



**monkeynastix<sup>®</sup>**  
**i n t e r n a t i o n a l**



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<http://www.monkeynastix.au>

## Welcome to Monkeynastix

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

Monkeynastix is dedicated to promoting physical fitness, holistic development, and a love for movement in young children. We have a passion for empowering children and pioneering in 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 caters to different age groups and objectives:

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

We promote teamwork, sportsmanship, and skill development. We also challenge children to help them develop strength, agility, body awareness 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 brand. 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

## MONKEYNASTIX as an Extramural

Monkeynastix comes to a school and provides classes for the select children who are enrolled in the activity. This will be seen as an extracurricular activity. This gives the ultimate in flexibility.

## Monkeynastix as an Intramural

Monkeynastix, as an intramural, offers an in-house program option where the school, kindie, or day-care can add us to their curriculum at a reduced rate. Our qualified instructors will come to the school and provide students with weekly sessions of 30 minutes to 60 minutes each.

# 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 good posture.”



## ACTIVATING CHILDREN'S POTENTIAL

“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 programme 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 for space limitations and security risks, our young children grow up lacking physical activities, which are 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 imagination. This also limits the necessary challenges for their bodies to achieve optimal sensory and motor development.

Realising this inherent problem, we bring this program, pioneered by Monkeynastix International, to you, which specialises in children's movement education designed by Children's Physical Education specialists, Occupational therapists, Physiotherapists, and endorsed by teachers.



## Origin of Monkeynastix

In 1992, Dirk Cilliers developed and launched Olymkids pre-school gymnastics and movement education programme at various nursery schools in South Africa.

Dirk was a gymnast from a very young age and was 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's Movement in Holland presented by the Royal Dutch Gymnastics Federation and used the knowledge gained to refine the original Olymkids programme. Dirk later incorporated Olymkids and established Monkeynastix in South Africa in 1995.

Since then, Monkeynastix has developed with Occupational Therapists, Physiotherapists and teachers into a mature programme in more than 100 franchisees in over 12 countries.

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

## 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 programme 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 implemented by trained and certified Monkeynastix instructors. The activities are carried out with the aid of our specialised equipment designed to build fundamental skills for children. Our creative and engaging approach to movement encourages children to learn and develop in a safe, FUNtastic environment!

## 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!

## Our Aspirations

The main goals of the Monkeynastix movement education programme are as follows:

- Focuses on long-term motivation for children.
- Develop confidence and a positive image among the young participants.
- Develop general motor imitation skills, general fitness, strength, speed & agility, flexibility, and cardiovascular fitness.
- Assist children in hitting their developmental milestones

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 deliver a unique programme.
- Supply a professional service of movement education classes, holiday programmes, community programs and many more.
- Promote a good image of a healthy lifestyle, fitness & fun!
- Develop and grow Monkeynastix to its fullest potential.



## FROM PHYSIO TO MONKEYNASTIX ADVOCATE

As a physiotherapist, I have always enjoyed working with kids and valued the importance of movement. Too often, I have seen the detrimental effects of inactivity on people and how basic skills that were meant to be instilled in children from a young age were never taught or achieved. The number of kids not achieving their basic developmental milestones has gradually increased as the years go by. When children don't learn basic skills such as balance and coordination, this creates significant issues later on in life. Doing targeted activities that teach children's development aspect such as proprioception, vestibular sense, body awareness, bilateral integration, motor planning and more are integral for not only their physical development but also cognitive development.

Looking for ways we can implement my knowledge in children's development and make a real difference in the community, we came across the idea of this amazing program. Monkeynastix is the ideal solution for us. It is a holistic program that works on children's development as a whole. It establishes physical development, cognitive development, social development and improves other aspects such as mental health, emotional intelligence, discipline, healthy habits and more! It even builds necessary skills that assist in school preparation and skills for the development of activities such as reading, writing, dictating from a board and postural tolerance to sit upright in class and be able to focus.

Monkeynastix is the ideal early intervention program for kids and gives them the best possible start for their future. We believe that this program will aid in building a better generation for our world.

Regards W Coetzee, BScPhys

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## FROM OT TO MONKEYNASTIX ADVOCATE

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 to 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 we are 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 in 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, esp. 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 whole body movements really improve the children's well-being.

And then above this, we became parents, and our little 2-year-old has started Monkeynastix. His face, his 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 G Wagner, BOccTher

# 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 or to enroll your child in one of our programs.

## Follow us on Social Media

 Facebook: [www.facebook.com/monkeynastixgoldfields](http://www.facebook.com/monkeynastixgoldfields)

 Instagram: [www.instagram.com/monkeynastix\\_goldfields](http://www.instagram.com/monkeynastix_goldfields)

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 and happier future for children worldwide.

## Our Contact Info

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Monkeynastix?**



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