



monkeynastix[®]
i n t e r n a t i o n a l
Since 1995



Monkeynastix International (Pty) Ltd
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<http://www.monkeynastix.com>

Welcome to Monkeynastix

We are a leading provider of active movement education programs for children.

Since our establishment in 1995, Monkeynastix has been dedicated to promoting physical fitness, holistic development, and a love for movement in young children. With a global presence and a passion for empowering children, we have become a trusted name in the field of children's fitness.

At Monkeynastix, we firmly believe that physical activity plays a crucial role in a child's overall development. Our programs are designed to provide children with a solid foundation of fundamental movement skills, enhance their cognitive and social abilities, and instill confidence in their physical capabilities. By creating a positive and engaging environment, we aim to foster a lifelong passion for fitness

and empower children to reach their full potential. Our range of programs cater to different age groups and objectives:

BABYNASTIX for babies 3 months - 24 months.

MONKEYNASTIX focuses on children aged 1 to 8 years, introducing them to a variety of fun activities that enhance coordination, balance, and motor skills.

SUPERNASTIX engages children aged 7 to 12 years in various sports, promoting teamwork, sportsmanship, and skill development. We also challenge children by combining gymnastics, parkour, and freestyle movement to develop strength, agility, and self-expression.

Additionally, this program provides children with inclusive fitness workouts that improve cardiovascular health, strength, and flexibility.

Through our programs, Monkeynastix has positively impacted the lives of countless children worldwide. We operate in various locations, including schools, community centers, and private venues, allowing us to reach children from diverse backgrounds and cultures.

Our certified instructors are passionate about delivering quality movement education, ensuring that each child receives the attention and support they need to thrive.

As you explore our company profile, you will gain deeper insights into Monkeynastix's mission, programs, benefits, and global reach. We are

excited to share our commitment to children's fitness and well-being with you. Whether you are a school, community organization, or individual interested in collaborating with us, we invite you to join us on this journey towards inspiring active lifestyles for children.

Thank you for your interest in our brands. We look forward to the opportunity to make a positive impact on the lives of children together.

Sincerely,
Monkeynastix Team



"Proprioception is an important hidden sense to develop for Balance"

Company Overview

Monkeynastix is a leading provider of active movement education programs for children. Established in 1995, the company is committed to promoting physical fitness and a healthy lifestyle through fun-filled activities. Monkeynastix offers innovative programs that focus on fundamental movement skills and holistic development, fostering a love for physical activity in young children. With a global presence and a track record of success, Monkeynastix has become a trusted name in the field of children's fitness.

Company Mission

At Monkeynastix, our mission is to inspire children to embrace an active lifestyle by providing engaging and educational movement programs. We aim to develop their physical, cognitive, and social skills while instilling confidence and a lifelong passion for fitness. By fostering a positive and supportive environment, we empower children to reach their full potential and lead healthy, active lives.

The Benefits

- Development of fundamental movement skills
- Enhanced physical fitness and coordination
- Improved cognitive and social skills
- Boosted confidence and self-esteem
- Promotion of a healthy lifestyle and lifelong fitness habits
- Fun and engaging activities that inspire a love for movement

Our Locations

Monkeynastix operates in various locations worldwide, with certified instructors delivering programs in schools, community centers, and private venues. Our global reach allows us to bring the benefits of Monkeynastix programs to children across different countries and cultures.

WHAT OUR PARENTS SAY

"Monkeynastix has been an absolute game-changer for my child's development! Not only do they have a blast during the classes, but I've also noticed a significant improvement in their motor skills, coordination, and confidence. The instructors are fantastic at making every session engaging and educational. Thank you, Monkeynastix, for providing such a wonderful platform for kids to grow!"

"Monkeynastix is a parent's dream come true. Not only does it keep my child active and engaged, but it also instills a sense of healthy habits from a young age. The instructors are incredibly attentive and create a nurturing environment that allows kids to thrive. I've seen my child's confidence soar since joining Monkeynastix, and I couldn't be happier!"

"Monkeynastix is more than just a fitness program; it's a journey of growth and discovery for kids. My child eagerly looks forward to every session, and I've seen them develop a genuine love for being active. The imaginative activities keep them engaged, and the instructors' enthusiasm is infectious. Monkeynastix has enriched my child's life in ways I couldn't have imagined!"

"Enrolling my child in Monkeynastix was the best decision I've made. The program goes beyond just physical activity - it teaches important life skills like teamwork, patience, and discipline in a fun and exciting way. The themed classes keep my child eager to participate every week, and I love watching them learn while having so much fun!"

"As a parent, it's important to find activities that promote both physical and mental development. Monkeynastix ticks all the boxes. My child has developed better balance, flexibility, and social skills through the well-structured classes. The combination of exercise, play, and learning is truly remarkable. Monkeynastix has become a highlight of our week!"



“Developing upper body strength is crucial for a strong core and a good posture.”



ACTIVATING CHILDREN'S POTENTIAL FOR ALMOST 3 DECADES.

“Every child deserves the opportunity to develop
a strong foundation of physical literacy and a
lifelong love for movement”

Monkeynastix is a broad-based, holistic program that combines creativity and music with basic training in flexibility, balance, strength, agility, coordination and body awareness delivered through energy-packed sessions to the children.

In this digital age and urban living environment known with space limitations and security risks, our young children grow up lacking physical activities, which often caused by extended exposure to technology. Children now rely heavily on technology for most of their play, thus limiting challenges to their creativity and imaginations, as well as limiting necessary challenges to their bodies to achieve optimal sensory and motor development.

Realising this inherent problem, we bring a franchised program, pioneered by Monkeynastix International to you, which specialises in children movement education designed by children physical education specialists and endorsed by therapists and teachers.



Monkeynastix System

Monkeynastix is truly unique and very distinct from other child fitness education providers anywhere else in the world. It promotes an image of professionalism, quality and non-competitive fun for the children.

Monkeynastix's highly structured program concentrates on the development of confidence and a positive self-image for the children. Monkeynastix encourages children to explore and discover the world through their senses and bodies with our fun, exciting movement education programs.

These are achieved through fun activities following a fully developed syllabus supervised by trained and certified Monkeynastix instructors. Majority of the activities are carried out with the aid of approved equipment supplied by Monkeynastix International. Our creative and engaging approach to movement encourages children to learn and develop in a safe, FUNtastic environment!

Origin of Monkeynastix

In 1992, Dirk Cilliers developed and launched Olymkids pre-school gymnastics and movement education program at various nursery schools in South Africa. Dirk was gymnast from a very young age and involved in the gymnastics world for several years. Olymkids was aimed at fun and fitness for all children and included the basics of gymnastics, aerobics, ball skills, body awareness, strength and flexibility.

Dirk later attended a course in Specialized Children Movement in Holland presented by the Royal Dutch Gymnastics Federation and used the knowledge gained to refine the original Olymkids program. Dirk later incorporated Olymkids and established Monkeynastix in South Africa in 1995. Since then, Monkeynastix has developed into a mature program endorsed by teachers and therapists in more than 100 franchisees in 11 countries.

"Our creative and engaging approach to movement encourages children to learn and develop in a safe, FUNtastic environment!"

Our Aspirations

Main goals of Monkeynastix movement education program are as follows:

- Focuses on long term motivation for the children.
- Develop confidence and positive image among the young participants.
- Develop general motor imitation skills, general fitness, strength, speed & agility, flexibility and cardio vascular fitness.

It's our mission that we aspire to achieve the following:

- Provide schools, teachers, children, parents and communities with a service and products that enrich, support and celebrate childhood.
- Continuously learn from children and to

understand their circumstances in a fast changing and more demanding world.

- Build our brand through creativity and innovation and to develop and deliver a unique program at various venues over the world.
- Supply a professional service of movement education classes, holiday programs and children's parties at various venues.
- Promote a good corporate image of fitness & fun!
- Develop and grow Monkeynastix to its fullest potential



FROM OT TO MONKEYNASTIX ADVOCATE

A personal journey as an OT, Mom and franchisee.

As an Occupational Therapist we were mainly trained on preventative treatment, improvement, restoration, overcoming challenges and most importantly efficient functioning. Function is always the greatest focus, but what does FUNCTION mean? In our field of work, it means that you are able to perform the necessary skills, in your specific season of life, for your role compliance and for you to be able to develop to the best of your potential. My passion has always been to try help people to optimally function in their lives and for children specifically this means, overall DEVELOPMENT. My heart has also been struggling with the concept that we might only be able to change one life at a time, in a session and for a very limited time period. This is why my husband and I looked at how are we able to make a bigger difference in life?

And then we came across the Monkeynastix program. This program to me feels like a fabulous all in one developmental program in order to PREVENT future delays. Normal development to children is so important, as our lifestyles have changed, and children do not have the same opportunities as 20 years ago. This program to me provides a phenomenal balance and basis for children, especially at a young age. And it is the OT dream, providing group intervention, a holistic program and overall development, especially at a young age. This is constantly my recommendation to parents, please allow the opportunity for your child to participate in the program in order to improve their social, physical, emotional, cognitive and learning abilities. The consistency, the structure of the class, following instructions, the use of music and the whole body really improve the children's well-being.

And then above this, we became parents, and our little 2-year-old has started Monkeynastix for the last two months. His face and enthusiasm, his excitement, his absolute JOY when he sees the shirt, when he comes from the class, when he jumps and jumps and explores his body, I can just see the window it creates for him to build self confidence in order to push his little body further and develop new skills. I will always be grateful for Monkeynastix and how it changes MANY lives out there. This has been our greatest passion and my OT heart feels happy by the difference it can make...

Regards Gerda Wagner
BOccTher (UP)

MONKEYNASTIX as an Extramural

Monkeynastix gives schools the ultimate in flexibility. Schools get to choose the day and time for weekly classes.

Monkeynastix as an Intramural

Monkeynastix as an intramural offers an inhouse program option where the school or day-care can add us to their curriculum at a largely reduced rate. Our qualified instructors will come to the school and provide students with weekly sessions of 30 minutes each.

Special Events

Monkeynastix can be designed with activities to keep children physically active during sports days and special events. If there's a special event, Monkeynastix can come to the chosen venue and provide daytime sessions and enhance the children's experience with great fun!

Join Monkeynastix

We welcome partnerships with schools, community organizations, and individuals who share our commitment to children's fitness and well-being. Contact us to explore collaboration opportunities, franchise options, or to enroll your child in one of our programs.

Follow us on Social Media



Facebook: www.facebook.com/monkeynastix



Instagram: www.instagram.com/monkeynastix



Twitter: www.twitter.com/monkeynastix

At Monkeynastix, we believe that every child deserves the opportunity to develop a strong foundation of physical literacy and a lifelong love for movement. Join us on this exciting journey towards a healthier, happier future for children worldwide.

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**What is
Monkeynastix?**



Find a Franchise

Legal Registration Name : Monkeynastix International (Pty) Ltd

Registration Number : 2001/09098/07

Trading Name : Monkeynastix International (Pty) Ltd