

FRIDAY FITNESS

OCCUPATIONAL THERAPY

Our Occupational Therapist-led Friday Fitness groups are designed to get kids moving, building confidence, and having fun in a supportive group environment!

Age & Time

YR 1-3

3:00-4:00PM

Age & Time

YR 4-6

4:30-5:30PM

Group Size

8

up to children per group

Sessions focus on

- ★ Gross motor coordination
- ★ Fundamental movement skills
- ★ Group games & teamwork
- ★ Social participation
- ★ Emotional regulation
- ★ Learning about winning & losing

Why join?

- A fun, energetic way to wrap up the week
- Children walk away feeling strong, confident, and weekend-ready

Booking form

<https://gymworksot.com.au/book-appointment/>

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