

Kiddo Active Therapy Yoga Club

YOGA CLUB

Yoga Club is designed for children who would like to give yoga a try! Children who are experiencing difficulty with postural control, reduced balance, strength or coordination, as well as those who have difficulty maintaining focus and attention in daily activities are all welcome, since yoga has benefits in all of these areas! Yoga postures help to improve body awareness and increase core strength, balance and coordination. In addition to the physical benefits, yoga is an excellent way to help children with emotional self-regulation while building concentration and focus through breathing activities. Yoga Club is practiced in a fun, therapeutic and non-competitive small group environment, and consequently promotes a positive self-image, increased confidence and improved self-esteem.

Who is this club for:

Children aged 5-10 who want to try yoga! Yoga postures will be aimed at improving core strength, balance, coordination and postural control while mindfulness activities will be weaved in throughout the session to help improve concentration, focus and body/breath awareness.

Ratio:

Class size between 6-8 children

Schedule:

Session 1	Sunday, October 21, 2018 2-3pm
Session 2	Sunday, October 28, 2018 2-3pm
Session 3	Sunday, November 4, 2018 2-3pm
Session 4	Sunday, November 11, 2018 2-3pm
Session 5	Sunday, November 18, 2018 2-3pm
Session 6	Sunday, November 25, 2018 2-3pm

Location:

Kiddo Active Pointe-Claire 223 Boul St-Jean, Pointe-Claire

Cost:

\$300 for 6 sessions

Child should have:

Yoga Mat
Water bottle



Registration:

Registration will be accepted by email, mail or in person. To reserve your spot, a 50% refundable deposit of the total amount is required. Remaining amount and no longer refundable is 30 days prior to club start date.

Receipts will be provided at the last session for participation in yoga club signed off by either a Physiotherapist or Occupational therapist..

Checks can be made out to Kiddo Active Therapy. Credit card and debit payments can be made at the clinic.

Policy:

Kiddo Active Therapy cancellation policy for groups:

In the case of cancellation prior to the registration deadline, a full refund will be granted.

In the case of cancellation past the registration deadline, a refund of 50% of the fees will be granted.

In the case of cancellation after the first session, no refund will be granted, unless the therapists' decide that the group is not the right fit for the child.

In the case of bad weather, the outdoor sessions will be held indoors or postponed until a later date.

Information will be provided via email the day of the session if there is a cancellation.

REGISTRATION FORM – YOGA CLUB SEPTEMBER 2018

Client Information

Child's Name :	
DOB :	Gender : <input type="checkbox"/> F <input type="checkbox"/> M
Address :	
Grade :	

Primary Caregiver :	
Relation :	
Address :	
Phone number :	Cell :
Email :	

Emergency contact other than primary caregiver :	
Relation :	
Phone number :	Cell :

Is your child followed in occupational therapy or physiotherapy : <input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, name and location of therapist :
How did you hear about the Yoga Club?

Does your child have a diagnosis: <input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, what is it:
If it is asthma, will you have a pump with you: <input type="checkbox"/> Yes <input type="checkbox"/> No
Amount Due: <input type="checkbox"/> \$300
Paid by: <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Debit <input type="checkbox"/> Cash

Additional Information we should know about your child:

Parent or Legal Guardian

Relationship to Child

Date