Helping Children with

MOTION and EMOTIONS:

The Academy of Physical and Social Development Introduces a new program:

"IN MOTION"

Physical activity, healthy eating and muscular and cardiovascular fitness can have an immeasurable impact on a child's social and emotional development. In addition, movement can help build self-esteem and support the development of coping skills for anxiety, depression and hyperactivity.

The Academy program "IN MOTION" is a combination of personal training and emotional support designed to help children of all ages and physical abilities to build muscle, practice motor movements and foster physical self-confidence.

Goals of the Program:

- Help children find and enjoy activities that work to keep their hearts and muscles healthy through personal training and group fitness.
- Encourage sportsmanship, fair play, and teamwork.
- Increase children's understanding and knowledge of physical activity and healthy living choices related to fitness and health.
- Help children gain an awareness of their bodies in space.
- Practice a variety of physical skills including, but not limited to:
  - Motor movements such as walking, hopping, skipping and running. (K-5th grade)
  - Ball handing skills such as holding, rolling, catching and kicking. (K-5th grade)
  - Sports specific skills in the areas of soccer, basketball, football, etc. (all grade levels)
  - Resistance and body weight training. (3rd-12th grade)
  - Dumbbell and free weight training. (middle school and high school grades)
  - Cardiovascular endurance and fitness. (all grade levels)
- Promote and encourage lifelong physical activity beyond sessions.

Sessions and Services are FACILITATED by: Veronica Carney, MA, LMHC, CPT

ENROLLMENT is open to boys and girls ages 6 to 18.

FEES for Individual Personal Training Packages:
  - 3 sessions @ 85.00 per session
  - 6 sessions @ 75.00 per session

FEES for Group Fitness Classes:
  - 8 week blocks @ 35.00 per session

Appointments and Sessions will take place on SATURDAY MORNINGS and by PRIVATE APPOINTMENT ONLY

Please direct all inquiries to Veronica Carney at 617-969-2200 (ext. 19) or VCarney@academynewton.com.