



Ellen Yack and Associates Paediatric Therapy Services

New at Ellen Yack & Associates-

The Gymnastic Dream Team- A Gross Motor & Praxis Group

Ellen Yack & Associates is delighted to introduce a new group.

This group is targeting those children who avoid or struggle with physical activities at the playground, gym, recess, etc. The group is designed to teach, boost confidence and enhance gross motor skills, so that the children feel more comfortable to engage in physical activities. Familiar activities will be introduced, as well as foundational skills necessary for success.

The program will be led by occupational therapist Osnat Rimon-Skura and personal fitness trainer and spin instructor Maxie Richmond and will be supported by volunteers. The group will be held at our sensory-motor gym at 2700 Dufferin Street, Unit 27. The group will have a minimum of 4 participants and maximum of 6 and requires a minimum of 4 participants to run.

Areas addressed will include:

- participation and engagement in playground activities, physical activities and recess games.
- upper extremity and core strength
- motor planning, timing and sequencing
- static and dynamic balance
- bilateral motor coordination and eye hand coordination
- endurance and cardiovascular fitness

Groups are based on a 2:1 student-to-staff ratio.

For all new clients to Ellen Yack and Associates, an OT screening or previous OT assessment report is required to determine level of motor ability and adequate fit for the group.

Day and Time: Tuesday 4:00 - 5:00 starting April 10th, for 8 weeks:

April 10, 17, 24

May 1, 8, 15, 22, 29

Price: \$600.00 (\$75.00 per session)

Payment for the group must be submitted by April 3

Please be advised that there is no refund for missed sessions.

We look forward to hearing from you with any questions!

Please contact Ellen at 416-481-2446 or ellen.yack@sympatico.ca for more information.