

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:

1. Help children find and enjoy activities that work to keep their hearts and muscles healthy through personal training and group fitness.
2. Encourage sportsmanship, fair play, and teamwork.
3. Increase children’s understanding and knowledge of physical activity and healthy living choices related to fitness and health.
4. Help children gain an awareness of their bodies in space.
5. Practice a variety of physical skills including, but not limited to:
 - Motor movements such as walking, hopping, skipping and running. (K-5th grade)
 - Ball handling 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)
6. Promote and encourage physical activity beyond sessions and lifelong.

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

◆**ENROLLMENT** is open to boys and girls ages 6 and up.

◆**FEES** for Individual Personal Training Sessions:

\$80.00 per session

◆**FEES** for Group Fitness Classes:

\$40.00 per session

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

****During July and August, sessions will be scheduled after camp hours, Monday-Thursday.**

Please direct all inquiries to Veronica Carney @ 617-969-2200, ext. 19

or

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