



# MOBILITY SESSIONS



The water in the pool is approximately 33°C, allowing your muscles to relax and easing the pain in your joints. When in the water there is a feeling of weightlessness, reducing stress on joints and allowing freedom of movement. The Hydrotherapy Pool can accelerate healing and provide a general sense of well-being. Certain conditions can prevent you from safely using the pool or mean that you need to take certain precautions when using the pool. Hydrotherapy Pool is not suitable in the first 16 weeks of pregnancy. A medical form must be completed before booking!

**Monday 2.00pm – 2.40pm**

**Tuesday 10.00am – 10.40am**

**Wednesday 10.00am – 10.40am**

**Thursday 12.00pm – 12.40pm**

**Thursday 6.15pm – 6.55pm**

**Admission Prices – sessions are free to All Inclusive High Life Members!**

Adult	£5.90
Concession/Junior	£3.50
Budget option	50p (please ask for details)

**For enquiries and booking advice please contact 01397 704359**

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