

# How to participate

- Contact Arthritis ACT for copies of Medical Forms and Pool rules
- Complete medical forms and return to [info@arthritisact.org.au](mailto:info@arthritisact.org.au)
- Pay Arthritis ACT Membership
- Consult Exercise Professional for Personalised Exercise Programs.  
(Appointments Available with Arthritis ACT Exercise Physiologists or Physiotherapists)
- Purchase tickets from Arthritis ACT
- We work on a 2 month booking process, please contact Arthritis ACT for any booking enquiries.
- Attend your booked sessions!

## Arthritis, Pain Support & Emerge ACT Annual Membership

### \$49 Annual Membership

#### Self-led Ticket Prices:

Fees for all locations are:

1 Session \$8.00

10 Sessions \$80.00

#### Exercise Physiology Session

1:1 Hydrotherapy session with an Exercise Physiologist  
\$120 (NDIS clients as per the NDIS priceguide)

## Arthritis, Pain Support & Emerge ACT Warm Water Exercise Program

**Phone: 1800 011 041**

**Fax: 6251 2066**

**Email: [info@arthritisact.org.au](mailto:info@arthritisact.org.au)**

**Website:  
[www.arthritisact.org.au](http://www.arthritisact.org.au)**

## What is Warm Water Exercise?

Warm water exercise is a gentle and effective way to encourage activity that helps arthritic joints to move. The warmth helps relieve stiffness and pain; the buoyancy of the water provides support and protection for your joints, and the resistance of the water strengthens your muscles.

In the water you can work at your own pace to gradually improve joint mobility, general health and fitness.

All sessions are supervised by our staff, most with allied health qualifications and trained in pool rescue and resuscitation.

We accept anyone with any condition to participate in this program - you don't have to have Arthritis.

We do have a program of instructor lead hydrotherapy sessions - please note these sessions are for instructor lead exercise only.

Due to demand we cannot allow your carer in the pool with you but they are welcome to wait on the pool deck.

## University of Canberra Hospital

**Crn. Ginninderra and Aikman Drive, Bruce**

**7am - 8am Mon, Tues, Wed, Fri**

**8am - 9am Tues**

**8am - 8.45am Mon, Wed, Fri**

**11am - 12pm Tues, Fri**

**12pm - 12.45pm Mon, Wed, Thurs**

**12.45pm - 1.30pm Mon, Wed, Thurs**

**12pm - 1pm Tues, Fri**

**4pm - 5pm Mon, Wed, Fri**

**5pm - 6pm Fri**

**6pm - 7pm Mon, Wed & Fri**

**7pm - 8pm Mon, Wed & Fri**

**Saturday:**

**7am - 8am, 8am - 9am, 9am - 10am,  
10am - 11am, 11am - 12pm,  
12pm - 1pm**

**Please note bookings for UCH are  
very tight - please discuss your  
needs with our staff**

## John James Hospital 173 Strickland Cres, Deakin

Tuesday

7-8am & 8-9am

Thursday

8-9am

Monday, Wednesday, Thursday & Friday

4:30pm-5:30pm, 5:30pm-6:30pm, 6:30pm-7:30pm

### EXTERNAL POOLS

All Administration for external pools must be completed by contacting the pool directly, details provided below.

#### Aqua Harmony

**4 Jenke Circuit, Kambah**

**(02) 62310765**

Wednesday & Friday

7am - 8:30am: can arrive anytime during session

Monday & Wednesday

12pm - 1pm & 1pm - 2pm

Friday

12:30pm -1:30pm & 1:30pm -2:30pm

#### Aquatic Achievers Calwell

**15 Webber Crescent,**

**1300 34 34 68**

Tuesday

8.30am & 9:30am

Thursday

1pm & 2pm

***Change rooms now available at all  
pools however, showers are only  
available on the pool deck to rinse  
on & off. We do not allow soaps or  
hair products to be used.***