

Hydrotherapy Pool Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|
| Self-led exercise session 9.15am to 10.15am | Open hydrotherapy session 9.15am to 10.15am | Open hydrotherapy session 12.15pm to 1.15pm | Self-led exercise session 3.30pm to 4.30pm | Open hydrotherapy session 12.15 to 1.15pm | Family Fun SEND Session 10.30am to 11.30am |
| Open hydrotherapy session Midday to 1pm | Open hydrotherapy session 10.30am to 11.30am | Social session 1.45pm to 2.45pm | Open hydrotherapy session 5pm to 6pm | Open hydrotherapy session 1.45pm to 2.45pm | Open hydrotherapy session 11.45am to 12.45pm |
| Relaxation session 1.30pm to 2.30pm | Social session 1.30pm to 2.30pm | Open hydrotherapy session 3.15pm to 4.15pm | | Self-led exercise session 3.30pm to 4.30pm | |
| Open hydrotherapy session 3pm to 4pm | Self-led exercise session 3pm to 4pm | | | Family Fun 5pm to 6pm | |