



North Tyneside Council

Rebound Therapy and Multi Sport Session

**The Lakeside Centre
Southgate, Killingworth,
NE12 6SA**

Monday 1 pm-3 pm (Term time only) Drop in session!

Rebound Therapy is the therapeutic use of the trampoline to develop and promote motor skills, body awareness, balance and communication.

Rebound Therapy is accessible to people with a range of special needs such as physical disabilities, learning disabilities, autistic spectrum disorders and co-ordination problems.

Benefits of the above:-

- Cardio-respiratory system works harder.
- Rebound has assisted in reducing hypertonia and increasing hypertonia
- Increase sensory stimulation through skin and joints.
- Relaxation.
- Promotes a feeling of independence and freedom.
- Increased vocalisation, eye contact, concentration, confidence and self esteem.

The session is delivered in a relaxed friendly environment. If you would like any further details please give us a call 01916434177 or feel free to pop into the session.