

Horsham District Sports Development presents...

**Reaching Higher Rebound Therapy  
and Multi Sports Session****Rebound Therapy is accessible to all levels of disability**

A fun session including Rebound Therapy/Trampolining and multi sports for 14-25 year olds. Rebound Therapy is used to facilitate movement, promote balance, and increase or decrease muscle tone depending on the level and intensity the bed is ridden. It encourages relaxation, promotes sensory integration, improves fitness and exercise tolerance, and develops communication skills. But most of all it is FUN.

**Coach:** Sharon Coomes plus trained and experienced support workers

**Venue:** QE11 School, Comptons Lane, Horsham, West Sussex, RH13 5NW  
Disability parking onsite and the venue is wheelchair accessible

**Dates:** Thursday 11<sup>th</sup> January – Thursday 22<sup>nd</sup> March 2018 (excluding half term on Thursday 15<sup>th</sup> February)

**Times:** 6.00pm – 7.30pm

**Cost:** £45.00 for the 10 week course (or LAC/Compass Card\* rate of £35.00) if paid in advance

*If joining part way through, £5.50 / £4.50 LAC\* per session*

*If payment for the whole term is problematic please speak to me in confidence*

\* Leisure Access Card - a free card for Horsham district residents on a low income  
Compass Card – a leisure card for residents of West Sussex aged 0 – 25 with SEND

**Info:** Kim Roberts on 07715 320631 or [kimberly.roberts@horsham.gov.uk](mailto:kimberly.roberts@horsham.gov.uk)

**Booking:** Booking must be done by returning the booking form overleaf with payment in advance of the first session to: **Kim Roberts, Horsham District Council, Parkside, Chart Way, Horsham, West Sussex, RH12 1RL**

**\*NEEDS TO BE DONE BEFORE THE FIRST SESSION\***

Late bookings

If you have not booked a place by the first session please fill in the booking slip on the back of this form and return it with payment to the lead coach/practitioner at the first session.



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### **Reaching Higher Rebound Therapy (Adult) – Spring Term 2018**

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_ School attended \_\_\_\_\_

Tel Number (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

(Mobile) \_\_\_\_\_ Email address \_\_\_\_\_

Relevant Medical/Disability Information (further information will be collected on an Activity Registration Form) \_\_\_\_\_

Parent/guardian/carer signature \_\_\_\_\_ LAC card no. \_\_\_\_\_ Date: \_\_\_\_\_

Amount enclosed (cheques to **Horsham District Council**) £ \_\_\_\_\_ for \_\_\_\_\_ weeks  
(full course = £45.00/£35.00 LAC/Compass Card for 10 weeks or £5.50/£4.50 per week if joining part way through)

Does any family member and/or carer intend to actively support/ play in the session? YES ☐ NO ☐

**To get this document in large print please contact 01403 215638**