

# Kids Pilates Group

## What is Pilates

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.

## Why Core Stability is important

Core muscles allow good posture. Helps maintain balance stability and absorbs impact and transmitting forces throughout the body. When the core is strong the frame of the body is supported helping superficial muscles to relax and our arms and legs to move freely, therefore can protect from musculoskeletal aches and pains.

## What to expect

- 4-6 sessions of group based exercise
- Mat based exercises in standing, on all fours, high kneeling, lying.
- The group session will last up to 45 minutes.
- Sessions will be held by a physiotherapist and therapy assistant.
- You will be expected to assist your child to complete a small number of exercises throughout each week, taught by your therapist.
- If you are unable to attend please contact the department with advanced notice.
- If you fail to attend without notifying the department on more than 1 occasion your child will be discharged from the group.

## During the session

- Your child will work through a range of exercises in one session.
- Group warm up and cool down every session.
- Your physiotherapist will have already completed an initial core stability assessment score.
- At the end of the course your physiotherapist will complete a final core stability assessment score at your follow up appointment.
- Parent/guardians will be expected to sit in the waiting room during the session. If you are unable to stay for the session please leave your contact details with the therapist before leaving your child.

## Before you attend

- Please could your child be dressed in loose fitted clothing and suitable footwear
- Please could you bring a drink for your child each session.

## If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy, Children's Therapy Services

NHS at Broad Street Plaza  
Northgate, Halifax  
HX1 1UB  
Telephone No: 01422 261340

Princess Royal Health Centre  
Greenhead Road, Huddersfield  
HD1 4EW  
Telephone No: 01484 344299

[www.cht.nhs.uk](http://www.cht.nhs.uk)

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਇਸਦਾ ਕਾਰਨ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"