

Our facility has been hand selected and exclusively licensed to offer the Motion Evolution program in this community!

Based on the premises that children (and adults) are made to MOVE, this integration of physical literacy, nutrition education, brain-body science, and play makes Motion Evolution the complete wellness package! Children gain a greater fitness level and increased confidence for a lifetime.

Motion Evolution is flexible and adaptable to accommodate the vast differences in children and is perfect for public and private schools, home school organizations and sports teams of all types. It's easy to see why this program is receiving national and international attention.

www.motionevolution.com



Elevating children's
wellness and fitness

**motion
evolution**



Motion Evolution is for every child!

Physical literacy: Just as we teach children the A-B-C's as the building blocks for reading, Motion Evolution teaches the foundations of movement (tossing, jumping, kicking, inversions, balance, etc.) as lifetime skills.

Mind body connections: Exercise activates the brain, which results in people who are sharper, more attentive, less impulsive, and less fidgety. They can sustain their attention longer, and it promotes their ability to take in and sort through information faster.

Personal best: Based on only personal best of each child (as opposed to the competition model), the Motion Evolution program encourages healthy mental and emotional standards.

Nutritional education: The program integrates and informs children about what, why, when and how to eat. This is essentially a nutritional literacy system!

Movement through play and teamwork: FUN is the way children learn! The Motion Evolution program utilizes games that develop a wide array of qualities, including spatial awareness, memory, social skills, self control, leadership, listening, and more.

Wellness Motivation: The program creates a motivating physical activity environment, and delivers a high level of perceived competence and self esteem.

MOTION EVOLUTION PROGRAMS:



Prime Motions: Designed for children (and adults) who need a gentle introduction to physical activity, and for those who want to enhance and improve their basic physical abilities. There are no physical prerequisites to get started. Motion Foundations classes are 45-55 minutes each week. This affordable blend of cardio, core stabilization, motor skills, strength, flexibility and balance over a wide range of physical movement is not only physically sound, it's FUN for children! With no emphasis on comparisons or competition, children move on to the next Motion Evolution level at their own personal pace!

Prime Motions is also designed for those who are involved in other athletic endeavors. The program is based on the essential movements fundamental to all physical activities. Training is broken down into age groups as appropriate. Younger participants make strength gains using only their body weight for resistance. As children grow and understand technique they are able to progress to the Creative Motion Movement Essentials program.

Early Motions: Physical literacy for children ages 6 months to 5 years. Younger Motions is broken down into Baby Motion (6-18 mos), Toddler Motion (19-36 mos) and Preschool Motion programs.

Special Motions (Special Needs): Provides opportunities for children with a variety of developmental delays and challenges. Its unique blend of sensory discovery, games and activities are designed to teach Physical Literacy skills. We focus on the motor movements, strength, and core balance exercises that are proven effective in the development of special needs children. The fun social experiences help nurture the development of positive self-esteem.

Senior Motions/Sports Motions: Contact us for info!

CLASS FORMATS:

Group, semi-private, or private lessons. Field trip and sessions for schools, teams and other organizations of all types! Our enthusiastic instructors are certified through the international Motion Evolution organization, and receive ongoing training.

Contact us for the complete schedule!