

Adaptive Athletes



#strongkids #fullhearts

What is this program?

Easterseals Joliet Region is partnering with Crossfit Plainfield to offer a strength and conditioning program to children of all abilities, ages 9 and up. With the support of physical therapists, Crossfit Plainfield coaches will lead sessions that focus on strength, endurance, balance and mobility.

Is my child appropriate for this program?

In order to participate, your child must be at least 9 years of age. Children must be able to follow simple directions. There are lots of heavy weights and equipment in the gym, so your child must be able to understand directions related to safety and be able to remain in a designated area. We work with all varieties of physical abilities. Wheelchairs, gait trainers, walkers are welcome!

Where is this program taking place?

We will be meeting at Crossfit Plainfield's gym in Plainfield, IL.

When is this program?

Date: Wednesdays July 5th, 12th, 19th, 26th and August 2nd

Time: 1:30-2:15

What does this program cost?

\$110 per participant due to Easterseals by the first session.

Is parent/caregiver involvement required?

Parents/caregivers are required to stay at the gym. Children may NOT be dropped off. Plus, working out is more fun when you have someone cheering you on! So be your kid's cheerleader!

Can siblings or friends participate?

Sure! As long as they meet the age-requirement and can follow directions related to the program and safety! The price is per participant.

Ready to Sign-up? Questions?

Please contact Lisa Funnell at lfunnell@joliet.easterseals.com or call 815-725-2194 ext. 330 **by June 28th.**