

Bal-A-Vis-X Course Descriptions

Demonstrations

An overview of Bal-A-Vis-X, to include “live” student demonstration of exercises and a Dominance Profile assessment of one of your struggling students, in a 1-hour format designed for school staff meetings.

Level One Training

FOUNDATION EXERCISES (9 hours)

Active participation in learning fundamental Bal-A-Vis-X principles, rhythms, patterns, procedures, and the first 125 exercises

Level Two Training

ADVANCED EXERCISES (5 hours)

Active participation reviewing the fundamentals of Bal-A-Vis-X, then detailed instruction focused on 50 of the most intricate exercises.

Level Three Training

BAL-A-VIS-X & Movement Based Learning for Special Needs (15 hours / Two days)

A special combination of Adaptive Bal-A-Vis-X and of Cecilia Koester’s hands-on approach to Neurological/Reflex/Movement pattern integration. Offered as part the Bal-A-Vis-X program and as part of the Movement Based Learning program.

Adaptive Bal-A-Vis-X

(6 hours)

A course for preschoolers, kindergartners, senior citizens with active participation for learning the fundamentals of Bal-A-Vis-X with modifications of basic exercises suitable for the very young and elderly.

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No one may claim the right, sanction, or expertise to teach Bal-A-Vis-X for profit or academic credit without the express written consent of Bill Hubert.

For additional info
on the class:
(603) 434-9115
info@candicosgrove.com

Candi Cosgrove
Creating Connections
14 Wynnridge Rd.
Windham, NH 03087



Balance
Auditory
Vision
eXercises

About Bal-A-Vis-X

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 beanbags, racquetballs, balance boards, and multiple principles and activities from Educational Kinesiology. It demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun.



Bal-A-Vis-X exercises number more than 200. Individual exercises vary in complexity from one hand tossing/catching a single beanbag (filled with fine grain sand) to both hands bounce-juggling four racquetballs in rhythmic sequence. Partner exercises call for as many as six balls to be in simultaneous motion.

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 is for every student. It is effective for students who are labeled:

- **Learning disabled:** Results include improved cognitive integration
- **Behaviorally deficit disordered/attention deficit hyperactive disordered:** Results include decreases in impulsivity and increases in attention span
- **Gifted:** Results include improved physical coordination and stress headaches diminish
- **Regular:** Results include improved academic success yet requires less effort

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

For these students, the rhythmic patters of Bal-A-Vis-X crate a new awareness of the nuances of sound.



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)

For all students the gains in eye-hand coordination and subsequent growth in overall confidence, hence self-esteem, are readily observable.

Bal-A-Vis-X was created by Bill Hubert, a teacher who instructs language arts and a Bal-A-Vis-X lab at Hadley Middle School in Wichita, Kansas.

Offered Course Details

- **Level One Foundation Exercises** (9 hrs) and
- **Adaptive Bal-A-Vis-X** (3 hrs)

When: Sept. 22-24, 2006

Where: Silver Hill School
Haverhill, MA, 01830

Additional info

Candi Cosgrove
603-434-9115
info@candicosgrove.com

Registration Form

Name _____

Address _____

City _____

State _____

Daytime phone _____

Evening phone _____

E-mail _____

We would like to know who you are...

Educator, grade/type _____

Parent _____

Other, please specify _____

Course Fees

Bal-A-Vis-X Level 1, 2 & Adaptive

Tuition: \$210 per person

Repeat fee: \$170 per person

Or get a friend to take the class with you!

Buddy rate: \$195 per person

Make checks payable to:

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