

Hydrotherapy Pool Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|
| Self-led exercise session 9.30am to 10.30am | Open hydrotherapy session 9.30am to 10.30am | Open hydrotherapy session 12.15pm to 1.15pm | Open hydrotherapy session 9.30 to 10.30am | Open hydrotherapy session 12.15 to 1.15pm | Family Fun SEND Session 10.45am to 11.45am |
| Open hydrotherapy session 11am to midday | Self-led exercise session 11am to midday | Social session 1.45pm to 2.45pm | Open hydrotherapy session 11am to midday | Open hydrotherapy session 1.45pm to 2.45pm | Open hydrotherapy session midday to 1pm |
| Relaxation session 12.45pm to 1.15pm | Open hydrotherapy session 12.30pm to 1.30pm | Open hydrotherapy session 3.15pm to 4.15pm | Self-led exercise session 3.30pm to 4.30pm | Self-led exercise session 3.30pm to 4.30pm | |
| | Self-led exercise session 4pm to 5pm | | | Self-led exercise session 5pm to 6pm | |