



Introduction to Rebound Therapy



Since the Rob Armstrong Rebound Therapy Centre has opened there has never been a better time to get involved with Rebound at Hadrian.

We are so proud of the achievements pupils are making on the trampoline, we would love to share this with parents and carers .

Rebound is such an immersive way of learning physical, communitive and social skills that both users and instructors can enjoy.

We are now offering weekend and evening sessions for Rebound Therapy. If you're looking for a fun way of interacting and learning then sign up for a session at Hadrian today!

Call or email and ask to speak to David Palmer School Business Manager Tel: 0191 273 4440

Email: david.palmer@hadrian.newcastle.sch.uk



What we can offer...

Rebound is a tool for accessing lots of different learning pathways and is accessible for anyone of any ability and age, and depending on the users needs what takes place on the trampoline can be altered to be appropriate for their abilities and targets.

Therapy...

The therapeutic benefits Rebound can offer are vast.

This is appropriate for anyone with disabilities effecting muscle tone and limbs. Passive stretches and massage is a key part in

Rebound Therapy.

Communication...

Users can really excel on the trampoline. It is a place where confidence can be built and huge steps have and will be taken in terms of a users communication. Learn some fun new ways of

Building users signing and speaking vocabulary.

Physical Skills...

Not only is Rebound a great educational tool, it is also a great place to safely exercise, exert some high energy, develop physical skills such as walking, crawling and balance.