

## Fees & Charges

**Arthritis Membership** per year  
\$35.00 or \$25.00 concession\*

### Plus

**Warm Water Exercise  
Registration**  
\$20.00 or \$15 concession\*

### Costs

For all locations the fees are:

1 session \$ 5.00  
10 sessions \$ 50.00  
20 sessions \$ 95.00  
40 sessions \$180.00

**\*Conditions apply**

Centrelink and Veterans'  
Affairs pensions only.

VENUE	TIME
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**The Canberra Hospital**

Yamba Drive, Garran  
(not available public holidays)

Monday	7.15am-8.15am 5.30pm-6.30pm 6.45pm-7.45pm
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Tuesday	7.15am-8.15am
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Wednesday	7.15am-8.15am 5.30pm-6.30pm 6.45pm-7.45pm
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Thursday	7.15am-8.15am
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Friday	5.00pm-6pm
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Saturday	7.15am-8.15am 1.00pm-2.00pm
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Calvary John James Hospital 173 Strickland Drive, Deakin	(not available on Public holidays)
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Monday & Thursday	5.30-6.30pm
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**Black Mountain School Pool**  
48 Dryandra St, O'Connor  
(not available school or public holidays)

Monday, Tuesday	
Thursday	12.30pm-1.30pm

**Club MMM! Day Spa At CISAC**  
100 Eastern Valley Way, Belconnen  
(not available on public holidays)

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



**TELEPHONE: (02) 6288  
4244**

**FAX: (02) 6288 4277**

ARTHRITIS ACT WARM WATER  
EXERCISE PROGRAM  
MOVE IT OR LOSE IT!!!!



[www.arthritisact.org.au](http://www.arthritisact.org.au)

## 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, muscle strength and general health and fitness.

## Arthritis ACT Warm Water Exercise Program

Sessions are conducted at three 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 exercise and movements.

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, access to the pool is via steps.

Access to the other pools is via ramps.

### How DO I JOIN ARTHRITIS ACT WWX PROGRAMS?

Phone Arthritis ACT on 62884244 for your membership and medical clearance forms

Or go to [www.arthritisact.org.au](http://www.arthritisact.org.au) and follow the links