



"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 clients they include:

- Nicola Wood – Senior Coach / Club Manager Qualified Rebound Therapist leader of the program. Ex Special Needs and Physical Education teacher.
- Jordey Holker – Sports Science, Masters in Exercise physiology and rehabilitation.
- Luke De Presse - Sports Science, Masters in Exercise physiology and rehabilitation.
- Beth Oxley - Sports Science and Trampoline Coach
- Volunteers from the Notra dame Physiotherapy department.

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

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

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



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2020 SESSIONS

The sessions will take place every Thursday during term time between 10.00am and 3.00pm. Additional holiday sessions will be implemented where possible.

We will also be available for school groups with special needs.

REBOUND THERAPY PRICES FOR 2020

- **\$78 annual payment for insurance and affiliation to Gymnastics Australia and Peak Trampoline**
- **\$200 for a ten week term, 1 hour per week**
- **\$20 per single session**
- **School groups prices by negotiation.**

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.

Reviews completed by Nicola Wood Senior Coach / Club Manager

Reviewed January 2018

Reviewed December 2019

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