

Fees & Charges

Arthritis Membership per year
\$41.00 or \$31.00 concession*

Plus

Warm Water Exercise Registration

\$26.00 or \$18 concession*

Costs

For all locations the fees are:

1 session \$ 5.60
10 sessions \$ 56.00
20 sessions \$105.00
40 sessions \$200.00

***Conditions apply**

Centrelink and Veterans'
Affairs pensions only.

Information current as at 1st September 2018

All advertised times include the time required to
change & vacate the premises.

Timetable

NOT HELD ON PUBLIC HOLIDAYS

The Canberra Hospital

Yamba Drive, Garran

7.00am - 8.15am Mon, Tues, Wed, Fri

7.00am- 8.45am Saturday

12.00pm - 1.00pm Saturday

5.15pm - 6.15pm Friday

5.30pm - 6.30pm Monday

6.00pm - 7.00pm Wednesday

University of Canberra Hospital

Cnr. Ginnindeera and Aikman Drive, Bruce

**(Bookings need to be made for early and late
sessions by contacting Arthritis ACT)**

7.00am - 8.15am Mon, Tues, Wed, Fri

7.00am- 8.45am Saturday

12.00pm - 1.00pm Saturday

6.00pm - 7.00pm Mon, Wed, Fri

12.00-12.45pm Wed & Fri

Calvary John James Hospital

173 Strickland Crescent, Deakin

5.15pm - 6.15pm Mon, Tues & Thurs

Black Mountain School*

Cnr Miller & Cockle Sts, O'Connor

12.15pm - 1.15pm Mon, Tues & Thurs

***Sessions are not held during ACT school
holidays.**

Club MMM! Day Spa at CISAC

100 Eastern Valley Way, Belconnen

**(Bookings must be made for these sessions
by contacting Arthritis ACT)**

4.00pm - 5.00pm Monday

12.00pm - 12.45pm Wednesday

12.45pm - 1.30pm Wednesday

1.30pm - 2.30pm Saturday

Move it Or Lose It!

Arthritis ACT

Warm Water Exercise Program



Arthritis
AUSTRALIAN CAPITAL TERRITORY
Including Osteoporosis ACT

PHONE: 1800 011 041

FAX: (02) 6251 2066

EMAIL: info@arthritisact.org.au

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, general health and fitness.

Arthritis ACT Warm Water Exercise Program

Sessions are conducted at five 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 or exercise physiologist 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 1800 011 041 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.

