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**MORAY HYDROTHERAPY POOL**

**Session Timetable from 22nd May 2022**

**Appointments can be booked online, in person or by calling Reception on 01309 672984. At your first visit to the pool you will be able to book another session along with the payment**

**(A referral from a Doctor is NOT required)**

**Monday**  09.15am - 10.00am **Adult & Child (pre-school)**

10.00am - 10.45am **Adult & Child (pre-school)**

11.00am – 11.45am **Mixed Mobility**

12 noon – 12.45pm **Ladies Mobility**

7.00pm – 7.45pm **Adult swimming Lessons**

**Tuesday** 11.00am -` 11.45am **Mixed Mobility**

12.00pm – 12.45pm **Mixed Mobility**3.00pm – 3.45pm **Mixed Mobility**

**Wednesday** 1.00pm – 1.45pm **Mixed Mobility**

2.00pm - 2.45pm **Mixed Mobility**

6.00pm – 6.45pm **Mixed Mobility**

**Thursday** 10.000am - 10.45am **Mixed Mobility**

11.00am - 11.45pm **Mixed Mobility**

2.00pm - 2.45pm **Mixed Mobility**

3.00pm - 3.45pm **Mixed Mobility**

**Friday** 09.15am - 10.00am **Adult & Child (pre-school)**

10.00am – 10.45am **Mixed Mobility**

11.00am – 11.45am **Mixed Mobility**

**Saturday** 09.00am 09.45am Mixed Mobility

10.00am – 10.45am Mixed Mobility

11.00am – 11.45am **Adult & Child (pre-school)**12.noon - 12.45pm **Adult & Child (pre-school)**

**Sunday** 11.15am - 12.00pm Mixed Mobility (NEW)

[www.morayhydrotherapypool.co.uk](http://www.morayhydrotherapypool.co.uk)

**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: £40 including **1st mobility session if taken within one month of the assessment**

**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**: £7.00 increasing to £7.50 wef 1st June 2022

There is no charge for Carers who **are required** to enter the water to assist **provided the user has a *C1* National Entitlement Card.**

**Parent and Child**: 8 sessions for **£**42

**Adul**t Swimming Lessons: £8 increasing to £8.25 wef 1st June 2022

**Groups for Hire/Hydrotherapy**: £65, a lifeguard is required

These prices will be reviewed occasionally.