

Down with Fitness

A fitness and movement program for children with special needs offered by John M. Cissik, MS, CSCS, NSCA-CPT

- Dates:** Saturdays, April 30 through May 21, 2016
Time: 2 pm
Location: St. Gabriel's Catholic Community gymnasium
110 St. Gabriel Way
McKinney, TX 75070
Cost: Free of charge

Program Goals:

1. Develop gross and fine motor skills through games
2. Enhance strength and endurance through exercises that aren't going to seem like exercises
3. Burn calories through movement
4. Teach children with special needs that movement can be fun
5. Teach the family members of children with special needs how to integrate fitness activities into everyday life

This is meant to be a supported fitness program for children with special needs, aged 5-12 years old. This means that we are looking for parents or older siblings to participate as well. Each session will last 30-60 minutes, depending upon how all the kids are doing.



For more information, please contact John Cissik at john@cissik.com, 214-334-4754, or go to www.cissik.com/blog/down-with-fitness.

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About John

John is a fitness professional with a love for working with children. He has held multiple summer camps and classes for younger kids that focused on agility and conditioning. He is a proud father of Marcus, a 9 year old with Down syndrome. He realizes first-hand the difficulties associated with developing and keeping his specially-abled son active and engaged in physical activity. It is his goal to pass on what he's learned from his personal experience with other parents of these very special children. To learn more about John visit www.cissik.com/blog/about.