

**Movement Opportunities in the Community:** There are a lot of opportunities for our students to participate in fitness classes, organized sports, and more outside of school. Below are some recommended opportunities for students to participate in. Remember, it's important to choose something that will fit what your child needs based on support needed, structure, as well as their interests and preferences.

[Skyzone](#): Skyzone is an indoor trampoline park with different attractions like Ninja Warrior courses, foam pits, and freestyle jumping.

[Zavazone](#): Zavazone is an indoor playground with different challenges like a ropes course, warped wall, and giant slide.

[MOCO Movement](#): MOCO Movement is an inclusive movement center that offers movement classes for children of all ages and abilities.

[Fitness for Health](#): Fitness for Health has movement opportunities for all ages. Some programs they offer include individual and group exercise classes as well as exergaming.

[SPIRIT Club](#): SPIRIT club is a fitness facility that makes fitness accessible for everyone. SPIRIT club offers virtual training classes, group classes (fitness, yoga, zumba, boxing, etc.), and personal training for individuals with and without disabilities.

[ZamDance](#): ZamDance is a dance-based fitness program for children and adults with developmental differences. ZamDance is a structured environment that also allows you to move at your own pace.

[LFC Kids](#) (Virginia): LFC Kids is a unified program that provides services for children of all ages and developmental levels. LFC Kids offers programs such as adaptive fitness, sport skills, bike riding, and personal training as well as group and social skills classes.

[Celebrate Ability](#): Celebrate Ability has a Therapeutic Integration Program that includes after school care as well as spring, summer, and winter break camps. Activities include art, dance, yoga, drum lessons, organized sports, cooking, and movement classes.

[Special Olympics](#): The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

[Sports Plus](#): Sports Plus is a Montgomery County-based organization that offers instructional sports, swim, camp, and social and pre-employment programs for individuals with autism and other developmental disabilities ages 5-25.

[Montgomery Cheetah Special Hockey](#): This ice hockey program brings together kids of all ages with a developmental disability to teach the game of hockey and sportsmanship. The Cheetahs skate on Saturday mornings at Cabin John Ice Rink and are led by a dedicated group of volunteer coaches who combine hockey and social skills. The athletes are assisted by peer mentors who help guide and support each player

[Cheer Extreme Supernovas](#): The Supernovas is a competitive cheerleading team that competes in the CheerAbilities division and in the Special Olympics state games. It is open to athletes with developmental, physical, and intellectual disabilities.

[KEEN](#): KEEN has 37 programs across our area. Programs include sports, swimming, basketball, soccer, music, tae kwon do, tennis, dance, bowling, fitness, and more.