

## WHERE

### Seaford State Swim

3/5 Cascade Drive, Seaford, SA, 5169

- Parking available

### Noarlunga Leisure Centre

13 Seaman Rd, Noarlunga Centre, SA,  
5168

- Parking available

## WHAT

Tailored exercise in a heated pool, supervised by a physiotherapist or exercise physiologist.

### Duration

- Initial Assessment: 30 minutes
- Group class: 30 minutes
- Individual (1:1) session: 30 or 45 minutes.

## GETTING STARTED

### 1 Book an assessment

The purpose of this is to:

- Help us assess your suitability for the class, pool safety and confidence
- Orientate yourself with the pool
- Develop your Hydrotherapy exercise program

### 2 Fill out hydrotherapy questionnaire

- An online hydrotherapy questionnaire will be available in your booking confirmation email.
- It must be completed before attending the 1:1 assessment.
- A Physio or EP will call you to discuss any relevant details from your questionnaire

### 3 Book into hydrotherapy class

- To book either call or book in online
- First class after your assessment is free
- Exercise programs will be provided at your first class

## WHEN

For class timetable please go to our website

## WHAT TO BRING

- Bathers & Towel
- Goggles (but not necessary)
- Water/drink for hydration

## PRICES & PAYMENT

**Due to the time and costs required to hire a pool lane we ask for the following:**

### Prices:

- Initial Assessment: \$95
- Group session (30 min): \$29 per class
- 1:1 session (30 min): \$95

\*\*All prices include pool entry fee

### Class Packs

- 5 class pack (5% discount)
- 10 class pack (10% discount)

### Payment

- Payment in advance of sessions.
- Payments can be made in clinic, via credit card over phone or bank transfer.

### Private Health

- Once you have finished your class pack sessions we will provide you with an itemised statement that you can send to your private health fund.

### Funding

- Sessions can be funded by NDIS, RTWSA, Motor Vehicle Insurance & DVA.

## CANCELLATION POLICY

We ask that you be mindful of late cancellations and non attendance.

If you are unable to attend your class we ask that you give us **8 hours notice** where possible.

## OTHER INFORMATION

- We expect you to be competent in a pool and able to safely enter/exit the pool via steps
- If you are post-surgery and doing rehab, your surgeon must provide you with a clearance beforehand; however no referral is required from a medical practitioner/GP
- Hydrotherapy equipment will be provided for you