

Hydrotherapy Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:40 – 11:00am					1 on 1
11:00 – 11:40am					GROUP 11:00 – 11:40
11:40 – 12:00pm					1 on 1
12:40 – 1:00pm	1 on 1	1 on 1	1 on 1		
1:00 – 1:20pm	1 on 1	1 on 1	1 on 1		
1:20 – 1:40pm	GROUP 1:15 – 1:55	GROUP 1:15 – 1:55	GROUP 1:15 – 1:55	1 on 1	
1:40 – 2:00pm				1 on 1	1 on 1
2:00 – 2:40pm	GROUP 2:00 – 2:40	GROUP 2:00 – 2:40	GROUP 2:00 – 2:40	GROUP 2:00 – 2:40	GROUP 2:00 – 2:40
2:45 – 3:05pm	1 on 1	GROUP 2:45 – 3:25	1 on 1	GROUP 2:45 – 3:25	GROUP 2:45 – 3:25
3:05 – 3:25pm					

Hydrotherapy Rules

In order to offer you a *safe* and *professional* service we require all hydrotherapy patrons to comply with the following:

- Bookings are essential.
- Bookings must be made at reception, not with the therapist.
- Report to reception prior to entering the pool area.
- 24 hours notice is required for cancellations.
- No one should enter the pool without a therapist being present.
- Maximum of 6 people in the group session.
- Your appointment time is when you enter the pool, not when you arrive at the clinic.