

BOUNCE Back for Kids

What is BOUNCE Back for KIDS?

- Research based, innovative children's exercise classes.
- Small group, play based classes for 5-12 year olds.
- Designed and run by skilled Physiotherapists and Occupational Therapists with many years experience working with kids.
- Works on developing fine (particularly for academic tasks) and gross motor skills, balance, awareness, posture, core strength and motor planning.
- Has objective and validated pre and post program assessments with report back to referrer.
- Maximum 4 in a class for individual attention within a fun, social setting.

Who's ideal for BOUNCE Back for Kids?

Children with:

- Delayed fine and gross motor development.
- Writing and hand/eye co-ordination issues.
- Low muscle tone, postural issues with aches and pains.
- Poor balance, co-ordination and motor planning.



Why BOUNCE Back for Kids for my child?

- Supports and develops fine and gross motor skills in Primary school aged children (5-12 years).
- Reinforces skills developed by teachers and special needs educators.
- 2010 BOUNCE Back for Kids saw a large increase (10-57%) in fine and gross motor skills on objective post versus pre screening.

More information...

- 8 week program x 1 hour (after school).
- Comprehensive backpack available with all equipment and games to encourage home play and reinforce skills. (additional cost)
- Private health fund rebate available in many cases and in some cases Medicare rebate.
- Cost: \$65 per session



When and where is the next program starting?

- Commencing:
Wednesday 16th February 2011 at 4.30pm
- Program overview and Q & A session for parents and kids: Wednesday 16th February at 4.00pm
- Held at Oatley West Public School—Oatley Park Ave, Oatley
Phone: 9580 5048.

Limited spots available, to book call:
Take Control Active Rehab on 95707800
or Hopalong on 1800 809 552

