

# Arizona Sunrays Provides Adaptive Gymnastics for Phoenix Special Needs Community via 'Unique Abilities' Program

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*The "Unique Abilities" program at Arizona Sunrays is redefining physical education for the special-needs community in Phoenix.*

PHOENIX, AZ, UNITED STATES, December 22, 2025 /EINPresswire.com/ -- Arizona Sunrays, a long-standing athletics and child development center, announces the availability and details of its "Unique Abilities" program. This specialized initiative provides adaptive physical education, including gymnastics, dance, and NinjaZone training, specifically designed for children and adults with developmental and physical diagnoses in the Phoenix metropolitan area.

The Unique Abilities program is structured to bridge the gap in accessible recreational activities for individuals with autism, Down syndrome, cerebral palsy, and other sensory or physical challenges. Rather than focusing solely on competitive athletics, the program utilizes a therapeutic approach to physical education, emphasizing motor skill development, sensory regulation, and social inclusion.

"Our goal is to provide a program that is distinct from other ancillary activities accessible to our community," stated the Arizona Sunrays program leadership team. "We utilize our dance studios, trampolines, and gymnastics spaces to incorporate music, sensory swings, manipulatives, and exploration to meet specific developmental needs."

## Program Methodology and Structure

The curriculum is designed to accommodate varying levels of ability through three primary, distinct learning environments:

**Private Instruction:** One-on-one sessions in gymnastics, dance, or NinjaZone that are tailored to the student's specific sensory and physical requirements.

**Inclusive Integration:** Opportunities for students to participate in traditional classes alongside neurotypical peers, supported by a dedicated aide to facilitate social interaction and safety.

**Sensory-Based Training:** Utilization of foam pits, climbing ropes, and trampolines to provide critical proprioceptive and vestibular input, assisting students in regulating their sensory

systems.

## Community Accessibility

The Unique Abilities program aims to address the shortage of inclusive athletic environments in Phoenix. By modifying standard gymnastics equipment and teaching techniques, the program provides a venue where participants can improve physical strength and coordination in a safety-focused setting.

## About Arizona Sunrays

For over 35 years, Arizona Sunrays has provided gymnastics instruction and child development programs in the Phoenix community. The organization offers a wide range of classes, from preschool motor development to collegiate-level competitive training. The Unique Abilities program functions as the organization's dedicated adaptive athletics division.

For more information about the Unique Abilities program, class schedules, or to book a tour, please visit [Arizona Sunrays' website](#) or contact the program director at [Heather@arizonasunrays.com](mailto:Heather@arizonasunrays.com).

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