

Kids Pilates Group

What is Pilates

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

Why Core Stability is important

Core muscles helps us have good posture. Can help with aches and pains when the body is stronger. Helps with balance.

What to expect

- 4-6 sessions of group based exercise
- Exercises in standing on all fours, high kneeling, lying.
- The group session will last up to 30 minutes.
- Sessions will be led by a physiotherapist and an assistant.
- Carry on your child's exercises at home as shown by your therapist.
- If you are unable to attend please contact the department with advanced notice.
- If you do not attend without letting us know more than once your child will be discharged from the group.

During the session

- Your child will work through exercises.
- Group warm up and cool down every session.
- Parent / carers will sit in the waiting room during the session.

Before you attend

- Your child should wear comfy clothes that are easy to move in.
- Bring a drink of water for your child to 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

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 ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 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"