

Fees & Charges

Arthritis Membership per year
\$37.00 or \$26.00 concession*

Plus

**Warm Water Exercise
Registration**

\$25.00 or \$20 concession*

Costs

For all locations the fees are:

1 session \$ 5.20
10 sessions \$ 52.00
20 sessions \$ 99.00
40 sessions \$188.00

***Conditions apply**

Centrelink and Veterans'
Affairs pensions only.

Information current as at 23 November 2011

VENUES & TIMETABLE

**SESSIONS ARE NOT HELD
ON PUBLIC HOLIDAYS**

The Canberra Hospital
Yamba Drive, Garran

7.15am – 8.15am
Mon, Tues, Wed, Sat
1.00pm – 2.00pm Saturday
5.00pm - 6.00pm Friday
5.30pm – 6.30pm Mon, Wed
6.45pm – 7.45pm Wed

Calvary John James Hospital
173 Strickland Crescent, Deakin

5.30pm – 6.30pm Mon, Thurs

Black Mountain School
Cnr Miller & Cockle Sts, O'Connor

*NOT APPLICABLE DURING
SCHOOL HOLIDAYS*
Mon, Tues, Thurs
12.15pm – 1.15pm

Club MMM! Day Spa at CISAC
100 Eastern Valley Way
Belconnen.

12.30pm - 1.30pm Wednesday
2.00pm - 3.00pm Saturday

**Move it Or Lose
It!**

Arthritis ACT

**Warm Water
Exercise Program**



Arthritis
AUSTRALIAN CAPITAL TERRITORY
Incorporating Osteoporosis ACT

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What is Warm Water Exercise?

“Move it or lose it” has become the rallying cry of people with arthritis. With regular, appropriate exercise, stiff and painful joints can move and function more easily.

Warm water exercise is a gentle and effective way to encourage activity that helps arthritic joints to move. The warmth helps relieve stiffness and pain; the buoyancy of the water provides support and protection for your joints, and the resistance of the water strengthens your muscles.



In the water you can work at your own pace to gradually improve joint mobility, general health and fitness.

Arthritis ACT Warm Water Exercise Program

Sessions are conducted at four locations across the ACT. Please refer to the back of this brochure for locations and times.

Work at your own pace, with **your own set** of exercises.

It is **recommended** that you consult a physiotherapist for an exercise program to suit your particular needs.

All sessions are supervised by volunteers trained in rescue and resuscitation.

People with other conditions may also benefit from the program.

All participants must be members of Arthritis ACT.

Participants must have a medical clearance form completed by their doctor.

Participants need to be sufficiently mobile to enter and exit the pools unaided.

At Calvary John James Hospital, and The Canberra Hospital access to the pools is via steps.

Access to the other pools is via ramps.

How do I join the Arthritis ACT Warm Water Exercise Program?

Contact Arthritis ACT on 6288 4244 for your Membership and Medical Clearance forms which will be posted out to you.

Or, join on line at:

www.arthritisact.org.au

Once we have received your completed forms and you have paid for the relevant fees you can purchase your WWX tickets and enjoy the warm water exercise program.

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