



Back by popular demand
JUNIOR JAMS PROGRAM
 with Nicole
Register now!

Nicole's Junior Jams "music and movement" classes are SO much fun!!! Nicole is just bubbling full of energy and she gets the children dancing and moving and having the best time. We have had two sessions with Nicole this year, and we have had many requests to continue Nicole's program in January, so classes will continue on TUESDAY mornings.

Here is a synopsis of Nicole and her program:

Over the last 10 years, Nicole has developed the experience and teaching methods to create a program that is educational, active, and loaded with fun for our little ones. Children from ages 18 months to 5 will learn the foundations/basics of creative expression and movement, while exploring space, rhythm and tempo in a creative way. Moving to upbeat music will help to develop their coordination and gross motor skills, while building confidence and self-esteem in a safe space. The goal is to have each student leaving class with a smile, and most importantly feeling great about themselves, and their fresh new moves. Be active, have fun, and get excited about music and creative expression.

Each class incorporates the following elements:

- Warm-up and cool down combos to get things started.
- Fun action songs, playful movement, and imagination (1 to 3 songs)
- Various styles of movement, with fun choreography to learn and memorize.
- Creativity time & Freestyling - do your moves independently from the teacher. Show off!
- Stretching & cool down
- Sing-along/action song of the day
- Bubbles, stickers etc. - A reward for hard work and good participation.

DATES FOR OUR 6 WEEK PROGRAM: JANUARY 19, FEBRUARY 2, 9, 16, MARCH 2, 9.

Covid-19 Health Protocols & Guidelines

In compliance with Quebec Health guidelines, all Instructors will be wearing non-medical masks indoors, and have creative ways to keep kids active in a safe and secure environment. All equipment and tools used in class are sanitized before and after entering each establishment. Regular sanitization of hands & equipment between groups will be mandatory. Your family's health & safety is important to us.

Nicole, Juniorjamscanada.com



I wish to register my child (child's name)

in classroom number _____ for Junior Jams with Nicole

(Tuesday mornings in November and December - 6 week program).

I enclose \$60.00 _____ cash _____ cheque
 _____ electronic transfer (etransfer@montessoripc.com)

Parent's signature _____ Date _____



(please return your completed form, or email, to the office by: Tuesday, January 12)