



# MOVE KIDS

**For Boys & Girls 4-12 Years Old**

Fun, movement and strength based program that aims to improve children's movement skills and self-confidence to ensure every child has the opportunity to participate in physical activity, exercise and sport.

Move-Kids includes targeted activities, as well as expert instruction and feedback in a fun and inclusive environment suitable for children who have challenges participating in physical activity including children with motor learning and developmental conditions (Dyspraxia, Cerebral Palsy, Autism, Down's Syndrome and ADHD).

The program is designed and supervised by Accredited Exercise Physiologists and our Exercise & Sports Science practicum students help deliver the program.



## When

Tuesdays from 4:00pm – 5:00pm

Term 1- 04/03/25 - 08/04/25

Term 2- 29/04/25 - 03/06/25

Term 3- 29/07/25 - 02/09/25

Term 4- 14/10/25-18/11/25

## Cost

\$120 for 6 weeks

For more information please visit [exercisemedicine.org.au](http://exercisemedicine.org.au)



**Exercise Medicine  
Research Institute**



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[www.exercisemedicine.org.au](http://www.exercisemedicine.org.au)