

**JANUARY 19 - 20, 2019**  
**8AM-5PM**  
**\$250/PERSON**



# BAL A VIS X

**NORTH  
CRAWFORD  
SCHOOL  
DISTRICT**  
47050 COUNTY RD X  
SOLDIERS GROVE,  
WI

Bal-A-Vis-X is a series of Balance/Auditory/Vision exercises of varying 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



**WPTA CEU  
APPROVED!**

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## REGISTER HERE

QUESTIONS? MICHELLE DRUCKER |  
MDRUCKER@CESA4.ORG