

# Rebound Therapy



**Trampolining for disabled people**

## **New Sessions**

**Every**

- **Monday 1.30 – 3.00pm & 4.30 – 6.00pm**
- **Thursday 4 – 5pm**
- **Friday 10 – 12pm**

**This activity will support people of all disabilities including people with multiple and profound disabilities. We have a hoist for lifting people on to the Bounce surface**

**Cost £20 for 6 weeks (includes one free session)  
1 session is 15 minutes of rebound**

- **great fun**
- **exercises the heart and muscles**
- **bounce and motion stimulation**

**Rochdale Gateway, 2 Kenion Street, Rochdale**

**For more information please phone Graeme or Rose on 01706 515800**