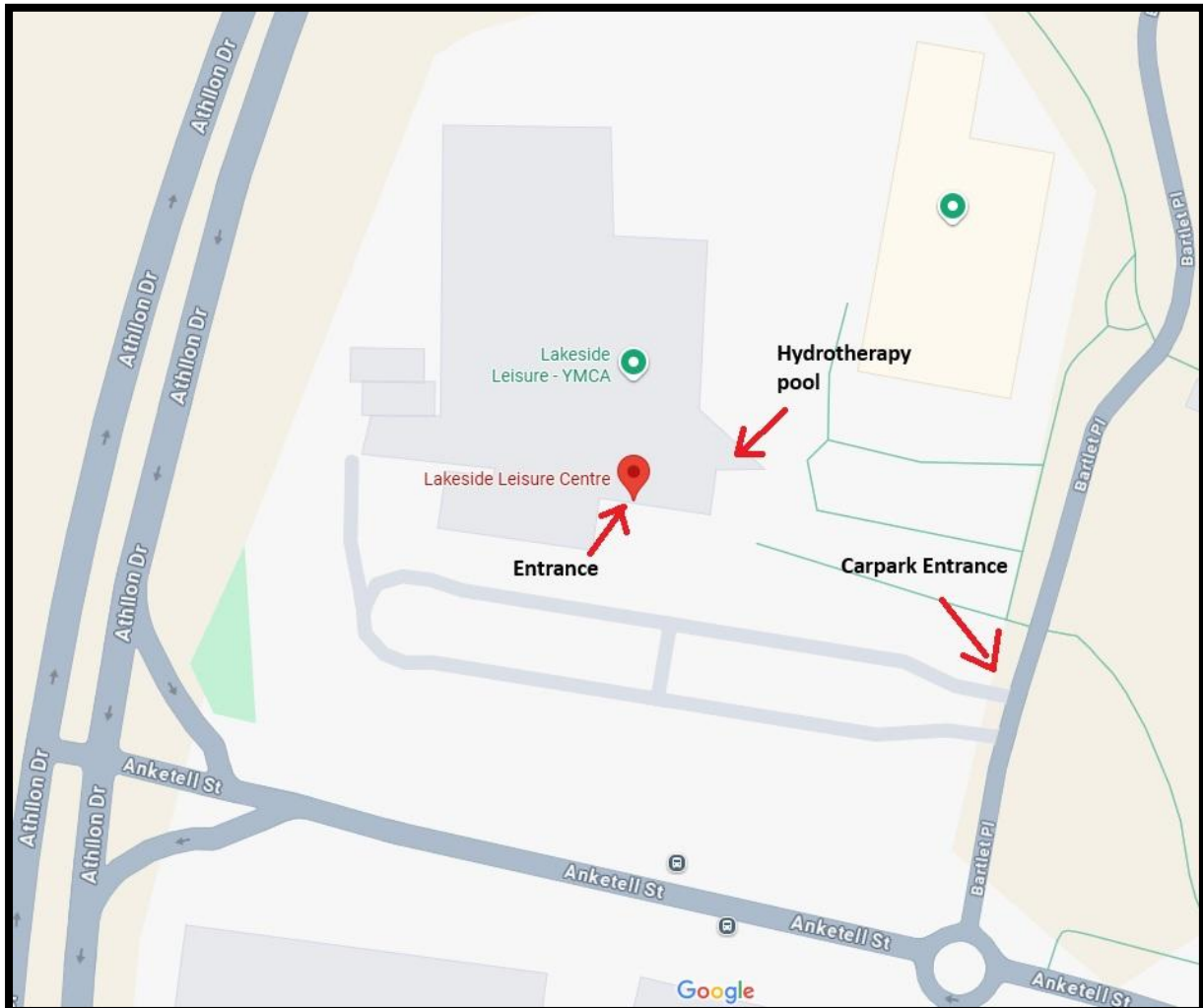


Attending Hydrotherapy at Tuggeranong Pool

Athllon Dr &, Anketell St, Greenway ACT 2900



Parking

Free parking is available for 2 hours in the car park directly out the front the building.

Finding the pool

The hydrotherapy pool is located inside the Lakeside Leisure Centre. After walking in the main entrance, look to your right for the entrance to the hydrotherapy 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.

Pool rules

No-one is allowed to use the lockers in the change rooms, all belongings **MUST** be left on the benches at either end of the pool

All clients must rise off with the showers on the pool deck, **BEFORE** entering the pool

You are allowed to use the showers in the change room, however you are **NOT** allowed to use soaps or shampoo

Everyone must be out of the water (not just starting to get out of the pool - but completely out) at the end of their session time

Booking Self-led hydrotherapy classes

The Arthritis ACT hydrotherapy program operates on a regular, bimonthly booking cycle. When bookings are open you will be notified by email, please ensure you are on our mailing list.

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 hydrotherapy page 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.

If you wish to purchase pension tickets you will need to email us a photo of your pension card prior to making payment.