



Arthritis ACT Hydrotherapy Classes



Monday	Wednesday	Friday
5-6pm Hydro Motion UCH	9-9.45am Hydro Tai Chi TCH	9-10am Hydro Motion TCH
	10-11am Hydro Motion TCH	10-11am Hydro Pulse TCH
	11am-12pm General Hydrotherapy (Open Access) TCH	11am-12pm General Hydrotherapy (Open Access) TCH
	12-1pm Hydro Pulse TCH	12-1pm Hydro Motion TCH
	5-6pm Hydro Pulse UCH	

UCH – University of Canberra Hospital Pool, TCH – The Canberra Hospital Pool

Classes (\$10 per class for ArthritisACT members)

- **Hydro Tai Chi:** Tai Chi movements conducted in water, focusing on balance and body movement. This class is low intensity and designed for those with limited mobility or balance concerns.
- **Hydro Motion:** Exercises conducted in water focusing on strengthening joints and improving balance. These classes are low-moderate intensity and will focus on strengthening upper and lower limbs.
- **Hydro Pulse:** A moderate-high intensity aqua aerobics class, focusing on movements to music. This class is designed to improve range of motion, strength and cardiovascular endurance whilst using water resistance to reduce impact on joints.
- **General Hydrotherapy:** Normal hydrotherapy sessions open to members of Arthritis ACT completing individual programs. Attendee need to purchase WWX tickets from Arthritis ACT office to attend this session.

Payment:

- Classes cost \$10 per class for ArthritisACT members
- No bookings are needed, however payment upon attendance is required
- Participants must have current medical clearance form signed

If you have questions about the classes or times; please contact Sophie (Exercise Physiologist)

sophie@arthritisact.org.au or (02) 6251 205