

Perpetual Motion Fort Collins

Perpetual Motion Fort Collins is a program designed by a local pediatric occupational therapist and a local certified fitness specialist to help kids who “don’t fit” in 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 2013 with only two students in the first class. The field was setup in a ‘station’ format with approximately ten activity points arranged in a continuous loop. Once the kids got going, they didn’t want to stop! We now have over 20 regular participants and 4 classes per week!



Class Instructor & Ongoing Class Designer: Coach “T”

Coach ‘T’ (Tonja Hadley) is the founder the **Thrive Strength & Wellness Center** located in The Edge Sports Center in Fort Collins. She holds a BS in Recreation from Cal State Hayward and a Masters in Sport & Exercise Science-Sport Administration from UNC.

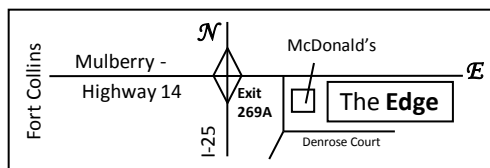
Coach ‘T’ is an NSCA **Certified Strength & Conditioning Coach** and has earned the RSSC, *D distinction (more than 10 years experience). She is also an NSCA **Special Population Specialist** and has earned the “**Exercise is Medicine**” credential from the American College of Sports Medicine. **‘T’ loves working with kids!**

Class Inspiration: John C. Murray, OTR

John C. Murray, OTR, **Murray Therapy/Ft. Collins Youth Clinic**, has been a pediatric occupational therapist for over 25 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.

Program Details

- Sign up for one or two days/week
- Classes held on Wed & Fridays at 3:30pm & 4:15 pm
- New sessions start every month
- Grades K - 5 (please inquire about older children)
- Classes limited to approximately 10 participants
- Coach T is assisted by volunteers from local university Occupational Therapy students and from Otterbox
- The class format is 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



Call 970.472.0048 NOW to sign up!

www.edgesportscenter.com

4450 Denrose Court
Fort Collins, CO 80524