



Sports and Movement Ages 9-13

Moving with confidence and competence in a wide variety of physical activities and multiple environments benefit the healthy development of the whole person. Youth can experience more improved self confidence, better fitness, stronger muscles and bones. It's not just about sports, it's about giving youth the opportunities to succeed, live a happy and healthy life with purpose, sense of self, role and worth.

In this unique program, we introduce a variety of physical activities to youth to promote self-discovery, increase self-esteem, self worth and confidence through participation. We also have a chance to set individual physical goals for sports and movement in a way that interests each participant (which includes): sports games, yoga movement, music and dance and team building sports.

CTN space at YMCA Collingwood

200 Hume Street, Collingwood, ON

Date: Thursday(s) September 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 2017

Time: 6:00-7:00pm

Cost: \$200.00 + HST (for all 8 sessions)

Registration: recreative@recrespite.com or www.recrespite.com

1-877-855-7070

