



# Thriving @UWA – Term 1 Activities



**1-on-1 sessions** available Mon-Sat \$331.00 for 8-week term\*



**Fun Fitness** \$171.00 for 8-week term\*



**Strength & Conditioning** \$156.00/ 8-week term



**Be Active** \$156.00 /9-week term

*Services must be booked for the Term (Monday 6<sup>th</sup> February – Friday 31<sup>st</sup> March)*

## Funding

\*Our programs are proudly supported by Telethon7, with subsidies generously provided to reduce the costs to families.

Access to our Exercise Physiology services may be received through rebates, subsidies or NDIS self managed or plan managed funding.

## Booking Links

New Participants (or scan the QR code below)

*We will be in touch to organise an initial intake appointment and/or book sessions*

Returning Families Group Bookings (Fun Fitness, Strength & Conditioning, Be Active)



	Group Programs		
	3.30	4.30	5.30
Mon		Girls	
Tue			
Wed			
Thu			
Fri			
	9.00	10.00	11.00
Sat			

## Get in touch ...

- hello@thrivinginmotion.org
- www.thrivinginmotion.org
- 0403 600 960
- @thrivinginmotionorg





# Service Descriptions

*All groups are delivered in an inclusive, non-judgemental, safe and supportive space.*

*All groups are mixed ages and abilities, with participants matched on goals, needs and personality!*



## **One to One Exercise Sessions\* (\$62.00/session)**

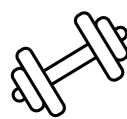
Working 1-on-1 with a Thriving Instructor sessions are tailored to the goals, developmental stage and preferences of the young person or family. Progress assessments are built into the sessions, along with end of term reports for families or referrers.



## **Fun Fitness\* (small group 1:4, \$32.00/session)**

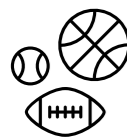
This program focuses on developing physical literacy and movement skills including hopping, running, catching and throwing, balance, and game based social skills. Designed for children who experience challenges to exercise and/or sport and can cater for disability, neurodiversity, developmental delays or emotional and/or behavioural challenges.

***\*Initial intake assessment required for new families joining 1-on-1 or Fun Fitness. Please get in touch with our team to book an appointment or complete an [Expression of Interest Form by clicking here](#) or visiting our website ([www.thrivinginmotion.org](http://www.thrivinginmotion.org))***



## **Strength & Conditioning (group 1:8, \$19.50/session)**

This program focuses on the introduction of resistance training to promote muscular strength and directly impacting on locomotion, muscle power, endurance and functional abilities. There are both mixed, and girls specific classes available.



## **Be Active (group 1:8, \$19.50/session)**

If competitive community sports aren't your child's thing and you find they are losing interest in being active, then this group is perfect for them. This program focuses on increasing motivation and confidence for young people to stay engaged in activity.

***All families are encouraged to undertake an initial 1-on-1 intake appointment with staff prior to group programs. This will allow us to discuss goals, needs and past experiences and tailor programs for participants. Please get in touch with our team to book an appointment or complete an [Expression of Interest Form by clicking here](#) or visiting our website ([www.thrivinginmotion.org](http://www.thrivinginmotion.org))***

*Our Term 1 program is proudly supported by ...*