

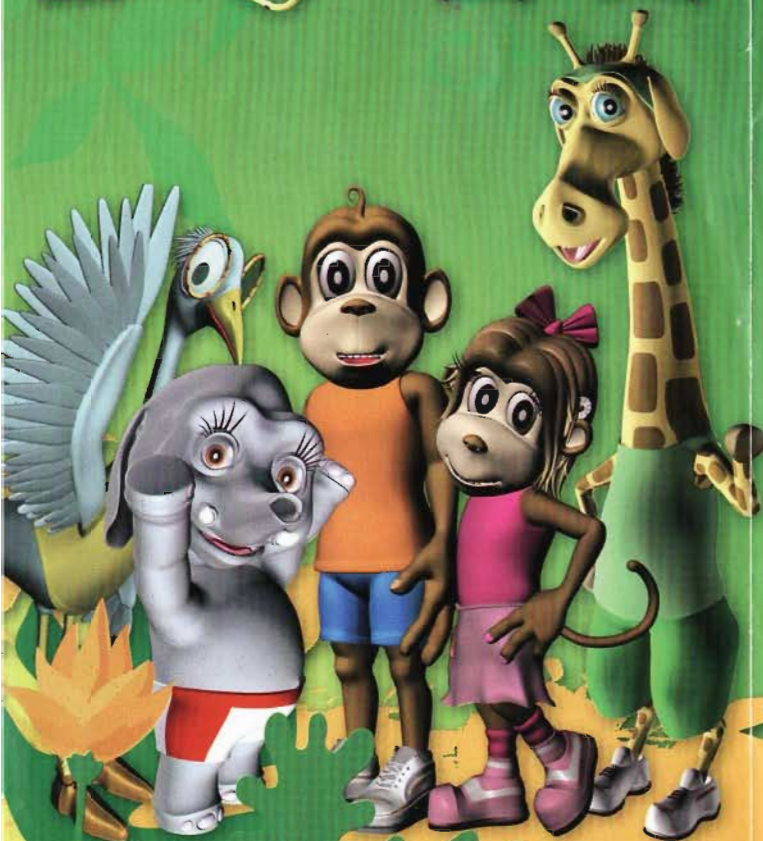
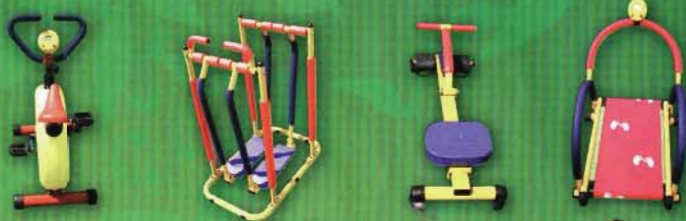
# About Us

## OUR VISION STATEMENT

The Monkeynastix Corporation provides franchisees, instructors, schools, teachers, parents, children and communities with services and products that enrich, support and celebrate childhood.

## OUR PHILOSOPHY

To teach children Monkeynastix in a fun, safe environment and raise their levels of self-confidence. This is a circular goal with no beginning and no end, but which continually feeds on the nourishment of the opportunity to move.



# Born to Move

Let Monkeynastix take your child on a journey of discovery that will not only shape the body, but wire the mind for academic success. Children are born to move and through Monkeynastix we encourage them to explore and discover the world through their senses and their bodies with our fun and exciting movement education programme - designed by specialists, endorsed by therapists and teachers, and loved by kids!

## DID YOU KNOW?

- There is a direct connection between the large body movements involved in climbing, running, walking, swimming and ball play, and the small movements necessary for reading and writing activities.
- Babies and young children learn from the inside out. Their core muscle strength is vital to healthy overall development and for laying strong foundations for higher order learning.
- Children need to repeat movements thousands of times in many different ways to master them and gain confidence.
- When a child is moving he or she is not just working his or her body but the eye muscles too. The co-ordination between the eyes and hands and the eyes and feet is integral to overall development.



## GOOD FOUNDATIONS

Good movement education helps develop foundations for:

- neater handwriting
- the ability to sit comfortably in a chair and focus on desk work
- improved concentration
- eye strength for reading and copying from books, worksheets or the blackboard
- the ability to follow movement demonstrations and auditory instructions
- sequencing, memory and rhythm - for reading and writing
- the acquisition of vocabulary that relates to movement eg. numbers, up, down, body parts, action words (in, behind), direction (left, right) etc.



## RESEARCH TELLS US

- Children today are living in smaller environments eg. townhouses and clusters
- Children have increasingly limited access to large gardens and jungle gym equipment
- Children are at risk of spending too much time in front of a screen instead of moving eg. computers, TV, electronic games, cell-phone games etc.
- Security concerns limit the free exploration of the environment by children.

# The programme

Our fun and creative approach to movement allows children to be children again. Monkeynastix is a broad-based, holistic programme that combines creativity, music and storytelling with basic training in flexibility, balance, strength, agility, co-ordination and body awareness. Your child will love each energy-packed lesson.

## HOW DOES MONKEYNASTIX WORK?

- A qualified instructor will come to your child's school or public venue to run a class once a week.
- Lessons run for 30 minutes.
- Lessons include a warm up to music, stretch and tone and working with specialised equipment.
- We believe in rewarding children to build their self esteem - each child receives a sticker or special hand out at the end of every class.
- A certificate will be given to your child at the end of each term.
- At the end of each year your child will receive a special Monkeynastix medal.



## HEALTHY LIVING HABITS

Get your child into healthy living habits from an early age. At Monkeynastix we reinforce what you are doing at home by incorporating some of the following into our lessons:

- Emotional intelligence (e.g. respect yourself and others)
- Social skills (e.g. please and thank you)
- Environmental awareness (e.g. conserve water)
- Moral standards (e.g. waiting your turn)
- Healthy habits (e.g. Like brushing teeth, sun protection, hygiene)



## OPEN THE DOOR TO LEARN

Create opportunities for your child to move. Your encouragement and support is important. Remember that every time your child moves the door to learning opens.

## 11 YEARS OF EXPERTISE

Monkeynastix - the pioneer of movement education in South Africa for the past 11 years. Now also successful and expanding in the UK, the Republic of Ireland, Australia, Botswana, Kenya, Mauritius, Zambia, U.A.E. - Dubai, Turkey, Egypt, India and others.