilities ages 3 to 18***

**GymSkills** offers customized physical education to develop:

- Balance
- Hand-eye coordination
- Muscular Strength, flexibility and agility
- Communication and teamwork
- Sports skills
- Self-confidence and independence

## ***Progressive Skill Development***

Participants learn specific skills at varied activity stations, using a series of achievable progressive steps which provide opportunity for continuous success at an individual level.

At each skill station, children work towards their own individual goals, and with guidance are able to frequently achieve and improve their personal best in each area.



## ***Bounce! Pilates Fitness Program***

Each class includes the Bounce! pilates routine, an innovative movement program designed to improve strength, balance, flexibility, and body awareness in a fun and inclusive group activity.

## ***Teamwork and Social Development***

Adapted and inclusive team sport games develop teamwork, communication and social skills. These sports skills provide experience to allow for successful participation in other sporting activities.



**Location:** Holland Bloorview Kids Rehabilitation 150 Kilgour Road (Bayview & Eglinton)  
**Session Dates:** Sept – April  
**Class Times:** Sundays - 1 hour classes 9:00 am and 10:00 am

***For further information please call Jesse Seguin at (416)723-4745 or visit [www.stepsprograms.com](http://www.stepsprograms.com)***