

Fall Session 2017: September 11-December 23

MOVE After School

<u>Activity Options</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Fitness ABCs (K - 6th grade)			5:00 - 6:00pm		
Ninja Training (K - 6th grade)				5:00 - 6:00pm	
Aerial (K - 6th grade)	5:00 - 6:00pm				
Move Your Body (Dance) (K - 6th grade)		4:00 - 5:00pm			
Intro to Gymnastics (K - 6th grade)	4:00 - 5:00pm		4:00 - 5:00pm	4:00 - 5:00pm	5:30 - 6:30pm*
Gymnastics Level 1 (K - 6th grade)	4:00 - 5:00pm		4:00 - 5:00pm		4:30 - 5:30pm
Gymnastics Level 2 (1st - 7th grade)	5:00 - 6:30pm*		5:00 - 6:30pm*	4:30 - 6:00pm	
Gymnastics Level 3 (1st - 7th grade)	5:00 - 7:00pm*			4:30 - 6:30pm*	
Boys Intro (K - 6th grade)		5:00 - 6:00pm			
Boys Level 1 (K - 6 grade)		5:00 - 6:00pm			
Boys Level 2 (K - 6th grade)		5:00 - 6:30pm*			
Open Gym					3:30 - 4:30pm

Pricing:
\$140 for 5 days: \$28/day
\$120 for 4 days: \$30/day

\$90 for 3 days: \$30/day
\$64 for 2 days: \$32/day
\$36 for 1 day: \$36/day

Philly InMovement
www.PhillyInMovement.com
 267-239-0844
info@PhillyInMovement.com

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Move After School Activity Options

Monday

First Hour: Intro or Gym 1

Second Hour: Aerial or Gym 2* or Gym 3*

Tuesday

First Hour: Move Your Body

Second Hour: Boys Intro or Boys Level 1 or Boys Level 2*

Wednesday

First Hour: Intro or Gym 1

Second Hour: Fitness ABCs or Gym 2*

Thursday

First Hour: Intro or Gym 2* or Gym 3*

Second Hour: Ninja Training

Friday

First Hour: Open Gym or Gym 1

Second Hour: Intro*

*** To register for one of these classes as part of Move there is an additional fee of \$4 per class due to extended class time!**

WHAT IS THE MOVE AFTER SCHOOL PROGRAM?

Through "Move After School" we will be able to pick up children from Meredith, McCall, and Nebinger, walk them back to InMovement and provide them with attention, homework help and most importantly the physical stimulation they crave! Each day of the week an engaging, energy filled movement class will be offered by our talented teachers, including Ninja Training, Aerial, Dance, Fitness ABCs and of course the option to advance through our many Gymnastics class offerings and Friday Open Gym opportunities. Unlike many other after school programs in the area, our classes will vary daily. Parents can rest assured that their children are being attended to by experienced and enthusiastic staff that help provide students with a safe and positive atmosphere that builds friendships and community.

WHO WILL BENEFIT FROM MOVE AFTER SCHOOL?

Working parents with children K-4th grade, attending the schools in the area surrounding InMovement (Meredith, McCall, Nebinger), who are looking for an alternative to standard aftercare options and value the benefits and lifelong habits that are formed by exposing children to physical activity. Families looking for more than just a hang out for their growing kid after school, but would rather they be involved in enriching experiences and are willing to spend a little extra knowing that it is a reputable business that will offer a variation of physical activities with a structured curriculum, patient staff and lots of FUN!

HOW CAN YOU ENROLL IN MOVE AFTER SCHOOL?

You choose which days you would like to enroll and which class. Half of the after school time at the studio will be spent in class and the other half will be spent on homework. Organized into three seasons, you preregister through our website, over phone or in person for the day/s your child will attend for the entire season. Pricing ranges from \$28-36 per day depending on the number of days you come per week, with more of a discount the more days you come.

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