

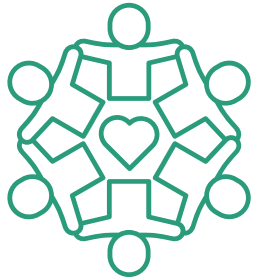


S.N.A.P

SPECIAL NEEDS ADAPTED PROGRAM

ARGOS
Gymnastics
TAURANGA

Our Values



GYMNASTICS FOR ALL

We ensure that we are open to everyone.

We create a safe environment that welcomes diversity, promotes respect, and emphasises participant well-being.

We will....

- Welcome and embrace every community in to our sport.
- Ensure gymnastics is suited to every ability.
- Provide a safe and welcoming space where individual goals and achievements are celebrated.
- Deliver a range of programs that engage and empower our community.
- use gymnastics to facilitate positive social interactions between members



TEAMWORK

Together we are stronger.

We know that culture creates champions - we invest in making ARGOS Gymnastics a great place to work, volunteer, and belong.

We will....

- Build positive and steadfast relationships with all members of our community
- Value and listen to the opinions of others with an open mind and open heart.
- Support every role and responsibility within our club

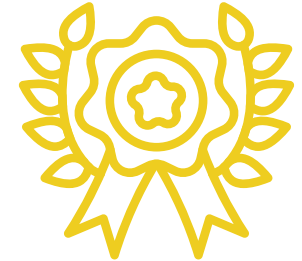


FUN

We encourage a positive experience for members, athletes, coaches, and parents.

We will....

- Acknowledge personal achievements
- Keep gymnast well-being at the top of our priority list.
- Encourage and motivate, to ensure our gymnasts are proud of their achievements



EXCELLENCE

We stand for excellence.

**We lead by example.
We are driven to make gymnastics the best it can be.**

We will....

- Have health and safety at the centre of all our programs.
- Continuously adapt and improve to ensure we are delivering the best possible programs for all our members.
- Provide high quality equipment
- Provide equipment that is of a high standard

Our Program

ARGOS Gymnastics are proud to introduce SNAP, a program specifically designed for children with special needs. SNAP allows children to fully participate in gymnastics in a safe, nurturing environment. The program focuses on the fundamental skills of movement, individualised to each gymnast. All our coaches are passionate and accredited to ensure your child can develop and achieve goals you never thought were possible.



NEURO-DIVERSITY

These classes are for children diagnosed or non diagnosed on the Autism Spectrum, ADHD, Asperger's Syndrome, Downs Syndrome, Genetic Disorders, Sensory Processing Disorder, Dyspraxia and other similar forms of neuro-diversity.

Neurodiverse children highly benefit from our one-on-one classes, routines, coaching support, and loving staff. Our adaptive teaching techniques allow our staff to support each kid's unique learning style to provide a fun-filled environment to maximise individual skill development. Our private classes are half an hour each and held in the early afternoon when the gym is noise-free and gives each gymnast the run of the equipment.

BLIND LOW VISION

Specialist classes for school aged gymnasts with vision impairment. We ensure a positive and supportive experience. No prior experience necessary.

PHYSICAL DISABILITIES

The disability gymnastics programme ensures that gymnastics is adapted to meet the needs of each gymnast. Through the program delivery, coaches can enable all physically disabled gymnasts to achieve their full potential, focusing on what they can do, not on what they can't do. From fundamental movement activity to elite gymnastics skills, disability gymnastics has something exciting, fun and engaging for all disabled people to enjoy; it is also widely recognised as providing many physical and social benefits for participants, such as developing increased coordination skills and building confidence.

GROUP CLASSES

Group classes focus on building developmental skills to improve our gymnasts daily living through physical and social activity. It is a parent assisted program that allows you to spend some one-on-one time with your child, allowing you to bond and achieve milestones together.

The Benefits

Our disability classes will focus on seven fundamental movement skills that work towards a holistic approach to your child's physical, social and emotional wellbeing. Our fundamental skills are balance, spring, swing, landing, manipulative tasks, locomotion and rotation.

We have options for classes:

1. An inclusive approach where your child will be supported within a regular class time with a support coach
2. One-on-one with a coach in a private lesson half hour lesson
3. In a group with up to 6 children with disabilities

Fees will be based on class options above and will be advised once we know which option will be utilised. Children who have a physical disability are able to apply for funding through Halberg Sports. We can assist you with this application process. Please be aware our facility is an old building and lacks wheelchair accessibility for the bathrooms. We are able to access the building from our large roller door straight onto the equipment. An access assessment may be required.



SAFE PHYSICAL ACTIVITY

A platform for students to explore gymnastics movements, discover their strengths, and work towards personal goals. Progress is measured based on individual milestones, creating a sense of accomplishment.

ESTABLISHING AND ACHIEVING GOALS

Inclusivity First: "My Personal Best" is created with inclusivity in mind, ensuring that every gymnast, regardless of their learning support level, feels welcome, valued, and supported.

PROMOTES FLEXIBILITY, STRENGTH AND COORDINATION

ALLOWS PARENTS AND CHILDREN TO BOND AND SOCIALISE

Our commitment to individualised attention means we keep class sizes small, providing a supportive environment where each gymnast receives personalised guidance. We use gymnastics and the gym environment to facilitate positive social interactions. Through group classes, we provide our gymnasts with a supported environment to practice social communication and gain confidence among peers.

A SCHEDULED ACTIVITY TO HELP ESTABLISH ROUTINE

When children are part of familiar activities and routines, they develop relationships with the people they interact with and gain a sense of belonging and self-confidence. As they grow in confidence, routines become easier to follow, demonstrating emerging independence, and adjusting to change more easily.



Timetable

- ◆ Individual classes are held Monday, Thursday and Friday during school hours. Each class is 30 minutes and classes run during the school term. Every now and then we are able to fit in a class outside of these hours, please ask at the office.
- ◆ To make a booking, ring or email the office on 577 0603 or office@argosgymnsport.co.nz and we can advise you of available class times and book you in.
- ◆ Term fees for individual gymnasts attending one-on-one private lessons are \$200 per term (10 weeks). Casual classes are not available for SNAP gymnasts.
- ◆ For School and Group bookings, please ring the office for a price.



Training to compete

ARGOS offers one-on-one lessons to coach students with disabilities whose aim is to participate and/or compete at gymnastics festivals and sports tournaments at a local, regional, or National level.

Gymnastics Schools Festival

Our Schools Gymnastics Festival is a performance based Festival all about participation and the enjoyment of gymnastics. We can teach routines to make sure your gymnast is competition ready.

Zespri AIMS Games

Zespri AIMS Games champions diversity and inclusion providing competition opportunities for students with physical, sensory and intellectual disabilities which disadvantages them from competing alongside their non-disabled peers. The focus of this inclusive event is on achieving personal bests and encouraging activity. ARGOS can help you learn your routines and gain the confidence to compete at this wonderful event.

The Halberg Games

A national, three day sports competition for physically disabled and vision impaired young people aged eight - 21 years. Halberg hosts the sports festival which give the attendees the opportunity to compete against other young people with similar impairments and pursue further sports goals.



THE POWER OF GYMNASTICS

Chloe's Story



Chloe is 11 years old. She has formal diagnosis' of Autism Spectrum Disorder (ASD), ADHD and Anxiety and also has lived with the challenges of a serious lung disease since infancy which can often hospitalise her on average 2-4 times a year.

Chloe has been attending private adaptive gymnastics lessons with ARGOS since early 2022 and they have taken her under their wing and helped her to thrive ever since. Having not long transitioned out of mainstream school with severe anxiety and not in a good place, their patience, understanding and attentive coaches made all the difference in not only making her feel comfortable but allowing her to have input into the lesson and what she wanted to work on that day adapting things to a way that suited Chloe and helped her to make better progress.

Muscle Memory and Core strength building take a lot more effort for Chloe than the typical child and she has made incredible progress working with her coach one-on-one every week. Not only has her confidence grown, she has

developed a passion for something she can integrate into her everyday life, including her correspondence school work.

In 2023, with the amazing support of ARGOS behind her she took part in her first ever schools festival and gained so much amazing experience and confidence despite being incredibly nervous with big sensitivities to noise and crowds. From there, she went on to compete in the Te Puke Gymsports Spring Festival later in the year and achieved 4th overall in the year 5-6s. This year she has entered the 2024 AIMS Games as a Novice gymnast.

"I didn't think she'd be able to participate in Aims Games," her mum said, with a beaming smile. "Her gymnastics has come along so far. Some things take a little bit longer for her to get the hang of but she works so hard." She said Chloe's confidence has grown "hugely" and she was looking to trial group classes. "She's pretty tough. She should be so proud of how far she's come."

Now, Chloe hasn't stopped smiling all week. The 11-year-old gymnast ordered a medal hanger – and a cheeseburger combo from McDonald's – after winning three silvers and a gold at the Zespri AIMS Games.

As a family we couldn't be more grateful for the amazing support and time ARGOS give Chloe to be able to have enjoyment in a sport in a context in which she is comfortable."



FROM THE EXPERTS...

A Physiotherapist's Story...

In Megan's life as a physiotherapist she has attended group classes at ARGOS with both the Child Development Service and the Tauranga Special School.

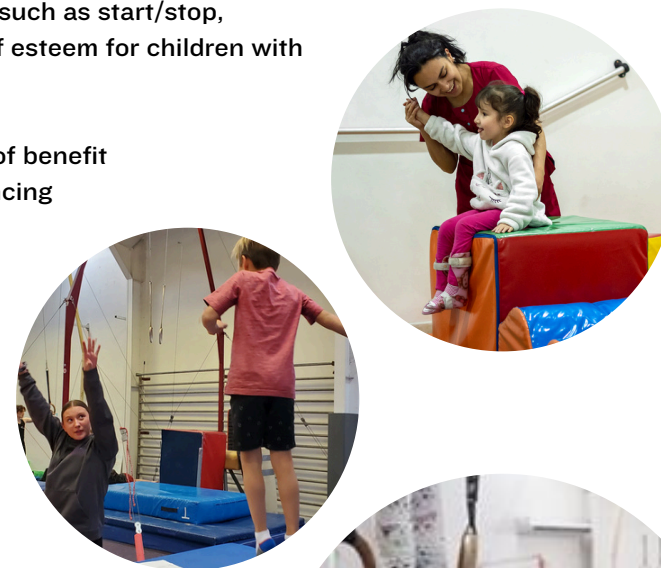
"Gymnastics encompasses a vast array of developmental skills, including cognition and motor skill development. The physical benefits of gymnastics include strength, flexibility, balance and coordination. There are also benefits for the child's confidence and self-esteem and participation aids social development.

In gymnastics the brain is constantly working in connection with the body, and by integrating conceptual themes such as start/stop, lead/follow, apart/together, positive reinforcement and problem solving, gymnastics ultimately leads to higher self esteem for children with special needs."

Murphy and Carbone (2008)* note that participation and integration in sports and recreational activities can be of benefit for children with disability promoting inclusion, minimizing deconditioning, optimizing physical functioning, enhancing overall well-being and 'may slow the functional decline often associated with disabling conditions' (2008: 1057).

Whether your child is integrated into a mainstream program or attends a specialised program oriented towards people with disability, I have seen first hand how this can have a positive impact on a child's physical and social developmental skills and would highly recommend the facilities and instructors at ARGOS Gymnastics Club.

*<https://pubmed.ncbi.nlm.nih.gov/18450913/>



A Coach's Story...

The SNAP program is an incredible asset for our gym and for me as a coach. Gymnastics is already fantastic for children, but when a child with special needs participates, the benefits are amplified exponentially! I witness progress in the gymnasts I coach every week. This sport also enhances speech, confidence, and self-esteem as we communicate and tackle challenging tasks together. I firmly believe that every child deserves a safe and nurturing environment to explore the joy of gymnastics, and this program provides essential support for kids with disabilities while teaching them skills that can enhance their quality of life. From fine motor skills to social interactions, every improvement, no matter how small, is a triumph. It's truly rewarding to observe my gymnasts advance each week. I take immense pride in every one of my athletes. - Emma, ARGOS Gymnastics Coach



SNAP Action Plan

Hello and welcome to the ARGOS **S**pecial **N**eeds **A**dapted **P**rogram. For over a decade, we have been dedicated to supporting athletes with physical, mental, intellectual, and sensory impairments. We recognize that each athlete's journey is distinct. The following questions are designed to help us ensure that your child's experience at ARGOS is enjoyable, inclusive, and truly representative of their perspective on the world.

Name:	Term:	Review Date:
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How did you find out about the ARGOS SNAP Classes?

Understanding your athletes' disabilities, as well as their current needs and skills, is essential for facilitating a smooth transition into our program and adequately preparing for their first class. Could you provide any relevant information to assist us in this process?

What are some things that may restrict the athlete?

What short term goals would you like your athlete to achieve? Is there a specific focus for this term:

What long term goals would you like your athlete to achieve?



All club news is available via FaceBook, Instagram, email, newsletters and www.argosgym.co.nz

We can be contacted by phone on 07 577 0603 or by email on manager@argosgym.co.nz