



Special Olympics
Florida

Hillsborough County Rhythmic Gymnastics



TRAINING CLASS INFORMATION

Classes open to all individuals with intellectual disabilities **8 years and older**. Classes are **FREE!** All equipment provided. Fall Session runs **July-November**, Spring Session runs **February-May**.

Two Class Locations:

MONDAYS – 7:00-8:30p (All Levels)

LaFleur's Gymnastics, 10205 Anderson Road, Tampa, FL 33624

THURSDAYS- 1:45-2:45p (Levels 2-3), 2:45-3:30p (Levels A -1)

Tampa Bay Rhythmics, 6542 Krycul Ave., Riverview, FL 33578

Level A and B for non-ambulatory individuals (male and female)

Level C – Beginner level (male and female)

Levels 1-4 Females ONLY

ALL Special Olympic forms must be completed and a signed medical release obtained **BEFORE** an athlete can start class.

Parent or responsible adult **MUST** stay at gym for entire class – this is **NOT** a drop off activity.

Athletes should wear comfortable clothing that allows them to move freely. Leotards, tank tops, tee shirts with athletic shorts, yoga pants or leggings are acceptable. Bare feet or socks only on gym floor. Hair must be pulled back or away from face. **PLEASE** remove all jewelry before coming to class for the safety of our athletes.

For more information or to volunteer contact:

Special Olympics Florida - Hillsborough County Gymnastics Coach

Nancy Kafka Email: tnkafkas@bellsouth.net Cell: 404.242.0278

Special Olympics Florida - Hillsborough County Area Sports Director

Glenn D. Fite, Jr. Email: glennfite@specialolympicshillsborough.org Cell: 813.484.6003