

MOVEMENT EDUCATION

Movement Education is beneficial in developing your child's physical awareness, rhythm and fundamental movement concepts. Children are encouraged in a positive and fun environment which nurtures and respects each child's creativity and self-esteem – all essential in ensuring confidence in future recreation.



- Warm-up activities with stretching positions
- Locomotion, fine motor and music movement activities
- New lessons each week incorporating specialized child friendly equipment
- Ages 2+ years include a fun weekly closing activity focusing on the development of children's manipulative skills.

With over 20 years in the children's fitness industry, Monkeynastix® is the pioneer of movement education for children.

Note: Participants receive a Monkeynastix gift and certificate at the end of each session!

Babynastix (1-2 years) 🧸

Enjoy a variety of safe activities and music with your little one! This program is an introduction to movement education where participants explore through music, locomotion and circuit activities in a fun, safe environment. **One adult per child is required.**

Tremendous Toddlers (1-3 years) 🧸

This morning program incorporates a variety of fun and safe activities from our Babynastix program while beginning to develop the ABC's of movement - agility, balance, coordination and speed. Children will focus on new weekly activities which develop their balance, eye hand/foot coordination, body awareness and gross motor skills. **Adult participation is required. Ratio is 1 adult : 2 children.**

Tremendous Toddlers (2-3 years) 🧸

Children will begin to develop the ABC's of movement – agility, balance, coordination and speed. Children will focus on new weekly activities which develop their balance, eye hand/foot coordination, body awareness and gross motor skills. **One adult per child required.**

Playful Preschoolers (4-6 years)

Children will continue to further develop the ABC's of movement – agility, balance, coordination and speed. In this instructor led program, children will focus on a particular theme such as balance, strength, floor skills and cardio. Participants are introduced to sport skills such as kicking, catching and throwing.



Spring program start date: Tuesday, April 4, 2017

Please check your registration confirmation for start, end and cancellation dates.

Program	Age	Location	Day	Time	Fees/# of Classes	Code
Babynastix 🧸	1-2 yrs	ACC	Sat	9:00-9:45am	\$134.00/10 classes	122926
	1-2 yrs	GCC	Sun	9:00-9:45am	\$143.00/10 classes	122927
Tremendous Toddlers 🧸	1-3 yrs	GCC	Wed	10:00-10:45am	\$143.00/10 classes	122931
Tremendous Toddlers 🧸	2-3 yrs	GCC	Tue	5:00-5:45pm	\$143.00/10 classes	122928
	2-3 yrs	ACC	Sat	9:50-10:35am	\$134.00/10 classes	122929
	2-3 yrs	GCC	Sun	9:50-10:35am	\$143.00/10 classes	122930
Playful Preschoolers	4-6 yrs	GCC	Tue	5:50-6:35pm	\$143.00/10 classes	122932
	4-6 yrs	ACC	Sat	10:40-11:25am	\$134.00/10 classes	122933
	4-6 yrs	GCC	Sun	10:40-11:25am	\$143.00/10 classes	122934

ACC - Acton Community Centre **GCC** - Gellert Community Centre