

"The Movers and Shakers program is the perfect balance of academic prep & physical development for toddlers and pre-schoolers. I have two kids who have participated: one cautious and one wild, and it catered to each of their needs. It gave my timid kiddo the confidence to go for it & taught my wild one to follow instructions and channel that energy. I was also impressed about the amount of quality outdoor exploration time no matter the season. The staff are attentive and flexible and I totally trust them with my children's development and safety. We are so lucky to have this program in Brockville!"

~ Kelleyanne, Scarlett, and Adeline Walker



Meet 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 (36 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. 15 years ago, she started the "Movers and Shakers Playschool" program with the help of Occupational Therapists and Speech Pathologists.

Madison Nowlan (Maddy) has been coaching gymnastics since she was 13. She loves working with children in all aspects: babysitting, peer tutoring, coaching, birthday parties and much more. This will be her 3rd year working in the Movers and Shakers Program and she loves organizing themed events and parties. She looks forward to meeting your child in the Fall!

Morgan Lancot has worked at BGA for almost 7 years. Having been a part of the various programs the gym offers she has a great deal of experience working with children of all ages. She also has experience to working in a kindergarten class. This experience will be beneficial to the Movers and Shakers program as she can assist children and provide them with a smooth transition to a formal school environment.



2020-2021 Movers & Shakers Playschool

***New* Now offering
Monday– Friday full week program**



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Program Director: Emily Dancy

GYM CLOSURES

Thanksgiving	October 12, 2020
PA Day	November 27th, 2020
Christmas	December 21– January 3
PA Day Camp	February 1, 2021
Family Day	February 15, 2021
March Break	March 15-19, 2021
Easter	April 2-5, 2021
Victoria Day	May 24, 2021



About the Program

Offered on Monday to Friday this year! NEW excluding holidays (follows school year calendar)

Time – 8:30-3:30pm

Early care – 7:30-8:30am – \$8 extra

Late care – 3:30-5:00pm – \$10 extra

Full day – \$37

**All children need to bring own snacks, drinks and lunch.*

Registration Policies

- ⇒ Registration open during the last week of the month to reserve for the upcoming month, must pre-register
- ⇒ No credit for sick days, 48 hours notice for cancellations or changes to days
- ⇒ All children are also subject to a one-time \$35 insurance fee valid July 1- June 30th
- ⇒ Snow days follow UCDSB bus cancellations – credits will be made and can be used for a future date
- ⇒ Daily Screening form must be completed the morning of, prior to entering the facility



About Movers and Shakers

Movers and Shakers Playschool is offered to children between the ages of 2.5 -5 (must be potty trained). It is geared towards getting your child prepared for school while incorporating lots of physical activity.

This program will help to develop group readiness skills such as; taking turns, lining up, circle time, and following directions.

Why gymnastics is important in child development

- ⇒ 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

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 – ABC's, tracing
7. Story
8. Outdoor Play or Library
9. Lunch
10. 1/2 hour Quiet Time – Magic School Bus series
11. Gross Motor Skills - activity in gym
12. Afternoon Snack
13. Afternoon learning– Math centers
14. Free Play in Gym

"Our three children have been lucky enough to be a part of the Movers & Shakers program over the last 5 years. We have moved with the program as it transitioned from half days to full days and couldn't be happier. Each of our children have loved the program and the staff. Emily takes care in hiring the best staff and creating programming that helps inspire the childrens' early educational development. Our children have come home singing songs, doing their "gymnastics moves", and eagerly showing us all of the new numbers, letters, colours, shapes and sounds they have learned. Movers and Shakers is truly a top notch program that offers the best of physical and academic early" education!

~ Koekkoek Family