



Physical Education Activities 2025

Our K–3 sessions are active, playful, and skill-building. Children take part in a variety of games and physical activities that strengthen gross motor skills such as running, jumping, balancing, throwing, and catching. At the same time, activities are designed to foster cooperation, turn-taking, problem-solving, and confidence in a supportive group setting. The focus is on developing a love of movement while building both physical coordination and social skills that help children thrive in group play and beyond.

Session Schedules:

Session #	Dates	Cost per child	Indoor or Outdoor
1	September 15 th to October 6 th	\$40 for 4 weeks	Outdoor
2	October 27 th to December 1 st	\$60 for 6 weeks	Indoor
3	January 12 th to February 9 th	\$50 for 5 weeks	Indoor
4	April 13 th to May 11 th	\$50 for 5 weeks	Indoor

Day and Time: Mondays 2:30pm-3:15pm

Location: Millpond Academy Private School & Summer Camp 11 Vincent St., Innerkip ON

Arrival Information: Please enter through Gate #1, go up the ramp, and use the brown door. Outdoor shoes and coats can be left in the Main Hall on the mats and hangers provided.

Families and siblings are welcome to wait in the Main Hall during class. If you choose to do so, please remain in the designated area and bring along a quiet activity.

If you prefer to drop your child off, please return for pickup 5 minutes before the end of the session.

Bring: indoor running shoes with a non-marking sole and a water bottle

To register: email millpondacademywoodstock@gmail.com or send us a message on our website, Facebook page or Instagram! We will send you the registration link from there.

Payment must be made in full upon registration by cheque, cash or email transfer to millpondacademywoodstock@gmail.com (for email transfers, please note that payment is for the gym program and the name of your child).