

I CAN GYM

PHYSICAL EDUCATION & FITNESS

Fall session begins: Thursday, September 3rd or Monday,
September 14th

School: Casa di Mir Montessori
Monday or Thursday option 12:30-1:00pm and 1:15-1:45pm

How to enroll: Please send us an email including your
child's name, age, and school

Email: icangym@icangym.net

Site: icangymkids.com

Each week a Zoom invitation to your child's class
will be sent via email

Twelve week session is \$180.00

I Can Gym offers distance learning exercise classes composed of a
variety of activities customized to your child's age and ability Each
week our students will learn, connect, and have fun together.

Goals:

To have fun
Work independently
Learn to follow directions
Build confidence
Understand safety & body
awareness
Sharing joy while learning

Classes:

Cardiovascular fitness
Balance & Coordination
Flexibility
Gross motor skills
Hand eye coordination
Beginner gymnastic skills
Yoga & breath work
Music movement
Connection in community

