

Arthritis ACT Warm Water Exercise Program Application Form

Date: _____

Name: _____

Address: _____

Phone: (BH) _____

(AH) _____

Email Address: _____

Are you a current member of the Arthritis
ACT?

YES NO

What type of arthritis do you have?

Osteoarthritis

Rheumatoid arthritis

Back pain

Other _____

Please note:

RETURN TO:

Arthritis ACT

PO Box 4017

Weston Creek ACT 2611

Warm Water Exercise Sessions

VENUE	TIME
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Canberra Hospital Pool

Monday	7.15am – 8.30am 5.30pm - 6.30pm 7.15pm - 8.15pm
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Tuesday	7.15am -8.30 am
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Wednesday	5.30pm – 6.30pm 7.15pm - 8.15pm
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Thursday	7.15am - 8.30 am 7.15pm - 8.15pm
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Friday	7.15am - 8.30am 5.00pm – 6.00pm
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Saturday	7.15am – 8.30am 1.15pm - 2.15pm
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Black Mountain Pool O'Connor

Monday	12.30pm-1.30pm
Tuesday	12.30pm-1.30pm
Thursday	12.30pm-1.30pm

Simply Wellness Pool Belconnen

Wednesday	12.30pm 1.30pm
Saturday	1.30pm - 2.30pm

Move it Or Lose It!

Arthritis ACT Warm Water Exercise Program



Arthritis
AUSTRALIAN CAPITAL TERRITORY
— Incorporating Osteoporosis ACT —

TELEPHONE: (02) 6288 4244

FAX: (02) 6288 4277

Email: info@arthritisact.org.au
www.arthritisact.org.au



What is Warm Water Exercise?

“Move it or lose it” is now becoming the catch-cry of people with arthritis. With regular, appropriate exercise, stiff and painful joints can start to move and function more easily. However, it is not always easy to know what to do and how to do it without causing more problems.

Warm water exercise is a gentle and effective way to encourage reluctant arthritic joints to move. The warmth helps relieve stiffness and pain, the buoyancy of the water gives your joints support and protection, while the resistance of the water makes your muscles work. In the water you can work at your own pace to gradually improve joint, mobility, muscle strength and general health and fitness.

It really is possible to receive all these benefits for your arthritis whilst enjoying the pleasure and comfort of soaking in a warm water pool.



Arthritis ACT Warm Water Exercise Program

*Sessions conducted at three locations across the ACT: Canberra Hospital, Black Mountain School, O'Connor & Simply Wellness Belconnen.

*You can work at your own pace, as you will have **your own set** of exercises/movements to do that help your condition. It is **recommended** that you consult a physiotherapist for an exercise program to suit you.

This is not an exercise class.

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

*May be suitable for people with other conditions affecting the bones and joints e.g. back complaints, ankylosing spondylitis.

* Early Morning, Evening & Weekend sessions available.

*All participants must be financial members of Arthritis ACT.

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

*Participants must be able to walk, dress and get in and out of a pool (using steps and a hand rail at hospital pool) and move round in the water unaided to be eligible to join.

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

Fill out the Warm Water Exercise Program Application Form on the back of this brochure OR Call Arthritis ACT on 62884244 (DO NOT SEND PAYMENT WITH THIS FORM)

After receiving your application form the necessary membership and medical clearance forms will be posted to you.

Once we have received your completed membership & medical clearance and agreement forms and you have paid the required fee's, you will be issued with your WWX entry card and you can enjoy the warm water exercise program.

Please refer to the back of this brochure for the WWX timetable.

Fees & Charges

Arthritis Membership \$30.00
Plus

Warm Water Exercise Registration fee
\$15.00

Cost per session:

Canberra Hospital Pool & Black Mountain
Pool is \$ 4.00

'Simply Wellness' is \$5.00

Entry cards are generally purchased which cover 10 or 20 visits.