



# WANT TO GET MOVING?

**Join us for unstructured, purposeful play in an expertly guided environment!**

9-12 years is known as the “golden age of physical literacy,” and for good reason: a child’s cognitive ability to understand the science behind their movement and health meets their psychological readiness to be accountable for their own well-being. It’s also a key age to develop correct movement patterns and skills, including the “ABCs” - agility, balance, coordination and speed - that will contribute to kids’ success in sport, reducing their chance of injury and empowering a lifetime of activity and joy.

KidsMove sessions combine purposeful play with a variety of games and challenges led by experts to stimulate participants physically, cognitively and creatively.

**Above all, it’s fun!**

**REACH**

KidsMove @ Fortius is powered by REACH - a collaboration between Pro Motion Research Institute, Fortius Sport & Health, the Steve Nash Foundation and the Integrated Athlete Development (IAD) Group - four internationally renowned health and science practitioners, the experts behind multi-sport Olympic teams, soccer stars, hockey legends and two time NBA MVP Steve Nash. KidsMove is the first in a series of athlete development opportunities that will be launched under the REACH brand. By integrating age-and-stage appropriate science in a comprehensive way, REACH empowers kids with the physical, emotional and foundational science education to grow their own health and reach their performance potential.

# KidsMove @ Fortius

Powered by

REACH

## SUMMER 2016 SCHEDULE



### WHO

- Children ages 9-12 yrs
- All abilities welcome! Whether you're actively engaged in competitive sport or simply seeking an opportunity to become more physically active, KidsMove can benefit you!



### PROGRAM FEATURES

- A variety of different movement and learning challenges that apply to any sport or physical activity, with a changing environment from session to session to keep things fresh
- A multidisciplinary approach to health, strengthened by the unique KidsMove collaboration with the IAD Group, Pro Motion Research Institute, the Steve Nash Foundation and Fortius Sport & Health
- An experienced team of Fortius coaches to expertly guide participants
- Limited space! Register for one session, multiple sessions, or plan ahead to experience them all!
- Celebrity athlete appearances — you never know who will join in the fun!
- Parent and guardian activities — from Pilates, to working out with friends, to relaxing together in Game Changers Bistro over a Chef's Table brunch or dinner.



### COST

FREE registration for children, includes giveaways



### TO REGISTER

Go to [WWW.FORTIUSSPORT.COM/KIDSMOVE](http://WWW.FORTIUSSPORT.COM/KIDSMOVE)



### DATES

- Sunday July 10th 9-11am
- Friday July 15th 6-8pm
- Friday July 29th 6-8pm
- Friday Aug 5th 6-8pm
- Thursday Aug 11th 6-8pm
- Thursday Aug 18th 6-8pm
- Sunday Aug 21st 9-11am
- Friday Aug 26th 6-8pm
- Thursday Sept 1st 6-8pm