

Hydrotherapy Pool Timetable

Monday

Self-led exercise session

9.15am to 10.15am

Open hydrotherapy session

Midday to 1pm

Relaxation session

1.30pm to 2.30pm

Open hydrotherapy session

3pm to 4pm

Tuesday

Open hydrotherapy session

9.15am to 10.15am

Open hydrotherapy session

10.30am to 11.30am

Parent and toddler session

Midday to 1pm

Social session

1.30pm to 2.30pm

Self-led exercise session

3pm to 4pm

Wednesday

Open hydrotherapy session

12.15pm to 1.15pm

Social session

1.45pm to 2.45pm

Open hydrotherapy session

3.15pm to 4.15pm

Thursday

Self-led exercise session

3.30pm to 4.30pm

Open hydrotherapy session

5pm to 6pm

Friday

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

Family Fun

5pm to 6pm

Saturday

Family Fun

9.15am to 10.15am

Family Fun SEND Session

10.30am to 11.30am

Open hydrotherapy session

11.45am to 12.45pm

 www.pcp.uk.net/bookings  01325 321234 

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