

## Rebound Therapy Practitioner Training Course



*Jo Penny, Wednesday, 8 May 2013*

PCYC Launceston will host and run the first Rebound Therapy Course offered in Tasmania.

DATE: 8<sup>TH</sup> JUNE

VENUE: PCYC LAUNCESTON

TIME: 10AM – 6PM

COST: \$150 per participant

PCYC Launceston will host and run the first Rebound Therapy Course offered in Tasmania.

The phrase ‘Rebound Therapy’ was coined by the founder, E.G Anderson, in 1969, to describe the use of trampolines to provide therapeutic exercise and recreation for people with a wide range of special needs. The course, however, is not limited to this use only and can also be used to engage participants with injuries, those with health issues including obesity, the elderly and other disengaged groups.

Rebound Therapy is a one day training course followed by a post course assessment.

The following people are suitable to become a trained Rebound Therapy Practitioner:

- Gymnastics and Trampoline coaches with disability experience
- Special needs teachers and assistants
- Physiotherapists
- Occupational Therapists
- Speech Therapists / Pathologists
- Rehabilitation workers and carers
- Any other relevant health professionals
- Please note that you do not have to be a Trampoline Coach to become a Rebound Therapy Practitioner.

After having completed the training, Rebound Therapy Practitioners and organisations will be required to meet quality assured requirements in order to become a “Rebound Therapy Centre of Excellence”. Rebound Therapy Practitioners are required to work in consultation with relevant health professionals, where appropriate, to ascertain the capabilities of the participant and use Rebound Therapy to reach identified achievable goals.

The course is run through Gymnastics NSW in conjunction with the relevant State Gymnastics body. Please go to the link below to find out more about Rebound Therapy.

<http://www.youtube.com/watch?v=cqSvr6RizJY>

If you would like more information regarding Rebound Therapy or the course being held at PCYC Launceston, please contact:

Jo Penny

Gymsports Manager

PCYC Launceston

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To register for the Rebound Therapy Practitioner Training Course, please fill in and return the attached form by email to the above email address by FRIDAY 24<sup>th</sup> MAY, 2013.

Other Links

[Application Form](#)