



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.

Bookings are essential

PH: 08 63043444

E: variohealthclinic@ecu.edu.au



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

Location

Children's Physical Activity Hub, ECU Gym
270 Joondalup Dr, Joondalup WA 6027

Cost

\$120 for 6weeks

For more information please
visit exercisemedicine.org.au

