



Back by popular demand JUNIOR JAMS PROGRAM with Nicole

Register now for March-May!

Nicole's Junior Jams "music and movement" classes are SO much fun!!! We are not sure where Nicole gets all her energy but her enthusiasm is enjoyed by all of us 😊. Nicole's 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: MARCH 16, 23 (no class the 30th), APRIL 13, 20, 27 (no class the 6th of April), MAY 4.

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 March to May - 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, March 9th)