

# PHYSICAL LITERACY WEEK

## APRIL 2 - 8, 2017



Join us April 2nd - 8th to learn more about physical literacy & the fundamental movement skills, and their importance for more than just participation in sport, but also for navigating activities of daily life! Free sessions will include parent seminars & workshops, aquatic & dry-land physical literacy programs for you & your child, and introductory fitness classes.

**FREE  
CLASSES**

Sunday April 2nd	Intro to Physical Literacy & the Fundamental Movement Skills Seminar 1 - 2pm	Pickleball 4 - 7pm		
Monday, April 3rd	Pickleball 8:30am - 12:30pm	Volleyball 6 - 8pm		
Tuesday, April 4th	Intro to Total Body Conditioning 4:45 - 5:15pm	NCCP FMS Coach Professional Development Workshop* 5:30 - 8:30pm	Pickleball 6 - 9pm	
Wednesday April 5th	Intro to Cardio+ 7:45 - 8:15am	Pickleball 8:30am - 12:30pm	Intro to Total Body Conditioning 12:15 - 12:45pm	Volleyball 6 - 8pm
Thursday, April 6th	Aquatic Physical Literacy Workshop 5:30 - 7pm	Beginner Pickleball 6 - 9pm		
Friday, April 7th	Pickleball 8:30am - 12:30pm	Intro to Step 12:15 - 12:45pm		
Saturday, April 8th	Sportball Junior Sample Class 9 - 10am			

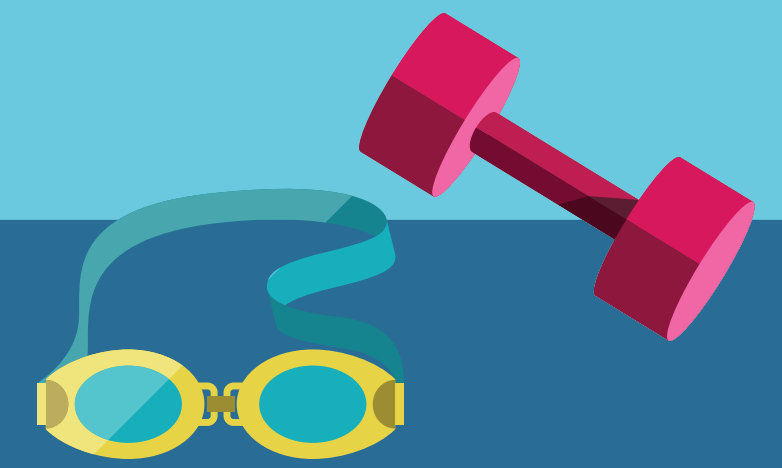
See next page for full class and seminar descriptions!



\*Registration required.

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## Intro to Physical Literacy & the Fundamental Movement Skills Seminar

Panorama Recreation Centre - Fitness Studio

Learn the theory and value behind physical literacy & the fundamental movement skills in this 1-hour practical parent workshop!

## NCCP FMS Coach Professional Development Workshop\*

North Saanich Middle School - Multipurpose Room & Gymnasium

16 yrs+. The NCCP Fundamental Movement Skills (FMS) of throwing, catching, jumping, striking, running, kicking, agility, and balance & coordination form the basis for future sport skill development and the life-long enjoyment of physical activity.

Learn how to OBSERVE and IMPROVE the fundamental movement skills during this 3-hour interactive workshop!

\*Registration required. Course #107057

## Aquatic Physical Literacy Workshop\*

Panorama Recreation Centre - Main Pool

4 months - 6 years with parents. Join us for a new workshop on Aquatic Physical Literacy. Learn more about the benefits of getting your kids moving, floating and kicking in the water through various activities and games, and how to help your child better progress through their swimming development. Includes one hour of instruction and 30 minutes of free time with experienced instructor trainers available for Q & A. Please meet on the deck and be ready to jump in pool.

## Intro to Cardio+

Panorama Recreation Centre - Fitness Studio

12 yrs+. Learn the main moves used in Cardio + classes and how they may be grouped together. Slow pace and easy transitions make this sample class great for beginners.

## Intro to Step

Panorama Recreation Centre - Fitness Studio

12 yrs+. Learn the main moves used in Sport Step and Power Body Step classes and how they may be grouped together. Slow pace and easy transitions make this sample class great for beginners.

## Intro to Total Body Conditioning

Panorama Recreation Centre - Fitness Studio

12 yrs+. Learn some of the moves used in Total Body Conditioning, Strength & Core and Strength Blast classes and how they may be grouped together. Slow pace and easy transitions make this sample great for beginners.

## Sportball Junior Sample Class

Greenglade Community Centre - Gymnasium

16 months - 2 years with parent. This introduction to Sportball allows children and parents to participate in sports, creative games, songs, rhymes, stories, bubble time and much more! Although these programs focus more on exploration, children will be introduced to a variety of sports.

## Pickleball/Beginner Pickleball

Greenglade Community Centre - Gymnasium

16 yrs+. Drop-in and play recreational level pickleball. Balls are provided; please bring your own paddle. Participants responsible for set-up/take down.

## Volleyball

Greenglade Community Centre - Gymnasium

14 yrs+. Drop-in and play recreational level volleyball. Youth under the age of 16 yrs must have a parent present. Participants responsible for set-up/take down.



[panoramarecreation.ca](http://panoramarecreation.ca)



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Live well. Have fun.