



SPECIAL NEEDS

The Connection is committed to providing opportunities for everyone. For more information contact:
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The
Connection

YOUNG ATHLETE SPECIAL OLYMPICS PROGRAM

Ages 2-7

Co-sponsored with the NJ Special Olympics, this program emphasizes sports skill development in physical activity and play.

ADAPTED AQUATICS

3 yrs. – Adult

A one hour swim program providing individuals who are physically or intellectually challenged the opportunity to use the pool for exercise, learn basic swimming skills, be part of a social group.

S.N.S.L.

Ages 3-6, 7-11, and 12+

Designed to teach and improve swimming skills while working in a group environment to improve their focus, comfort, and overall understanding of safety in the pool.

ADAPTED YOUTH YOGA

Ages 5-14

Enjoy different poses and fun stretches designed to engage the body, mind and spirit.

DANCE FOUNDATIONS

Ages 5-14

Children are introduced to basic dance techniques through innovative and creative body movement.

JR. WARRIOR GYM CHALLENGE

Ages 3-12

An energetic class that utilizes the gymnasium equipment and specially designed ninja challenge course equipment (rock wall, cargo net, mini trampoline, and more) to focus on improving strength, agility, and speed. (1x per month)

TEEN & YOUNG ADULT SOCIALS

Ages 15-adult

Teens and young adults meet twice a month for an evening of entertainment and camaraderie. (2x per month)

WARRIOR FOUNDATIONS – INCLUSION

Ages 8+

NEW This coed class will focus on the foundations of Warrior challenge activities and will use a variety of specially designed Warrior equipment to include obstacle courses, rock wall, ropes, warped wall, cargo net and more to provide an opportunity to develop strength, agility, and confidence in an atmosphere of challenge and fun.

ADAPTED TEEN/ADULT YOGA

Ages 15-adult

NEW For teens and adults with physical and intellectual challenges who are able to participate in a group setting. Experience a variety of calming music, breathing exercises, and gentle yoga sequences & stretches. (1x per month)

Individualized modifications will be made as needed. Please see our website for full class descriptions, dates, and times.

COME TRY US OUT!
FREE TRIAL VISIT

Please make an appointment: 908.273.4242
info@TheConnectionOnline.org

Visit our website for all our class times, dates and details.