

Hydrotherapy Pool Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open hydrotherapy session Midday to 1pm Relaxation session 1.30pm to 2.30pm	Open hydrotherapy session 10.30am to 11.30am Self-led exercise session 12.15pm to 1.15pm Social session 2pm to 3pm	Open hydrotherapy session 12.15pm to 1.15pm Social session 1.45pm to 2.45pm Open hydrotherapy session 3.15pm to 4.15pm	Self-led exercise session 3.30pm to 4.30pm Open hydrotherapy session 5pm to 6pm	Open hydrotherapy session 12.15 to 1.15pm Open hydrotherapy session 1.45pm to 2.45pm Self-led exercise session 3.30pm to 4.30pm Self-led exercise session 5pm to 6pm	Family Fun SEND Session 10.30am to 11.30am Open hydrotherapy session 11.45am to 12.45pm

🌿 www.pcp.uk.net/bookings 🌿 01325 321234 🌿

🌿 Pioneering Care Centre, Carer's Way, Newton Aycliffe, County Durham, DL5 4SF 🌿