



Leap!

Therapy for Kids

...building the **strength** to Leap!

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Children and Family Movement Classes



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Fall Classes Starting in September

Our classes are designed to get kids moving! We offer a wide variety of classes with the aim to help all children gain confidence and mobility, in a fun and supportive group environment. Our group classes are led by physiotherapists, occupational therapists and qualified instructors. Please find the specific details of each class below.

Children and Family Movement Classes

Our children's movement classes are run by Lindy Pheil, a Children's Yoga and Fitness Instructor and a certified Professional Coach. She has extensive training and experience working with exceptional children and special populations. Lindy's classes are creative and dynamic, relaxing and energizing, and always fun. For more information about Lindy, please see [HERE](#).

Fridays 4:15-5:00 pm **Creative Dance** (Ages 6-12) Sept 13-Nov 29 (11 weeks, no class Sept 27)

Get ready girls for a dance class like you've never seen! Over 8 weeks, this group of girls will laugh, dance, bond, and create a wonderful end of season creative dance show like no other. Bring your ideas, and come ready to learn some groovy moves!

Saturdays 10:30-11:15 **Parent and Youth Yoga** (Ages 9+)

Session 1: Sept 7-Oct 26 (6 weeks, no class Sept 28, Oct 13)

Session 2: Nov 2- Dec 14 (7 weeks)

This class is sure to leave both you and your child feeling relaxed, stretched and connected.

Saturdays 11:15-12:00 **Family Yoga** (Ages 4+)

Session 1:Sept 7-Oct 26 (6 weeks,no class Sept 28, Oct 13)

Session 2:Nov 2- Dec 14 (7 weeks)

A dynamic yoga class that will be sure to capture everyone's attention. A combination of creative movements, actions and positions that is sure to get your brain, body and whole family feeling strong, loose and limber!

Kids Group Therapy Classes

Our group therapy classes are designed and led by a qualified physical or occupational therapist.

Suitability for each child and class is discussed with the leading therapist to ensure the class is an optimal fit for each child. Each of these classes will involve a brief assessment at the session start.

These classes are billed as physical or occupational therapy, and therefore may be eligible for funding through extended medical insurance or applicable funding programs. We welcome any questions regarding our classes and suitability for your child. For registration information, please contact our clinic directly at 604-770-0101 or info@leaptherapy.ca

Wednesdays 11:00-11:45am **iMove** (Ages 7-9) \$240 Sept 11- Oct 30 (8 Weeks)

This class is designed for school age kids looking to improve gross motor skills within a fun, group setting. Using a wide variety of games and specific activities, this class will help your child to improve ball skills, strength, flexibility, coordination and group skills. This class is run by a registered physiotherapist and will be designed for each participants' progress and success! Suitability for this class will be determined by discussion with the physiotherapist leading the group.

Wednesdays 7:00-7:45 pm: **Teen Yoga** (Ages: 9-15) \$225 Sept 11- Oct 30 (8 Weeks)

This class is designed to develop postural control, flexibility and freedom of movement, in a safe, relaxed and focused environment. This is a class is a group physical therapy class led by a registered physical therapist, and requires assessment to ensure that the class is an ideal match for each child registered.

Thursdays 1:00-1:45 pm: **iPlay: Sensory Motor Exploration** (Ages: 3-5) \$225 Sept 12- Oct 31 (8 weeks)

In this class, children will be led through a wide variety of movement and sensory- rich activities. Sensory integration, regulation, coordination, strengthening and FUN are all key components of this class, This is a class is a group therapy class of occupational and physical therapy combined, and requires assessment to ensure that the class is an ideal match for each child registered.

More Kids Classes Coming:

....stay tuned!

If you are interested in a program for your child, but do not see something currently offered that would be suitable, email us at info@leaptherapy.ca. We are always collecting interest for new classes that we can offer!

Registration Information

To register for a class, or for more information, please contact us at:

info@leaptherapy.ca

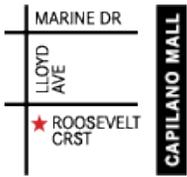
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 **LeapTherapy for Kids** @LeapTherapy 27 May

We are hosting a pediatric networking event on June 6th! Interested in joining us?
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 **LeapTherapy for Kids** 9 May

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Comprehensive physiotherapy and occupational therapy services for infants, children and teens with a wide range of abilities and diagnoses.

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