



Bal-A-Vis-X

Balance, Auditory, Vision, eXercises

OCTOBER 24 –25, 2015

8:00AM – 5:00PM

REGISTRATION 7:45AM

LAPHAM ELEMENTARY SCHOOL

1045 E. DAYTON ST.

MADISON, WI 53703

(PARKING OFF MIFFLIN IN BACK OF BUILDING)

CESA #4, in cooperation with Bill Hubert and Madison Area Public Schools, is excited to present Bal-a-Vis-X!

Bal-A-Vis-X is a series of Balance/Auditory/Vision exercises of varied complexity and deeply rooted in rhythm. Executed with thousands of mid-line crossings in three dimensions, these exercises require full-body coordination and focused attention. The program utilizes sand filled bags and/or racquetballs often standing on a balance board. Bal-A-Vis-X demands cooperation, promotes self-challenge, and fosters peer teaching. It is school-friendly and beneficial for all ages.

Bal-A-Vis-X is for every student!

Exercises are noted to:

- Increase academic improvement
- Improve visual tracking
- Decrease impulsiveness
- Decrease stress
- Improve fine and gross motor coordination
- Promote gains in auditory processing and speech fluency

A great tool for:

- PTs/PTAs
- OTs/COTAs
- SLPs
- Regular Education teachers
- Special Education teachers
- Parents

REGISTER HERE!

(www.myquickreg.com)

Cost of \$250.00 includes instruction book, balls, bags
VISIT WWW.BAL-A-VIS-X.COM FOR MORE INFORMATION