



motion
evolution



Special Motions

All children deserve an opportunity to participate in fun, safe exercise programs. Special Motions provides these opportunities for children with a variety of developmental delays and challenges.

Special Motions focuses on the motor movements, strength, and core balance exercises that have been proven effective in the development of special needs children.

The Special Motions program is designed so that all students experience success while having fun and gaining self confidence. From our experience, children with Autism, ADHD, and other learning challenges have been highly successful through our program.

Its unique blend of sensory discovery, games and activities are designed to teach Physical Literacy skills.

All types of movement can have positive effects on the brain. Research is now taking this understanding further and exploring how and what types of movement impact our brains. With this new information, we can fine tune the type of movement that is most effective for different individuals and different situations.

Through Special Motions, students have the opportunity to meet sensory needs. Research shows that using sensory integration strategies can improve learning in all settings.

Classes provide these individuals with opportunities to engage in physical movement and social interactions, thereby increasing their overall physical fitness, social skills and self-esteem.

Movement is a major part of the answer to finding successful ways to help children overcome challenges!

This is the magic of movement!

