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**MORAY HYDROTHERAPY POOL**

**With effect 7 February 2025**

**To avoid disappointment we would strongly recommend that all sessions are booked ahead of your visit**

**Sessions can be booked online, in person, or by calling Reception on 01309 672984**

**There is no charge for carers who are required to be in the pool**

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

**Monday**  09.15am 10.00am **Adult & Child**

10.15am 11.00am **Adult & Child**

11.15am 12.00noon **Mixed Mobility**

12.15pm 13.00pm **Ladies Mobility**   
 14.45pm 15.00pm Affa Sair

**Tuesday** 11.30pm 12.15pm **Mixed Mobility**

2.00pm 2.45pm **Adult & Child**   
 3.00pm 3.45pm  **Mixed Mobility**

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

2.00pm 2.45pm **Mixed Mobility**

6.45pm 7.30pm **Mixed Mobility**

**Thursday** 10.00am 10.45am **Mixed Mobility**   
11.00am 11.45pm **Mixed Mobility**

12.00noon 12.45pm **Ladies Mobility**

2.00pm 2.45pm **Mixed Mobility**

3.00pm 3.45pm **Mixed Mobility**

**Friday** 09.15am 10.00am **Adult & Child**

10.15am 11.00am **Mixed Mobility**

11.15am 12.00pm **Mixed Mobility**

**Saturday** 09.00am 09.45am **Mixed Mobility**10.00am 10.45am **Mixed Mobility**

11.00am 11.45am **Adult & Child** 12noon 12.45pm **Adult & Child**

**Sunday** 11.30am 12.15pm **Mixed Mobility**

**Price List**

**Initial Induction by Hydro-therapist**: £20. **1st mobility session half price** 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. **1st mobility session half price** if taken within one month of the assessment.

**Reviews with a physiotherapist**: £35

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

**Mobility Sessions**: **£9 rising to £10 with effect from 1st April 2025**

**Saver Card 10+1 free £90 rising to £100 from 1st April 2025 time limit 4 months**

There is no charge for carers who **are required** to enter the water to assist **provided the user has** **a** **C*1* National Entitlement Card.**

**Adult and Child**: **£6.50** (5 years and under) **rising to £8 with effect 1st April 2025**

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

These prices will be reviewed occasionally.

**Bookings can be made**

**On-line at** [**www.moray.gov.uk/leisure**](http://www.moray.gov.uk/leisure)

* **By telephone to Reception 01309 672984**
* **In person at Reception**

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