



MORAY HYDROTHERAPY POOL

Session Timetable from 22nd October 2018

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

Monday	09.15am -	10.00am	Adult & Child (under 5)
	10.00am -	10.45am	Adult & Child (under 5)
	11.00am -	11.45am	Mixed Mobility
	12 noon -	12.45pm	Ladies Mobility
	1.00pm -	1.45pm	Mixed Mobility
	3.30pm or 6pm		ASSESSMENTS by arrangement
	5.00pm	5.45pm	Logans Group
Tuesday	1.00pm -	1.30pm	ASSESSMENTS by arrangement
	1.30pm -	2.00pm	INDUCTIONS
	3.00pm -	3.45pm	Mixed Mobility
	4.00pm -	4.45pm	Mixed Mobility
	7.00pm -	7.45pm	Adult swimming Lessons
	8.00pm -	8.45pm	Adult swimming Lessons
Wednesday	1.00pm -	1.45pm	Mixed Mobility
	2.00pm -	2.45pm	Mixed Mobility
	6.00pm -	6.45pm	Mixed Mobility
	7.00pm -	7.45pm	Mixed Mobility
Thursday	09.15am -	10.00am	Adult & Child (under 5)
	10.00am -	10.45am	Mixed Mobility
	11.00am -	11.45pm	Mixed Mobility
	12noon -	12.45pm	Mixed Mobility
	3.00pm -	3.45pm	Parkholme
	4.00pm	4.30pm	ASSESSMENTS
	5.10pm -	5.45pm	INDUCTIONS
Friday	09.15am -	10.00am	Adult & Child (Under 5)
	10.00am -	10.45am	Mixed Mobility
	11.00am -	11.45am	Mixed Mobility
	12 noon -	12.45pm	Adult & Child (under 5)
	2.00pm -	2.45pm	Inspire Huntly (last Friday of month)
	3.00pm -	3.45pm	Mixed Mobility
	4.00pm -	4.45pm	Mixed Mobility
Saturday	09.00am	09.45am	Mixed Mobility
	10.00am -	10.45am	Mixed Mobility
	11.00am -	11.45am	Adult & Child (Under 5)
	12.noon -	12.45pm	Adult & Child (Under 5)

Price List

Initial Induction by Hydro-therapist: £20 includes 1st mobility session if taken within one month of the induction.

*If a client has attended an Induction and chooses to then book an Assessment within one month of their Induction they get a reduced rate of £30

Assessment by physiotherapist: £35

Reviews with a physiotherapist: £30

For Clients with Carers: The carer must attend the Induction or Assessment with the client, at no charge for the carer. They must also complete a Health Questionnaire

Mobility Sessions: £6.50

There is no charge for Carers who are required to enter the water to assist **provided the user has a CI National Entitlement Card.**

Mobility Sessions + Use of Health Suite: £7.50

(Children must be accompanied by a responsible person over 16)

Groups for Hydrotherapy: £55, a lifeguard is required

Parent and Child: 8 sessions for £36

Adult Swimming Lessons: £8

These prices will be reviewed occasionally.

Outside of the times on the timetable overleaf the pool can be hired by groups at £55 per session. The group will have to complete a booking form and at least 7 day's notice is required before the pool can be used.