



EVOLVE EVENTS COMPANY

# BALANCE PROGRAM





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## WHAT IS EVOLVE BALANCE?

The Evolve Balance program happens both indoors and outdoors. Through various exercises, workshops and team-building activities, students understand the importance of balance and how it impacts various facets of their physical well-being.

## HOW DOES EVOLVE BALANCE WORK?

Four different modules are explored to give students a new perspective on the concept of balance. This is not a skateboarding program; however, various types of boards, such as skateboards, snowboards, and other balancing tools, are used to teach and strengthen balancing techniques.

## WHAT DO YOU NEED TO RUN AN EVOLVE BALANCE WORKSHOP?

We require the use of an outdoor space with flat, even terrain or an indoor gymnasium. These spaces are ideal for a Spring and/or Summer Evolve Balance workshop. These workshops can be tailored to various group sizes.

**NOTE:** Where weather is not ideal, we recommend an indoor space to allow for safe surface conditions.

## PARTICIPANTS WILL RECEIVE THE FOLLOWING

- A completion certificate
- Instruction from qualified, trained instructors
- An age-appropriate perspective on achieving balance
- Access to all required equipment and safety gear

**NOTE:** A digital waiver for all participants must be signed by a parent or legal guardian. If requested, additional modules can be provided for teachers to continue the program within their classrooms.

**RISK MANAGEMENT DETAILS:** \$5M liability insurance, trained instructors (with background checks)

**COST:** Approximately \$500-\$3500 (prices can vary depending on requirements)



FOR MORE INFORMATION PLEASE CONTACT: [info@evolveeventsco.com](mailto:info@evolveeventsco.com) or call: 416.619.4521