

PT & OT Fall groups

| CLASS | INSTRUCTOR | DAY & TIME | DATES | # OF SESSIONS | AGES | COST |
|----------------------------------|---------------|--|---|---------------|---------------------------------|-----------------------------|
| BUSY BABIES | KRISTI (PT) | TUESDAYS 11 - 12PM | SEPT 9 - OCT 21 *NO CLASS SEPT 30 | 6 | 5 - 12 MO. | \$420 (\$70 PER SESSION) |
| ADVANCED STRENGTH & CONDITIONING | KRISTI (PT) | TUESDAYS 4:30PM - 5:30PM | SEPT 9 - OCT 28 *NO CLASS SEPT 30 | 7 | 9 - 14 | \$490 (\$70 PER SESSION) |
| BUSY BODIES | KRISTI (PT) | TUESDAYS 5:45 - 6:45 PM 7:00 - 8:00 PM | SEPT 9 - OCT 28 *NO CLASS SEPT 30 | 7 | 8 - 12 | \$490 (\$70 PER SESSION) |
| TINY TROTTERS | MARIAM (PT) | WEDNESDAYS 11:00AM - 12:00PM | SEPT 10 - OCT 15 | 6 | ALMOST WALKERS TO EARLY WALKERS | \$420 (\$70 PER SESSION) |
| STRETCH & SNUGGLE | FLORENCE (PT) | WEDNESDAYS 12:30PM - 1:30PM | SEPT 10 - OCT 15 | 6 | MOMS (BABIES 3 - 9 MTHS) | \$420 (\$70 PER SESSION) |
| BUSY LITTLE BODIES | NADINE (PT) | WEDNESDAYS 5:15 - 6:15 PM | SEPT 10 - OCT 29 | 8 | 5-7 | \$560 (\$70 PER SESSION) |
| LIFT & LEARN | NADINE (PT) | WEDNESDAYS 6:30 - 7:30 PM | SEPT 10 - OCT 29 | 8 | 9 - 13 | \$560 (\$70 PER SESSION) |
| THE FOCUS LAB | GRACE (OT) | THURSDAYS 4:45PM - 5:45PM | OCT 9 - 30 | 4 | 6 - 9 | \$340 (\$85 per session) |
| LITTLE MOVERS | NADINE (PT) | FRIDAYS 8:45AM - 9:45 AM | SEPT 12 - OCT 31 *NO CLASS OCT 3 NO CLASS SEPT 19 | 6 | 3 - 5 | \$420 (\$70 PER SESSION) |

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| CLASS | DESCRIPTION |
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| BUSY BABIES (PT) | Join us for sensory-stimulating playtime for your baby on the move!! Fun and engaging play strategies through the expert eyes of physiotherapist Kristi Striegler will entice babies to work the muscles necessary to roll, push up, sit, crawl, pull-up, stand and eventually walk! Come meet other parents, enjoy meaningful one-on-one time connecting with your baby, and find new ways to motivate your little one to get moving! A parent sharing component offers the opportunity to ask questions and share your experiences with parents also navigating this exciting stage of their baby's development. |
| ADVANCED STRENGTH & CONDITIONING (PT) | Calling all experienced athletes! This strength and conditioning group will focus on fundamental skills in speed, agility and power to help your athletic game! Exercises and drills will have a plyometric focus, with sport specific movements and core strengthening to help you reach your full potential in sport! Geared towards ice hockey, field and court sport athletes. |
| BUSY BODIES (PT) | Strength, endurance, posture, flexibility, health promotion – BUSY BODIES group fitness covers it all! Children 8-12 years can expect to work through different exercise stations such as the stationary bike, HyperVibe, weighted hula hoop, jump rope, Bosu ball, and more! We'll learn about the importance of physical activity, limiting screen time, proper water consumption, and nutrition. Boys and girls of all fitness abilities are welcome and encouraged to sign up! |
| TINY TROTTERS (PT) | Join our 6 week baby group, led by a physiotherapist, to support your little one's journey toward walking. This program covers key topics like core strength, proper footwear, equipment / toy recommendations, and developmental milestones, all while guiding your baby through the early stages of mobility. Perfect for new parents eager to learn and support their baby's physical development! |
| STRETCH & SNUGGLE (PT) | Want some guidance on empowering your postpartum journey? Join us with some gentle yoga for new moms. This yoga program addresses issues such as incontinence, prolapse, bowel dysfunction, pregnancy and post-partum. Bring your little non-movers for some stretch and snuggles and let's focus on you! |
| BUSY LITTLE BODIES (PT) | Calling all busy little bodies aged 5-8! Join our action-packed fitness journey where each week brings a new theme full of fun and imagination. From Superhero Training to Animal Adventures and Olympics, your child will stay active, develop skills, and make memories they'll cherish. Don't miss out—secure your spot now for an unforgettable fitness adventure! |
| LIFT & LEARN (PT) | This strength and conditioning program focuses on developing health literacy, teaching correct lifting form, and understanding which muscles are activated during different movements. It aims to build a strong foundation in physical fitness, emphasizing safe and effective techniques for young learners, promoting muscular strength and endurance in a fun and safe environment. |
| THE FOCUS LAB (OT) | The Focus Lab is a fun, science-inspired OT group for children in Grades 1–3 who want to discover how their brains and bodies work best. Through movement games, calming strategies, and playful “experiments,” kids build interoceptive awareness—learning to recognize what their bodies need to feel calm, alert, and ready to focus. Each week, young scientists explore tools to support attention, self regulation, and confidence at school and at home. By the end of the program, each child will have their own personalized set of Focus Tools to try outside of the “lab”! |
| LITTLE MOVERS | Step into a world of fitness and exploration designed just for your little ones. Led by our passionate Physiotherapist, Nadine, our preschool Little Movers class is a dynamic fitness adventure preparing your child for school. Your child will develop their gross motor skills, social skills and creativity skills to prepare for kindergarten! This group fosters active play, skill development and cherished memories. Secure your little one's spot now for a delightful and educational fitness journey they won't forget! |