Let our trained staff assist and develop your child with a customised program in a fun, caring and supportive environment.

**PAEDS CAN ASSIST WITH:**
- locomotion skills (walking, running, jumping, hopping, skipping, stair navigation)
- object control skills (throwing, catching, kicking, striking, batting)
- proprioceptive skills (balance, body awareness, care stability)
- general fitness (weight management, school sport event participation and/or achievement)
- promoting a positive association with sport (one-on-one to encourage and customised skill sets pitched at each individual child)
- individualised exercise rehabilitation and activity programs for children and teens who are affected by any conditions or pathologies that limit their ability to participate in physical activity.

For more information and to make a booking:
Rebecca Morony
Curtin Stadium Health and Rehabilitation Services
Tel: +61 8 9266 3304
R.Morony@curtin.edu.au

**PAEDS CHILDREN'S PHYSICAL ACTIVITY PROGRAM**

**AGES 5-15**

Participate • Achieve • Encourage • Develop • Succeed
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Make tomorrow better. curtinstadium.edu.au
10 WEEK PAEDS PROGRAM
$250 MEMBERS AND GUESTS

Physical Activity Program for children and teens aged 5 to 15 years

WHEN
Monday afternoons, 4.30pm–5.30pm.
Go to curtinstadium.edu.au for program commencement dates.

WHERE
Curtin Stadium
Building 111, Curtin University
Kent Street, Bentley

COST
$250 for 10 week program
This cost includes the initial assessment by our Accredited Exercise Physiologist, the full 10 week after-school program, and the Exercise Physiologist’s final report.

Group sessions are overseen by an Accredited Exercise Physiologist, and children are paired up with final year Exercise Science students.

WHY PAEDS?
Our PAEDS program will help develop and improve locomotive, object control and proprioceptive skills in 5 to 15 year olds. Individualised exercise rehabilitation and activity programs are also available to children and teenagers affected by certain conditions or pathologies that limit their ability to participate in physical activity.

WHO WOULD BENEFIT MOST FROM PAEDS?
All participants will be initially assessed by one of our Accredited Exercise Physiologists. The program is broad and can assist the following:

- Children with coordination and motor control problems (eg. developmental coordination disorder, cerebral palsy, autism, Down’s syndrome)
- Children with other health conditions (eg. Cystic fibrosis, obesity, diabetes, anxiety or depression, as well as cancer, epilepsy, asthma and ADHD)
- Healthy children who require more exposure to physical activity
- Sport and event-specific training.
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