

Join Us ...

Progressive Pediatric Therapy offers a variety of group therapy programs throughout the week. Group therapy programs are not only a great way to have fun, but they can also help your child to succeed!

Our programs upgrade functional skills and complement the one-on-one clinical therapy your child already receives. Your child has the opportunity to work with friends in fun places focusing on social skills, sports and fitness, art, and music.

Focusing on the child's therapy success, Progressive Pediatric Therapy will have a pediatric physical, speech, or occupational therapist or an infant/toddler developmental specialist in each of the classes

Cost: \$175 for a six week session

If applicable, the therapy time can be billed to insurance. In addition, Hope for Mobility is offering a few scholarships.

Space is limited!

To sign your child up for one of the following classes, please call 561-376-2573.

Progressive Pediatric Therapy, Inc.

Progressive Pediatric Therapy is committed to provide the best treatment plans to children and their families afflicted with speech, functional, developmental, and physical disorders. The pediatric therapy team is selected experts in their respected fields and all share a common compassion and love of children. Our team includes physical therapists, occupational therapists, speech and language pathologists, registered dietician, trained animal assisted therapy service dogs, as well as an Infant/Toddler Specialist.

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PEDIATRIC
COMMUNITY
BASED
THERAPY



**Complementing one-on-one
clinical therapy in a fun group**

Community Based Therapy Programs

Itsy Bitsy Yoga

Ages 1 - 6

Tuesdays from 11:00 - 11:45 a.m.

Itsy Bitsy Yoga is a developmentally enriched yoga program for babies, toddlers, and pre-schoolers.

Yoga is an ancient practice which involves moving the body and training the mind to achieve balance and well-being. The purpose of traditional yoga is for each individual to be healthy, both physically and mentally, and able to reach his or her highest potential as a person. Practicing yoga can be beneficial for individuals with disabilities or chronic health conditions through both the physical postures and breath work. Each pose can be modified or adapted to meet the needs of each child.

Objectives for Baby/Child:

- Improve baby's sleep, digestion, and immune system
- Relieve fussiness and colic
- Encourage neuromuscular and motor development
- Improve body-awareness and attention span
- Nurture self-esteem and creativity

Fitness/Kickboxing

All Ages

Tuesdays from 4:00 - 5:00 p.m.

The Fitness/Kickboxing class will include the seven components of a good fitness program: cardio, resistance, core, flexibility, balance, agility, and neuromotor.

There are many well documented reasons for involving children in exercise and kickboxing programs, but it is not widely known that it can be the perfect activity and therapy for children with special needs. The class will include basic kickboxing moves, some yoga, and stretching elements as well as the use of a variety of fitness equipment. The class will properly adjust all the exercises and moves to each child's needs and abilities.

Objectives:

- Increase balance and coordination
- Improved eye contact
- Elevate fitness level
- Controlling impulsiveness
- Improved concentration
- Increased strength

Music and Movement

All Ages

Wednesdays from 11:30 a.m. - 12:15 p.m.

What better way for children to express themselves than through the joys of music, creative movement, and dance. The class offers a fun environment where children use songs, rhymes, and props to encourage movement. All classes are developmentally focused and offer a flexible approach.

Objectives:

- Promotes spatial and body awareness
- Develops spontaneous/individual expression and movement vocabulary
- Encourages imitation, communication, and social skills; turn taking; and sequencing

Art Fun

Ages 7 - 12

Wednesdays from 3:00 - 4:00 p.m.

Art Fun is a class that can offer children the means of self-expression, coordination, and achievement. Each week will offer a different medium. Get your hands messy and learn a variety of techniques in making your own masterpieces!

Objectives:

- Strengthen fine motor skills, visual acuity, and eye-hand coordination
- Encourages creativity and individual expression

