



Sports Plus



presents
Sports Plus Extra

SPORTS PLUS is pleased to announce a new program SPORTS PLUS **EXTRA**! SPORTS PLUS **EXTRA** is a year-round custom program that allows you to work with us to build your own individual or small group swimming, sports and fitness programs utilizing the extensive experience and talents of members of our SPORTS PLUS coaching staff. **EXTRA** classes can take place at a location you choose that is convenient to you or a location or facility that SPORTS PLUS arranges for or provides. **EXTRA** allows you to decide the length of the session as well as the time and dates. **EXTRA** also allows you to pick the sport or subject matter you want to focus on and work with us to develop particular goals for the participants. So, if your child wants to work on a sport or activity that we are not currently offering in our weekly classes or would like to work more often or intensely on a particular sport or skill in an individual or small group setting of children that you put together, **EXTRA** can help. Requests for SPORTS PLUS **EXTRA** sessions will be limited based upon coach and location availability as well as the subject matter of the request and the expertise of our staff.

All SPORTS PLUS **EXTRA** sessions will be directed by one or more of our SPORTS PLUS coaches. As with our weekly classes, appropriate social skills, sportsmanship, teamwork and fun will be stressed with extra help or challenges provided when necessary or useful. Some examples of **EXTRA** sessions that have already been successfully piloted include individual swim lessons, learning to ride a bicycle, fitness training and sports-based social groups. If you are interested in starting an **EXTRA** program, please contact us and provide as much detail as possible with your request by email at sportsplus@comcast.net or phone at 301-452-3781.

SPORTS PLUS is a non-profit organization that currently offers uniquely structured coed sports and swimming programs for verbal children able to follow multi-step directions between the ages of 5 and 14 with mild to moderate autistic spectrum disorders, ADD/ADHD and other developmental disabilities. All SPORTS PLUS programs, including the **EXTRA** program, are designed for children whose capabilities fit between existing mainstream sports programs and adaptive sports programs designed for children with moderate to severe developmental and/or physical disabilities.

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