

# THERAFIT

Sports Therapy Program in Toowoomba





### **WEEKLY 1 HOUR SESSIONS**

Our weekly 1-hour sessions run throughout the school term, offering an engaging and inclusive program for kids of all abilities!

### **SPORT INCLUDES**

Rugby, soccer, cricket, boxing, ball sports, circuit exercises, and Indigenous sports.





#### **BENEFITS**

- Participate in fun team sports
- Improve gross motor skills
- Develop social skills
- Enhance emotional regulation
- · Boost cognitive functioning
- · Build confidence and achieve goals



## Register your kid now!



support@dccgroup.org.au



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