ALBURY CAMPUS AQUATIC PHYSIOTHERAPY SESSIONS:

All Aquatic group and sessions are conducted at the Albury Hospital Hydrotherapy Pool, Borella Road, Albury

**Supervised Sessions SUP 1**
Monday & Friday 8.30am – 9.15am

**Semi Supervised Sessions SPC 1**
Monday 10.00am – 10.45am
Thursday 2.15pm – 3.00pm

**Semi Supervised Sessions SPC 2**
Monday 11.45am – 12.30pm
Friday 12.30pm – 1.15pm

**Aquatic Aerobics**
Tuesday 10.30am – 11.30am
Thursday 3.00pm – 4.00pm

**Community Rehabilitation Group CRC**
Monday 3.00pm – 4.00pm
Thursday 10.30am—11.30am

WODONGA CAMPUS AQUATIC PHYSIOTHERAPY SESSIONS:

**Community Health Aquatic Physiotherapy Group:**
Thursday 1.15pm to 2.15pm
- If transporting yourself to the pool, please meet your Physiotherapist at 1.05pm in the Albury Physiotherapy Waiting Area.
- If you require transport from Wodonga Community Rehabilitation Centre (CRC) building, please arrive at CRC Reception by 12.35pm. The bus will be departing promptly at 12.45pm.
- If you require transport from Wodonga CRC to the pool, there is an additional charge of $2.50.

**Community Rehabilitation Aquatic Physiotherapy Group:**
Monday 3.00pm to 4.00pm
&
Thursday 10.30am to 11.30am
- Please meet your Physiotherapist at 2.50pm in the Albury Physiotherapy Waiting Area.
- There is no transport available from Wodonga CRC for this group.
Health and Safety:
It is not safe for you to participate in the aquatic therapy program if you have any of the following:
- Any infective conditions, ie: Cold or flu, viral infections, Tinea, thrush, urinary tract or ear infections.
- An open wound.
- Diarrhoea or gastroenteritis.

NOTE: You are not permitted entry into the pool for 2 weeks after the symptoms have resolved.
- Bladder or Bowel incontinence.
- Feeling medically unwell, ie: increased temperature.

Cost:
$5 per session

What to bring:
- Bathers
- Thongs / plastic sandals.
- Towel.
- Water bottle.
- Any medications that you require pool side, ie: Ventolin, Anginine.

Pool Rules:
- Shoes are to be removed before crossing the yellow line in the pool area.
- Please wear clean thongs or appropriate footwear at all times in the pool area.
- Walk carefully around the pool as the floor can be wet.
- Running, jumping or diving is not permitted in or around the pool.
- Only enter the pool when you are instructed to do so by your Physiotherapist or assistant (if you are in a SPC please do not enter the pool whilst another group is in).
- No food in pool surrounds.
- No Smoking is allowed at Albury Wodonga Health.

Before you enter the pool:
- Go to the toilet.
- Shower in the change-rooms. Please do not use soap of any kind, shampoo, conditioner or powder in the change rooms.

When you exit the pool:
- Dry your feet as you exit the pool to avoid excessive water on the floor.
- Please ensure you drink adequate water following Aquatic Physiotherapy. It is very easy to become dehydrated.
- Shower in the change-rooms.
- Please care for your feet by drying them thoroughly to avoid developing Tinea. It is important to check the skin between your toes regularly for this reason and to notify your Physiotherapist if you have any signs of warts or Tinea.
- Have a rest for at least 30 minutes when you arrive home.

Attendance:
- Your Physiotherapist will discuss with you how long you may attend Hydrotherapy. This will depend on your condition and the group you are attending.
- It is important if you are unable to attend for any reason that you notify your Physiotherapist as soon as possible.
- Failure to attend 2 consecutive sessions will result in discharge from the group.