

## Pelham Partners with Monkeynastix to Offer New Kids Programs

The Town of Pelham has partnered with Monkeynastix to offer a fun and challenging fitness movement education program to help develop physical literacy in children ages 1 to 8 years.

“Following the success of our Monkeynastix sessions this summer during our Free Play in the Park program, we saw increasing interest and demand for this type of activity in our community,” said Recreation, Culture & Wellness Director, Vickie vanRavenswaay. “We are excited to offer sessions Wednesday evenings for 2 to 8 year olds at Old Pelham Town Hall (491 Canboro Road).”

The first session starts September 21 until December 7, 2016, where participants will use specialized equipment and positive reinforcement to develop good habits in the area of physical activity and healthy living.



“Monkeynastix focuses on developing children’s fundamental movement skills,” said coordinator Ashley Bruzzese. “It works on the long-term, physical, cognitive, and social development of children, and they always leave feeling happy, confident and energized.”

### Level 2 (2-3 years)

Children will begin to develop the ABCs of movement - Agility, Balance, Coordination and Speed. Children will have new weekly activities to focus on an ABC movement developing their balance, eye-hand/foot coordination, body awareness and gross motor skills.

### Level 3 (3-6 years)

Children will further develop the ABCs 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.

### MonkeySport (6-8 years)

Children will be introduced to fundamental sport skills through well-structured drills and games with minimal focus on competition. Each class includes stretching, cardio, strength and a focus on one fundamental sports skill.

A minimum of 5 participants is required in each level. For more information visit [pelham.ca/kids-activities](http://pelham.ca/kids-activities) and [pelham.ca/register](http://pelham.ca/register) to sign up.

For more information, please contact:

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