

**GymABLE  
Coordinator**

For more information about the CCGC  
GymABLE Programs please call the Club  
Office

**Instructor's Qualifications**  
Level 1 Coaching Gymnastics Accredited  
Disability Education Program Modules



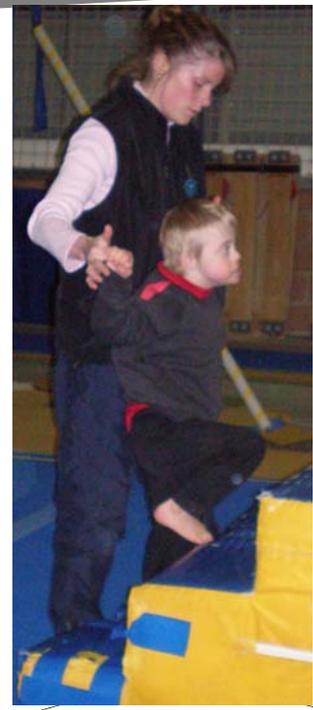
**GymAbility**  
Gymnastics Australia



**Office Hours:**  
9:30 to 5:30 pm weekdays  
8:30 to 1:30 pm Saturdays  
[www.canberracity.org.au](http://www.canberracity.org.au)

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Belconnen, ACT 2617  
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[canberracity@gymnastics.org.au](mailto:canberracity@gymnastics.org.au)

**GymABLE**  
At  
**Canberra City Gymnastics Club**



**Gymnastics  
for people  
with a  
disability.**



# GymABLE

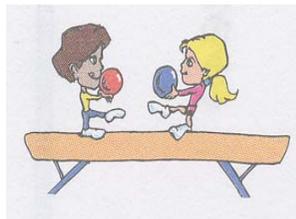
GymABLE is a fundamental motor skill development program for children and adults with a physical or intellectual disability. The program is designed to develop the whole participant, socially, emotionally, cognitively and physically, in a safe and friendly environment.

The use of basic gymnastic and ball skills and games assists in the development of the following skills;

- ☺ Fitness
- ☺ Strength
- ☺ Flexibility
- ☺ Body Awareness
- ☺ Spatial Awareness
- ☺ Coordination
- ☺ Self Confidence
- ☺ Self Esteem



The sessions cater for participants who would like to try gymnastics for the first time as well as participants who have gymnastics experience.



## GymABLE—SCHOOLS

CCGC also offers a fundamental motor program for Special Schools and Special Education Units.

The students participate in fun and friendly classes that develop the student's fundamental motor skills through basic gymnastics, ball skills and games. The students with their teachers are also given the option to travel to CCGC's purpose built facility to participate in one of their classes.

CCGC works with the school to arrange a day and time that suits during any school term.



**Special Olympics**  
*ACT Region*

## SPECIAL OLYMPICS

**"Let me win, but if I cannot win, let me be brave in the attempt."**

Special Olympics Athlete Oath

Special Olympics (SO) is a not-for-profit organisation that provides year-round sports training and competition in a variety of sports for people with an intellectual disability. The program provides opportunities for athletes to develop fitness, show courage, experience joy and participate in their community.

Gymnastics is one of the sports SO offers and CCGC provides gymnastics training and competition for children and adults with an intellectual disability in the ACT and surrounding Region.

SO provides a pathway for athletes to participate in sport at a State, National and International level.

