St Leonards Physiotherapy

PRESCHOOL GROUP THERAPY

Building Confidence Through Movement & Play

Is your preschool-aged child behind in movement or coordination? Our Preschool Group Therapy Program, led by our paediatric physiotherapists, is designed to help children aged 3-5 develop the foundational skills they need for play, social interaction, and everyday activities–all in a fun, play-based setting.

The Program Includes:

- 6-week block with weekly themes
- Fun, play-based activities
- Take-home exercises
- Classes led by paediatric physios
- Small group sizes (4 kids per class)
- Private health rebates *(NDIS may apply)*

Ideal for Children Who:

- Struggle with group play
- Have motor delays (eg. running, jumping)
- Show poor balance or coordination
- Tire easily or lack endurance
- Have messy movements and/or frequent falls

Not suitable for children with severe physical/cognitive disabilities, significant behavioural concerns, recent injury or complex neurological needs.

Program starts August 2025 & runs for 6 weeks

Classes will take place in our St Leonards Clinic

A pre assessment is required to join the program. **Contact our reception team to book your child's pre assessment - (02) 9438 1782**

Not suitable for the program? Ask our receptionists about 1:1 sessions with our paediatric physio team.

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