



MORAY HYDROTHERAPY POOL

Session Timetable with effect from 3rd January 2012

Appointments MUST be booked in advance at Pool Reception or by calling 01309 672984 (A referral from a Doctor is NOT required)

NB wef 3.1.12 there will be no charge for carers who are required to be in the pool

Monday	10.00am	–	10.45am	Mixed Mobility
	11.00am	–	11.45am	Mixed Mobility
	12noon	–	12.45pm	Female Mobility
	1.00pm	-	1.45pm	Available for group booking
	4.00pm	–	4.45pm	Available for group booking
	5.00pm	-	5.45pm	Available for group booking
	7.00pm	-	7.45pm	Available for group booking
Tuesday	1.00pm	–	2.00pm	Assessments
	2.00pm	–	3.00pm	Assessments
	3.00pm	–	3.45pm	Mixed Mobility
	4.00pm	–	4.45pm	Mixed Mobility
	5.00pm	–	5.45pm	Available for group booking
	7.00pm	–	7.45pm	Available for group booking
Wednesday	1.00pm	–	1.45pm	Mixed Mobility
	5.00pm	–	5.45pm	Mixed Mobility
	4.00pm	-	4.45pm	Available for group booking
	6.00pm	–	7.45pm	Available for group bookings
Thursday	1.00pm	–	1.45pm	Mixed Mobility
	3.00pm	-	5.45pm	Available for group bookings
	7.00pm	–	7.45pm	Available for group booking
Friday	10.00am	–	10.45am	Female Mobility
	11.00am	–	11.45am	Female Mobility
	12 noon	–	12.45pm	Available for group booking
	1.00pm	–	2.00pm	Assessments
	2.00pm	–	3.00pm	Assessments & Returns
	3.00pm	–	3.45pm	Mixed Mobility
	4.00pm	–	4.45pm	Mixed Mobility
	5.00pm	-	7.45pm	Available for group bookings
Saturday	10.00am	–	10.45am	Mixed Mobility
	11.00am	–	11.45am	Mixed Mobility
	12 noon	-	12.45pm	Available for group booking