

# 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 10.30am to 11.30am
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 11.45am to 12.45pm
Relaxation session 1.15pm to 2.15pm	Open hydrotherapy session 1.15pm to 2.15pm	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 2.45pm to 3.45pm	Social session 2.45pm to 3.45pm			Self-led exercise session 5pm to 6pm	
	Self-led exercise session 4.15pm to 5.15pm				