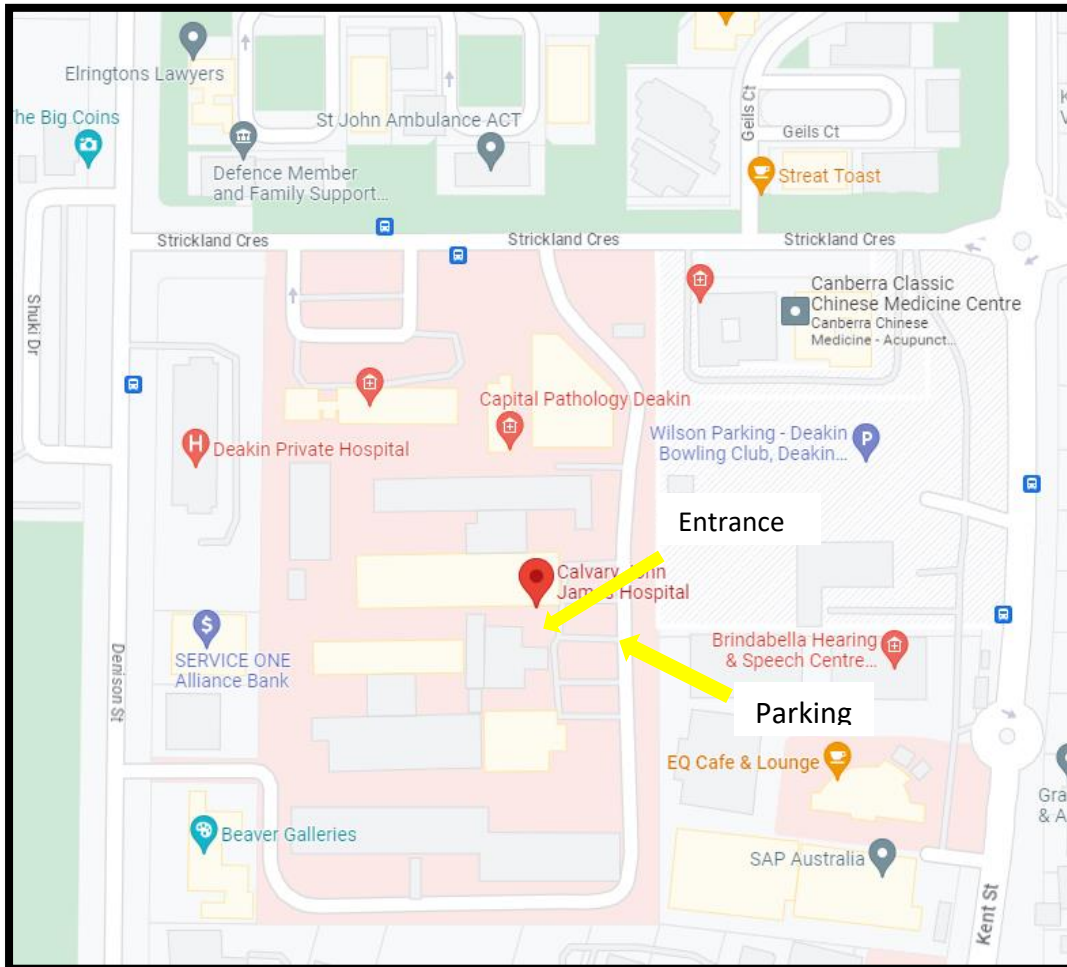


Attending Hydrotherapy at John James Hospital Pool

173 Strickland Cres, Deakin ACT 2600



Parking

Paid parking is available directly at the front of the building. Disability parking is located nearest the door.

Entering the building

The entrance to JJH pool is located on the service road near the front of the building. Once entering the building at reception, turn right and walk down the main hallway until you reach the hydrotherapy pool located on your right. Hospital signage will show you the location of the pool.

You will be met at the entrance to the pool by an Arthritis ACT staff member. This staff member will mark your attendance by redeeming a pre purchased hydrotherapy ticket.

If you are attending a 1:1 session with an Exercise Physiologist or Physiotherapist they will meet you here, unless arranged otherwise.

Showering

Please use the showers on the edge of the pool deck to rinse off before entering the pool. You may use these showers again at the end of your session to rinse the chlorine off. No soaps or shampoos are to be used when using these showers. Showers in the change rooms are not available for use.

Change rooms

We encourage you to come to your pool sessions wearing your swimming costume and ready to enter the water. If this is not possible, there are change rooms available for use. Please bring all personal items with you to the side of the pool during your session. Personal items are not to be left in the change rooms.

We encourage a 'Wrap and Go' policy at the pool however, if you would like to use the change rooms at the end of your sessions to change out of your wet swimmers please exit the pool to allow yourself enough time to do this.

You will need to be exiting the pool area (change rooms included) by the end of your session.

Booking Self-led hydrotherapy classes

The Arthritis ACT hydrotherapy program operates on a regular, monthly booking cycle. On the last Monday of each month bookings are opened for the next month.

To make a booking for your preferred session time and pool you can do any of the following

1. **Use our online booking portal available on our website.** To do this select 'online booking' from the menu heading on the main page and follow the prompts.
2. **Email us with your name and booking preference.** Please ensure you list the pool, day and time of the session you are wishing to attend in your email.
3. **Telephone us on (02) 6251 2055.** Due to the high volume of calls received on this day we ask that you only telephone once, if you get a voicemail please leave a message with your name and booking preference (day, time and pool location) and we will get back to you.
4. **Ask a pool supervisor to book you in.** Supervisors are available at all of our pool sessions to assist you with bookings.

Tickets

Tickets to attend Arthritis ACT hydrotherapy sessions are purchased directly from our office. Tickets can be purchased over the phone or in person.