



"Our vision is to create a positive, healthy, life enhancing sporting experience"

PEAK TRAMPOLINE SPECIAL NEEDS PROGRAM

Our objective is to bring the experience of trampoline to those with significantly different needs. By becoming part of the Peak Trampoline Special Needs Program your son/daughter will have the opportunity to participate in a fun sports program which will impact on their physical and emotional well-being.

STAFF

Our staff have extensive experience working with special needs pupils. We have a qualified Physical Education and Special Needs teacher who is also fully qualified in Rebound Therapy. This member of staff will be in charge of implementing the special needs program.

REBOUND THERAPY

Rebound Therapy is a visionary therapy technique for intellectually and physically impaired children and adolescents.

"Rebound Therapy" is a registered trademark in Great Britain (www.reboundtherapy.org) founded by E.G Anderson in 1969. Rebound Therapy promotes the use of the trampoline in providing therapeutic exercise and recreation for people with a wide range of special needs.

The use of trampolines with the assistance of an instructor can bring about an exercise of internal organs and muscles groups in a student to assist fitness, movement and communication.

The exercise techniques used on a trampoline are known to use more muscle groups than hydrotherapy or any other ground based physical activity.

WHO BENEFITS

Participants can range from mild to severe physical disabilities and from mild to profound and multiple learning disabilities, including dual sensory impairment and autistic spectrum.

The trampoline can be used to:

- Facilitate movement
- Promote balance
- Increase and decrease muscle tone
- Promote relaxation
- Promote sensory integration
- Improve fitness and exercise tolerance
- Improve communication skills
- Combat obesity

Peak Trampoline Special Needs Program 2015 reviewed January 2016, reviewed January 2018

Booking: Peak Trampoline, Court 10, Lords, 5 Wembley Court, SUBIACO WA 6008

Phone: 0431409575 Email: admin@peaktrampoline.com.au Website: www.peaktrampoline.com.au



"Our vision is to create a positive, healthy, life enhancing sporting experience"

2018 SESSIONS

At Peak Trampoline we currently deliver a Gymability program which offers strength and conditioning work as well as rebound therapy. We do have a medical hoist to enable access to the trampolines and double mini trampoline. The staff working on the program are:

- Nikki Wood – Senior Coach and course coordinator
- Lesley Walsh – Physiotherapist
- Saia Wood-Halafihi - Strength and Conditioning coach
- Naomie Ding – Trampoline coach
- Jack Petrie – Trampoline coach

SESSION PRICES FOR 2017

- **\$54 annual payment for insurance and affiliation to Gymnastics Australia**
- **\$200 for a ten week term, 1 hour per week**
- **\$20 per single session**

If you are interested in trying the sessions please contact Peak Trampoline:

Tel 0431409575

<http://www.peaktrampoline.com.au>

Email: admin@peaktrampoline.com.au

BSB: 306 047

ACC: 043 2061

Account Name: Peak Trampoline Inc.

Reviewed January 2018

Peak Trampoline Special Needs Program 2015 reviewed January 2016, reviewed January 2018

Booking: Peak Trampoline, Court 10, Lords, 5 Wembley Court, SUBIACO WA 6008

Phone: 0431409575 Email: admin@peaktrampoline.com.au Website: www.peaktrampoline.com.au