

# Upcoming Therapy Groups

Central Locations

January  
School holidays



# Therapy Intensives<sup>®</sup>

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**Targeted, goal directed therapy**

3 x week session for three weeks

**All disciplines available:**

Physiotherapy, Occupational Therapy, Speech Pathology

**Where?**

Ability WA - Coolbinia | SUITABLE FOR ALL AGES

# SWIM CLUB.

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**1:1 water based sessions with a Physiotherapist to focus on specific stroke or swimming related goals**

Aiming to improve confidence, stroke development and water safety to work towards advancement to community based swimming lessons

School aged group but considerations are made to anyone attending Aquability, minimum attendance is 4 sessions over fortnight

**Where?**

Burbridge School - Koondoola

# Trail Blazers

**A fun and interactive bike group that assists children in learning and developing the necessary skills for bike riding**

Aimed at children of all ages learning to ride with trainer wheels, transitioning to no trainer wheels or developing higher level bike riding skills

Encourages development of balance, steering, braking, dismounting, road safety and endurance

Appropriate for learning to ride with/without trainer wheels as well as more advanced bike riding skills

**Where?**

Herb Graham Leisure Centre | **SUITABLE FOR SCHOOL AGED PARTICIPANTS**

# BOXABILITY

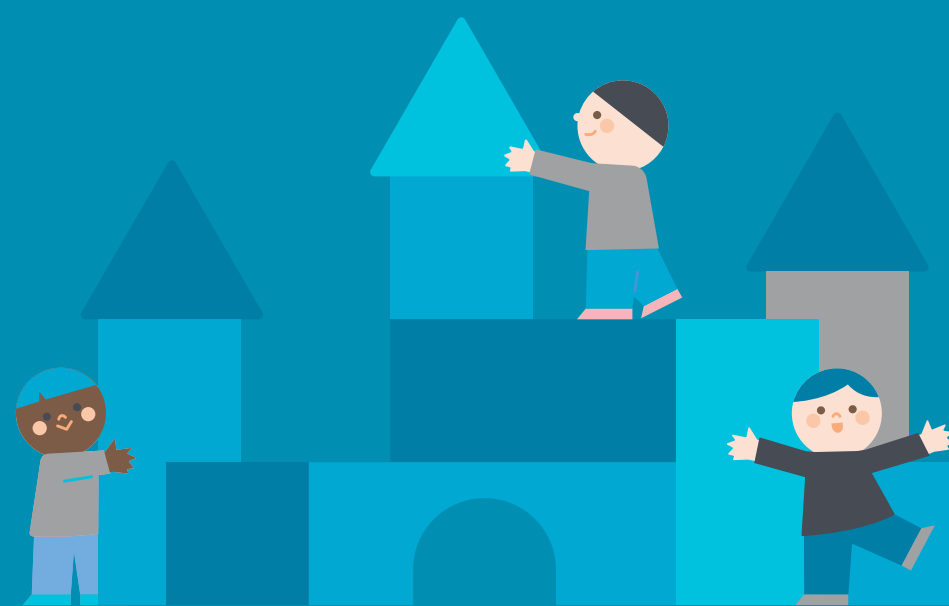
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**Get ready for an active and fun kickboxing training group for children and adolescents looking for an opportunity to get fit over school holidays in an interactive training session.**

The group is led by a physiotherapist and a boxing trainer in a modern community gym, and will get your heart pumping and help build your confidence.

**Where?**

Legends Academy, Coolbinia | **SUITABLE FOR SCHOOL AGED PARTICIPANTS**



# Building Blocks

**A kindy-readiness program coordinated by speech pathologists, occupational therapists and physiotherapists**

Aimed at children aged 3-5 years of age | Building skills required for Kindy or Pre-primary

Improving social skills such as turn taking and sharing

Practice sitting, listening and talking to new friends | Develop gross motor and fine motor skills

**Where?**

Ability WA - Coolbinia