

Rebound Therapy Comes to PCYC Launceston



PCYC Launceston Gym Club, Wednesday, 26 June 2013

The first Tasmanian Rebound Therapy Course was run at PCYC Launceston on Saturday 8th June. Rebound Therapy was founded in 1972 by Eddy Anderson . Rebound Therapy uses trampolines to provide opportunities for movement, therapeutic exercise and recreation for people across the whole spectrum of special needs.

7 enthusiastic participants underwent intensive training to become practitioners in RT under the guidance of Ty Swadling (Rebound Therapy course presenter from NSW). The day began with a theory session outlining the history of the Therapy and many of the programming issues that are particular to this kind of activity. Mid morning and for the rest of the course, it was hands on, with activities on the trampolines. The participants became not only the practitioners in training, but also the demonstrators for a wide range of activities that took us through many different scenarios.

Mid afternoon, we were lucky to have with us Jack, Tommy and Harry. The boys thoroughly enjoyed their time on the trampolines. The giggles and laughter showed us how important this therapy will be to encourage both children and adults to learn through fun trampoline activities to - facilitate movement, improve balance, increase or decrease muscle tone, promote relaxation, improve fitness and exercise tolerance and improve communication skills.

PCYC Launceston will now complete further requirements in order to become the first accredited Rebound Therapy Centre in Tasmania. For more information regarding Rebound Therapy, click on the link below. If you are interested in finding out more about how Rebound Therapy can work for your family or association in Launceston and beyond, please contact Jo Penny at PCYC Launceston. We are all very excited to be developing this program in Tasmania and hope it will grow through different centres in the coming years.

Congratulations to Carolyn, Pip, Jo, Tineca, Emily, Greg and Anne on undertaking the course and will become Rebound Therapy Practitioners after some additional practical course requirements are met.

Other Links

[Rebound Therapy UK](#)

[Rebound Therapy Australia](#)

