

## DIVERSE NEEDS

IMPROVE, EXPLORE, GROW

### NHG CLASSES

We currently offer 2 Diverse Needs classes for ages 5-16:

- Sensory Class
- Sensory & Movement Class

Our Diverse Needs classes have a strong focus on the Fundamental Movement patterns, encouraging participants to try new things, fostering confidence and growing strength.

Each class has one coach and a maximum of 9 children. The class has the whole gym to themselves which means the participants have room to explore at their own rate. The environment is nice and quiet allowing participants to focus on the tasks at hand. Every child requires one accompanying adult (over 16 years of age) to join them during the class to help them remain focused and active.

Learn more and register here:  
[nhgym.co.nz/eventfinda-diverse-needs](https://nhgym.co.nz/eventfinda-diverse-needs)

If the class you're interested in is full, please email [diverseneeds@nhgym.co.nz](mailto:diverseneeds@nhgym.co.nz) to go on our waitlist. We value enquiries as they allow us to gauge demand and gives us the opportunity to introduce new classes.

### GROUP/SCHOOL SESSIONS AT NHG

Bring your group or school to NHG Gymnastics for a tailor-made session to suit your needs.

To enquire please email:  
[diverseneeds@nhgym.co.nz](mailto:diverseneeds@nhgym.co.nz)

LEARN MORE AT: [WWW.NHGYM.CO.NZ/EVENTFINDA-DIVERSE-NEEDS](https://WWW.NHGYM.CO.NZ/EVENTFINDA-DIVERSE-NEEDS)

VISIT US: [NHG GYMNASTICS AT EVENTFINDA STADIUM,  
SILVERFIELD, WAIRAU VALLEY, AUCKLAND](https://WWW.NHGYM.CO.NZ/EVENTFINDA-DIVERSE-NEEDS)