

# Perpetual Motion Fort Collins

Grades K - 5 and Preschool Ages 3 - 5

**Perpetual Motion Fort Collins is a program designed by a local pediatric occupational therapist to help kids who don't fit the typical youth athletic stereotype.**



The premise is simply to give every child an opportunity to use all their body muscles in a fun, exploratory setting using a structured, "perpetual motion" circuit. New research has shown that exercising with others improves motor functions more efficiently.

The program is designed for children with mild needs who are able to walk and independently follow an 'obstacle course' activity format.

This program was launched in September 2012 with only two students in the first class. The field was setup in with approximately ten activity points arranged in a continuous loop. Once the kids got going, they didn't want to stop! In June 2014, we added 2 preschool classes, making 4 classes a week. We now have almost 30 regular participants! And as of August, 2014, we are also offering an program that provides individual, one-on-one sessions with an instructor for kids that need that level of attention.



## Class Instructors

The lead instructors for the Perpetual Motion program are college graduates who are pursuing careers working with children with special needs. Some are active, or soon-to-be active, Pediatric Occupational Therapy graduate students. Others are Physical Education teachers who are looking to specialize. All of them love working with kids!



The instructors are assisted by volunteers who are Occupational Therapy students at CSU or UNC. We strive to have a ratio of at least one adult for every two-three participants.

## Class Inspiration: John C. Murray, OTR

John C. Murray, OTR/L, **Murray Therapy/Ft. Collins Youth Clinic**, has been a pediatric occupational therapist for over 30 years. He is a CSU graduate with a BS in Occupational Therapy. He has specialty training w/sensory processing & has a certificate in pediatric neuro-developmental treatment.

**Call 970.472.0048 NOW to sign up!**

## Group Class Details

- New sessions start every month
- For players age 3 through Grade 5
- Class times
  - Offered two times a week on Wednesdays & Fridays
  - Please call for specific times
- Sign up for one or two days/week
- Classes limited to approximately 10 participants
- The equipment and activities are changed every week to keep the classes fresh and interesting
- Requirements
  - Pre-registration is required - No drop-ins, thanks!
  - At least one parent must stay for the class
  - Participants need only to be able to walk and independently follow an obstacle course format
  - Cost: \$9/class, payable by month in advance

## Individual Session Details

- Individual Sessions are available at times generally just before or just after the group sessions. Call to schedule.
- Cost is \$20/30-minute session, payable monthly in advance

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