



Gymworks
Occupational Therapy

“working
hand in hand”

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SCHOOL HOLIDAY PROGRAM

OVERVIEW

The holiday program is developed and supervised by a senior OT. It includes fun activities that work on fine and gross motor coordination, problem solving, social and organisational skills. It is run by OT students (2-3 per group) with 4-6 kids in each group.

4 X 45 minute activity sessions which includes;

- A session for writing and drawing development
- Gym based games
- Table top games/ craft activities
- A cooking experience

INFORMATION

DATES: Monday 30th September- Friday 4th October 2024

SESSION TIMES: 8:30am – 12:00pm

LOCATION: 1/100 Walters Drive, Osborne Park

COST: \$140 per session (a higher fee may apply for 1:1, if there is capacity to provide this)

PAYMENT: Cash or direct debit upon confirmation of place in the program to secure your place. Any sessions not paid by the week prior to the program will be opened up to children on the waitlist.

Please advise if you are an NDIS participant and Plan Managed as we acknowledge that invoices can not be paid in advance of service.

BSB 016 141 Account 9082 79013, Account name: Gymworks OT (ANZ).

Please use child's name and Invoice number as reference

AGES: Kindy – Year 6 (groups formed pending enrolment numbers for each age)

WHAT TO BRING:

- Morning tea/afternoon tea (please no products containing nuts due to child allergies).
- Any medications or medical devices (e.g. asthma inhalers, epi-pens etc.) – Gymworks do not have asthma inhalers or epi-pens on site.

- Please note that failure to bring in a Medical Action Plan and medical devices/ medication on the day may result in your child not being able to commence in the program.

ENROLMENT INFORMATION

Submitting the online form does not guarantee you a place. Places are limited and we cannot guarantee all requested days. Confirmation of your place will be confirmed by via email as soon as your form has been processed and a place has been allocated.

Please note that existing Gymworks OT clients and clients that have attended the Holiday program in the past will be prioritized for a place in the program. New clients will be required to have an Initial Orientation appointment prior to commencement of the Holiday Program. More information on this will be provided on enrolment.

If your child accesses individual therapy support at Gymworks OT during term, please discuss the holiday program with your OT first as additional charges for 1:1 staffing may apply. Please liaise with Gymworks OT directly regarding the availability of 1:1 support for each program. If there is not sufficient staffing for this, you may be asked to provide a Support Worker to provide this support.

This program will only be eligible for a small private health fund rebate under a group rebate. You are able to use NDIS towards this program.

Enrolments close the Monday before each Holiday Program begins. Enrolments may be accepted after this date if spots still exist.

Please note that children attending the Holiday Program need to be self- proficient/independent in self-care such as toileting.

INFORMATION ABOUT OUR PROGRAM

We want to ensure that all children are **well prepared** so that they can maximise their fun in the program! Some aspects of the program can prove tricky for some children, so please ensure you discuss these aspects with your child, if there are things that can cause challenges:

- **Difference in routine (for Gymworks clients):** The holiday program runs for 3.5 hours with 4 stops - the gym, kitchen, craft/games and fine motor. This is longer and has more stops than during the groups or 1:1 during term (gym and fine motor over 1 hour).
- **More kids in the group and different kids to the ones during term (for Gymworks clients):** There are 6 kids in the group vs. 4 kids during term time and the children will likely be different to the ones they have in their group during term.
- **Their usual OT is not there (for Gymworks clients):** The Holiday Program is run by OT students and overseen by an Occupational Therapist, so their usual OT will not be present during the program. You will be advised of the Occupational Therapist working each day. Please feel free to use the pictures on our website to familiarise your child.
- **There will likely be different kids in their group each day:** People can enrol for between 1-5 days so it is likely that there will be different kids in their group each day. Where possible we try to keep staff and kids consistent in the groups.
- **Noise levels:** we try to manage noise and regulation levels, however, having 6 kids in a group can result in increased noise levels.
- **Different smells and textures:** Working in the kitchen and completing food-based tasks involves different textures and smells. Children are not obligated to engage in and do the activity if they are uncomfortable and no food made on site is consumed on site.
- **Games played that can only have one winner:** We play a range of games in the Holiday Program and some involve only having one winner.

We look forward to seeing you soon,

Gymworks OT

