



01 Recreational Gymnastics

We are Hamilton's Newest Gymnastics Centre

The ability to be physically active influences social wellbeing, mental health and is linked to children's school performance.

We offer a range of specifically designed programs delivered by well qualified and experienced coaches in a structured, fun, friendly, safe and clean environment.

Our programs are suited for all abilities and are provided in small personalised classes using a range of brand new equipment.

Our gymnastics programs promote:

- **Physical skills:** coordination, balance, flexibility and strength from head to toe.
- **Social skills:** communication, sharing, taking turns and cooperation.
- **Attentional skills:** sustain focus, listening and following instructions and sequence of movements.
- **Emotional skills:** confidence, self-belief, patience, respect and motivation.

02 Art For Wellness

Art Reveals-Art Enables-Art Heals

Different parts of the brain are engaged during creative expression leading to an improvement in psychological wellbeing and academic achievement.

Our Art for Wellness program provides children with an opportunity to stimulate their imaginations and to express themselves creatively using a combination of processes such as music, drama, creative movement, creative writing and visual arts. Sessions are planned around the interests and needs of the children and are suitable for children aged 5 to 13 years.

Art for Wellness Promotes:

- Self-awareness and Confidence
- Emotional Resilience
- Creativity and Problem-solving

Empower **Your** Child to **Discover** the **Joy** of Being a **Confident Learner**

“Children learn best when they are in a happy and confident state.”



03 Academic Interventions

Is your child losing confidence in their ability to learn?

Is your child working to their full potential?

We teach children strategies to think smarter, feel happier and learn faster to achieve success. We combine learning strategies and exercises from a wide range of tried and tested programs to meet your child's specific needs.

We firmly believe that students have the ability to succeed when provided with early recognition of their difficulties, targeted intervention and individualised support that meets their specific needs.

Our coaching sessions provide:

- Targeted intervention for Dyslexia, Dysgraphia and Dyscalculia.
- Basic and advanced reading, writing and maths skills.
- Exercises to enhance working memory, sequencing and fine motor skills.
- Exercises to enhance visual and auditory processing skills.
- Self awareness and self confidence skills.

We provide individual and group sessions (maximum two students) for students from Preschool to Y8.

04 Assessments

We provide a range of assessments to help identify your child's learning, emotional and behavioural needs, which are carried out by qualified professionals.

These assessments provide valuable information about the child's strengths and struggles. It gives the child an understanding as to why they are struggling despite their good efforts. It also gives them an opportunity to take control over their learning with the right assistance.

- Assessments for Dyslexia, Dysgraphia, Dyscalculia
- Cognitive Assessments
- Developmental test for Visual-Motor Integration
- Screening test for Auditory Processing Disorders
- Assessments for Behavioural and Emotional Disorders



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Empowering Children to Overcome Barriers to Achievement



Recreational
Gymnastics



Art for
Wellness



Academic
Interventions

Ultimate Transformations is a Wellness and Education centre committed to the healthy all-round development of children.

We specialise in teaching children to live to their true potential both at the personal and academic level by providing programs to meet their **physical, emotional and academic** needs.



**ULTIMATE
TRANSFORMATIONS**
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