

Spring groups

| CLASS | INSTRUCTOR | DAY & TIME | DATES | # OF SESSIONS | AGES | COST |
|---------------------------------|---------------------------------|----------------------------------------------|-------------------|---------------|------------|-----------------------------|
| BUSY BABIES | KRISTI STRIEGLER (PT) | MONDAYS 10 - 11 AM | APRIL 22- MAY 13 | 4 | 5 - 12 MO. | \$260 (\$65 PER SESSION) |
| TINY TURNERS | KRISTI STRIEGLER (PT) | THURSDAYS 10 - 11 AM | APRIL 25 - MAY 16 | 4 | 2 - 6 MO. | \$260 (\$65 PER SESSION) |
| MINI MOVERS | NADINE SABA (PT RESIDENT) | FRIDAYS 9 - 10 AM | APRIL 12 - MAY 31 | 8 | 3 - 5 | \$520 (\$65 PER SESSION) |
| BUSY LITTLE BODIES | KARLEE DONOVAN (KIN/PTA/OTA) | THURSDAYS 5 - 6 PM | APRIL 11 - MAY 30 | 8 | 5 - 7 | \$520 (\$65 PER SESSION) |
| BUSY BODIES | KRISTI STRIEGLER (PT) | TUESDAYS 5:45 - 6:45 PM TUESDAYS 7 - 8 PM | MARCH 26- MAY 21 | 8 | 8 - 12 | \$520 (\$65 PER SESSION) |
| LIFT & LEARN | NADINE SABA (PT RESIDENT) | WEDNESDAYS 6:45 - 7:45 PM | APRIL 10 - MAY 29 | 8 | 9 - 13 | \$520 (\$65 PER SESSION) |
| EARLY HANDWRITING | KRISTINA KLINOVSKI (OT) | WEDNESDAYS 4 - 5 PM | APRIL 10 - MAY 29 | 8 | 4 - 6 | \$680 (\$85 PER SESSION) |
| SAFE SPACE SOCIAL YOUTH CLUB | AMANDA ROI (OT) | WEDNESDAYS 5:15 - 6:15 PM | APRIL 10 - MAY 29 | 8 | 8 - 12 | \$520 (\$65 PER SESSION) |
| SAFE SPACE SOCIAL TEEN CLUB | AMANDA ROI (OT) | THURSDAYS 6:30 - 7:30 PM | APRIL 11 - MAY 30 | 8 | 13 - 16 | \$520 (\$65 PER SESSION) |

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| CLASS | DESCRIPTION |
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| BUSY BABIES | Join us for sensory-stimulating playtime for your baby on the move!! Fun and engaging play strategies through the expert eyes of physiotherapist Kristi Striegler will entice babies to work the muscles necessary to roll, push up, sit, crawl, pull-up, stand and eventually walk! Come meet other parents, enjoy meaningful one-on-one time connecting with your baby, and find new ways to motivate your little one to get moving! A parent sharing component offers the opportunity to ask questions and share your experiences with parents also navigating this exciting stage of their baby's development. |
| TINY TURNERS | Join our focused sessions for babies with plagiocephaly and torticollis, led by expert Kristi Striegler. Our program, consisting of four targeted sessions, aims to improve your baby's neck muscle balance and head shape. Through exercises and fun activities, we'll guide your baby's development in a supportive environment. You'll get hands-on advice, connect with other parents facing similar challenges, and enjoy a space to share experiences and questions. This is a great chance to bond with your baby and learn strategies to aid their growth, all within a caring community. Let's support your baby's journey together. |
| MINI MOVERS | Step into a world of fitness and exploration designed just for your little ones. Led by our passionate Physiotherapy Resident, Nadine, our Preschool Tiny Bodies class is a dynamic fitness adventure preparing your child for school. Your child will develop their gross motor skills, social skills and creativity skills to prepare for kindergarten! This group fosters active play, skill development and cherished memories. Secure your little one's spot now for a delightful and educational fitness journey they won't forget! |
| BUSY LITTLE BODIES | Calling all busy little bodies aged 5-8! Join our action-packed fitness journey where each week brings a new theme full of fun and imagination. From Superhero Training to Animal Adventures and Olympics, your child will stay active, develop skills, and make memories they'll cherish. Don't miss out—secure your spot now for an unforgettable fitness adventure! |
| BUSY BODIES | Strength, endurance, posture, flexibility, health promotion – BUSY BODIES group fitness covers it all! Children 8-12 years can expect to work through different exercise stations such as the stationary bike, HyperVibe, weighted hula hoop, jump rope, Bosu ball, and more! We'll learn about the importance of physical activity, limiting screen time, proper water consumption, and nutrition. Boys and girls of all fitness abilities are welcome and encouraged to sign up! |
| LIFT & LEARN | This strength and conditioning program focuses on developing health literacy, teaching correct lifting form, and understanding which muscles are activated during different movements. It aims to build a strong foundation in physical fitness, emphasizing safe and effective techniques for young learners, promoting muscular strength and endurance in a fun and safe environment. |
| EARLY HANDWRITING | Dive into our early handwriting group where mastering pencil grip and hand dominance is fun and engaging! Through drawing, shaping, and letter formation, we make learning exciting. Our sessions go beyond the basics, incorporating sensory play and body-awareness games to enhance the learning experience. In our intimate setting of just 6 children, we ensure personalized attention, preparing your child for Kindergarten with joy and confidence. Join us for a unique journey that nurtures your child's educational and sensory development. |
| SAFE SPACE SOCIAL YOUTH CLUB | We are learning more and more about the dangers of imposing neurotypical norms on our neurodiverse kids (masking). This group will seek to provide a safe and supportive environment to focus on building connections with peers. Building up opportunities to “un-mask” is so key to help our kids flourish and thrive in their own development! Join us in building our very own safe space social club to gently explore the social world in our own way! |
| SAFE SPACE SOCIAL TEEN CLUB | We are learning more and more about the dangers of imposing neurotypical norms on our neurodiverse kids (masking). This group will seek to provide a safe and supportive environment to focus on building connections with peers. Building up opportunities to “un-mask” is so key to help our kids flourish and thrive in their own development! Join us in building our very own safe space social club to gently explore the social world in our own way! |