

Perpetual Motion Fort Collins



Perpetual Motion Fort Collins is a program designed by a local pediatric occupational therapist (*John Murray, OTR, Murray Therapy/FC Youth Clinic*) and a local certified fitness specialist (*The Edge Sports Center's Coach 'T'*) to help kids who "don't fit" in the typical youth athletic stereotype.



The premise is simply to give every child an opportunity to use all their body muscles in a fun, exploratory setting using a structured, "perpetual motion" circuit. Children need only to be able to walk and to independently follow an 'obstacle course' activity format.

This program was launched in September 2012. There were only two students in the first class, but there was enough fun to be had for twenty! The field was setup in a 'station' format with approximately ten activity points arranged in an continuous loop. Once the kids got going, they didn't want to stop! We now have ~10 kids that are coming on a regular basis and we are adding a 2nd day!



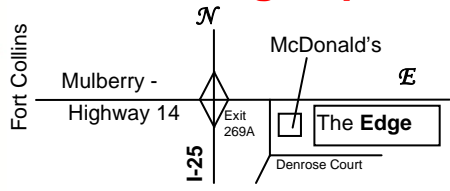
Class Instructor & Co-Class Designer: Coach "T"
 Coach 'T' (Tonja Hadley) holds a BS in Recreation from Cal State Hayward and a Masters in Sport & Exercise Science-Sport Administration from UNC. She is an NSCA Certified Strength & Conditioning Coach and has achieved the RSSC, *D distinction (more than 10 years experience.)

Class Inspiration & Co-Designer: John Murray, OTR
 John C. Murray, OTR, Murray Therapy/Fort Collins Youth Clinic, has been a pediatric occupational therapist for over 25 years. He is a Colorado State University graduate with a BS in occupational therapy. He has specialty training with sensory processing & has a certificate in pediatric neuro-developmental treatment.

Program Details

- Sign-up for one or two days/week
- Classes held Wednesdays @ 4:15-4:45 pm & Fridays @ 4:15-4:45 pm
- Sessions are 3 to 4 weeks long - new sessions start every four weeks
- Classes take place on the 22,000 sq ft indoor field of The Edge Sports Center
- Grades K - 5
- Classes limited to 8-12 participants
- Coach T is assisted by current CSU Pediatric Occupational Therapy Students!
- The Perpetual Motion Circuit format is changed every week to keep the classes fresh and interesting
- Requirements:
 - Preregistration is required
 - At least one parent must stay for class
 - Players need only to be able to walk and independently follow an obstacle course format
- 4-week cost: \$36 for 1 class/wk; \$72 for 2 classes/wk

Call 970.472.0048 NOW to sign up!



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