



*The Movers and Shakers Play school program has been amazing for our daughter. She loves learning gymnastics skills in the gym, and playing games with her friends. She comes home having learned a new song or rhyme regularly, at 2 years old she even counted to 20 in French without us realizing she was taught. She enjoys practising her letters, numbers, motor skills, and learning about new topics such as dinosaurs, special holiday celebrations and trips to the park. Our child is very shy until she feels comfortable with people, in no time she came home chatting about all her friends and teachers, everyone made her feel so welcome and cared for. We love that we know everyday she goes she is safe, active, learning new skills to help her in kindergarten, and interacting with children her age. As a teacher I feel this program is perfectly planned with an age appropriate mix of activity and learning, we couldn't be happier!*

— Melinda P

## ABOUT THE INSTRUCTORS

**Emily Dancy** is an original “Gymny Cricket” (BGA’s former name) and has been a part of the sport of gymnastics since a very young age. She began her Coach-in-Training certification at the age of 12 and has been coaching ever since (33 years experience). She has experience coaching all ages from the “You & Me” to the adult level. Her certifications include Level 1 Facilitator for NCCP gymnastics, Level 2 Artistic Gymnastics and Level 2 Trampoline. Emily attended Seneca College for Advanced Coaching Techniques (Gymnastics), is a certified Educational Assistant and has numerous years of experience working with children. 12 years ago, she started the “Movers and Shakers Playschool” program with the help of Occupational Therapists and Speech Pathologists

**Cassandra Murray** has been a part of BGA for many years. She has done recreational gymnastics since a very young age. She started her Coach in Training certification at the age of 13 and has been coaching on and off ever since. She is NCCP Level 1 Artistic Gymnastics Certified, Level 2 Trained and Level 1 Trampoline Certified. Cassandra has spent many years working with children as a nanny and has worked with Movers and Shakers in the past.

## GYM CLOSURES

Thanksgiving	Oct 6, 7, 8
Christmas	Dec 22– Jan 6
Family Day	Feb 18
March Break	Mar 8-16
Easter	19-22
Victoria Day	May 20



## Movers & Shakers

Sept 5, 2018-June 26, 2019



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Brockville, ON  
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**Program Director: Emily Dancy**



## About the Program

Offered on Monday, Wednesday and Fridays, excluding holidays (follows school year calendar)

Time – 1/2 day or full day.  
 1/2 day 8:30-12:00  
 Full day 8:30-3:30pm

Early care – 7:30-8:30am – \$5 extra

Late care – 3:30-5:00pm – \$10 extra

Cost – Half day \$25  
 Full day \$35

*\*All children need to bring own snacks and drinks. Full day attendees also need to bring their own lunch.*

## Registration Policies

- ⇒ Registration open during the last week of the month to reserve for the upcoming month
- ⇒ No credit for sick days, 48 hours notice for cancellations or changes to days
- ⇒ All children are also subject to a one-time \$30 insurance fee valid July 1, 2018– June 30th, 2019



## About Movers and Shakers

Movers and Shakers Playschool is offered to children between the ages of 3-5. It is geared towards getting your child prepared for school while incorporating lots of physical activity.

- ⇒ Gymnastics activities work to improve your child's coordination, static and dynamic balance, posture, body awareness and strength.
- ⇒ Gymnastics develops physical courage, determination, perseverance and self confidence
- ⇒ Research shows that active movement promotes language and development
- ⇒ This program will help to develop group readiness skills such as; working on waiting your turn in line, sitting in a circle, and following directions.

## A Typical Day at Playschool

1. Fine Motor Activities
2. Gym Circle Time - songs, counting, letters, days of the week, weather
3. Locomotion Warm-Up - running, jumping, marching, games)
4. Mini Tumblers Gymnastics Circuits - structured continuous movement on bars, beam, trampoline, vault and floor
5. Morning Snack
6. Morning Learning – numbers
7. Cooperative Games - parachute, hide and go seek
8. Lunch
9. Afternoon Learning – letters
10. Gross Motor Skills - activity in gym
11. Afternoon Snack
12. Story Time
13. Outdoor Play or Library
14. Fine Motor Skills

## Register Now

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