



Thriving Kids and Teens Group Timetable— Term 4 2025



Mt Hawthorn

Group Programs			
	3:30	4:30	5:30
Mon			
Wed			
Thu			
Thu			

Coolbellup

Group Programs			
	3:30	4:30	5:30
Tue			
Wed			
11:30am 12:30pm 1:30pm			
Sat			

Booking Links

New Participants – Expressions of Interest-

We will be in touch to organise an initial intake appointment.

Returning Families (Fun Fitness, Be Active or Strength & Conditioning)

Returning Families 1-on-1

Craigie

Group Programs				
	3:30	4:30	5:30	
Mon				
Wed				
Thu				
Fri				
	8:00	9:00	10:00	11:00
Sat	Girls			

UWA

Group Programs			
	3:30	4:30	5:30
Mon			
Tue			
Wed			
Fri			
	9:00	10:00	11:00
Sat			

Get in touch

hello@thrivinginmotion.org

0403 600 960

www.thrivinginmotion.org

@thrivinginmotionorg

Be Active sessions
 Strength and Conditioning sessions

Fun Fitness sessions

Our Term 4 program is proudly supported by ...





Service Descriptions

All groups are delivered in an inclusive, non-judgemental, safe and supportive space.

All groups are mixed ages and abilities, with participants matched on goals, needs and personality!



All sessions are 50 minutes long and prices are quoted for a 9-week term

One to One Exercise Sessions - \$675 per term

Working 1-on-1 with a Thriving Instructor sessions are tailored to the goals, developmental stage and preferences of the young person or family. Progress assessments are built into the sessions, along with end of term reports for families or referrers.



Fun Fitness* (small group 1:4) - \$360 per term

This program focuses on developing physical literacy and movement skills including hopping, running, catching and throwing, balance, and game based social skills. Designed for children who experience challenges to exercise and/or sport and can cater for disability, neurodiversity, developmental delays or emotional and/or behavioural challenges.



Strength & Conditioning (group 1:4) - \$360 per term

This program focuses on the introduction of resistance training to promote muscular strength and directly impacting on locomotion, muscle power, endurance and functional abilities. There are both mixed, and girls' specific classes available.



Be Active (group 1:10) - \$180 per term

If competitive community sports aren't your child's thing and you find they are losing interest in being active, then this group is perfect for them. This program focuses on increasing motivation and confidence for young people to stay engaged in activity.

Initial 1-on-1 intake sessions are required for 1-on-1 and small group sessions, and are strongly encouraged for larger group sessions. This allows us to discuss goals, need and past experiences and tailor programs for participants. Please contact our team to book an appointment or complete an [Expression of Interest Form](https://www.thrivinginmotion.org) by clicking here or visiting our website (www.thrivinginmotion.org)

Funding

Our programs are proudly supported by Telethon7 with subsidies generously provided to reduce the costs to families.

Access to our Exercise Physiology services may be received through rebates, subsidies or NDIS self-managed or plan managed funding. Please contact us if planning to use NDIS funds or private health insurance