

Bal-A-Vis-X Level I/ Adapted

Instructor: Candi Cosgrove

www.candicosgrove.com

Course dates: June 19-20, 2008 (follow up dates in case of flood days, June 23-24)

Location: Nettle School Music Room- **140 Boardman Street, Haverhill. Ma. 01834**

Time: 8:30-2:30 PM

Cost: \$150.00 (Additional \$150.00 for one graduate credit plus \$50 for books)

Bal-A-Vis-X is a series of Balance/Auditory/Vision eXercises, of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention. The program utilizes sand filled bags, racquetballs and balance boards. It demands cooperation, promotes self-challenge, and fosters peer teaching. Yet these exercises are not designed for the athletic and daring. They are for everyone. Kindergartners are fully capable of more than half of them. Eight-year-olds can master all but the most intricate. Even the non-athletic and physically challenged find Bal-A-Vis-X well within their abilities. **Bal-A-Vis-X** benefits students whose auditory skills are inadequate for academic success. Such students “hear” but do not attend to the precise details of:

- Pronunciation
- Verbal instructions
- Discussion

Bal-A-Vis-X is for students whose visual acuity may be 20/20, yet whose vision remains deficient in:

- Ocular motility (tracking)
- Binocularity (teaming)
- Visual form perception (discrimination of details)

The gains in eye-hand coordination and subsequent growth in overall confidence and self-esteem, for all students, are readily observable in academics and behavior.

Please send a **\$30.00 non-refundable deposit** made out to “*Haverhill Public Schools*”.

Send deposit to:

**Renata McFarland-Bateman
Nettle Middle School
140 Boardman Street
Haverhill. Ma. 01834**

Please register early as class size is limited.

Questions? Please contact

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