

How to participate

Arthritis, Pain Support & Emerge ACT Annual Membership

- Contact Arthritis ACT for copies of Medical Forms and Pool rules
- Complete medical forms and return to 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!

\$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

**Website:
www.arthritisact.org.au**

University of Canberra Hospital

Crn. Ginninderra and Aikman Drive, Bruce

Monday & Wednesday

7am - 8am, 8am - 8:45am
12pm - 12:45pm, 12:45pm - 1:30pm
4pm - 5pm
6pm - 7pm, 7pm - 8pm

Tuesday

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

Thursday

12pm - 12:45pm, 12:45pm - 1:30pm

Friday

7am - 8am, 8am - 8:45am
11am - 12pm, 12pm - 1pm
4pm - 5pm, 5pm - 6pm,
6pm - 7pm, 7pm - 8pm

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**

Lakeside Leisure Centre

Athllon Dr & Anketell St, Greenway

Mon, Tues, Wed, Thurs & Friday

9:30am - 10:30am
10:30am - 11:30am
11:30am - 12:30pm

Monday, Wednesday & Friday

2:30pm - 3:30pm
3:30pm - 4:30pm
4:30pm - 5:30pm

Tuesday & Thursday

2:30pm - 3:30pm
3:30pm - 4:30pm
4:30pm - 5:30pm
5:30pm - 6:30pm

John James Hospital 173 Strickland Cres, Deakin

Tuesday

7am - 8am, 8am - 9am

Thursday

8am - 9am

Monday, Wednesday, Thursday & Friday

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

*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.*

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