

# Hydrotherapy Pool Timetable

Monday

Self-led exercise session

9.15am to 10.15am

Open hydrotherapy session

10.30am to 11.30am

Open hydrotherapy session

Midday to 1pm

Relaxation session

1.15pm to 2.15pm

Open hydrotherapy session

2.30pm to 3.30pm

Tuesday

Open hydrotherapy session

9.15am to 10.15am

Open hydrotherapy session

10.30am to 11.30am

Parent and toddler session

Midday to 1pm

Social session

1.15pm to 2.15pm

Self-led exercise session

2.30pm to 3.30pm

Wednesday

Open hydrotherapy session

Midday to 1pm

Social session

1.15pm to 2.15pm

Open hydrotherapy session

2.30pm to 3.30pm

Thursday

Self-led exercise session

4pm to 5pm

Open hydrotherapy session

5.15pm to 6.15pm

Friday

Open hydrotherapy session

Midday to 1pm

Open hydrotherapy session

1.15pm to 2.15pm

Self-led exercise session

2.30pm to 3.30pm

Family Fun session

4pm to 5pm

Family Fun session

5.15pm to 6.15pm

Saturday

Parent and Toddler session

9.15am to 10.15am

Parent and Toddler session

10.30am to 11.30am

Open hydrotherapy session

11.45am to 12.45pm

 [www.pcp.uk.net/bookings](http://www.pcp.uk.net/bookings)  01325 321234 

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