

# 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@arthritissact.org.au](mailto:info@arthritissact.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@arthritissact.org.au](mailto:info@arthritissact.org.au)**

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

**Monday, Tuesday & Thursday**

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

**Wednesday & Friday**

8:30am - 9:30am  
9:30am - 10:30am  
10:30am - 11:30am

**Monday, Wednesday & Friday**

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

**Tuesday & Thursday**

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

**Monday & Wednesday**

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) 6262 7086**

**Monday, Wednesday & Friday**

12:15pm - 1:45pm  
Can Arrive anytime during session

**Carlile Swim**  
**15 Webber Crescent, Calwell**  
**1300 34 34 68**

**Tuesday**

8:30am - 9:30am  
9:30am - 10:30am

**Thursday**

1pm - 2pm  
2pm - 3pm