



Hydrotherapy

Gentle aquatic exercise to help ease joint pain and improve mobility.

All sessions take place in the cozy environment of the Centre's Program Pool, which is heated to 32 degrees. Changing cubicles and toilet facilities are available adjacent to the pool.

Sessions are conducted by Notre Dame Physiotherapy student Beck Hefferon.

Session Times

Mondays and Fridays

1:45 – 2:45 p.m.

Cost

\$5.50

For more information contact Reception on 9432 9533.

