

MINGARA AQUATICS

Hydrotherapy Timetable

Winter 2019 hours

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5 – 6am	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	CLOSED	CLOSED
6 - 7am	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	OPEN	CLOSED
7 – 8.am	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED
8 - 9am	OPEN	OPEN	OPEN	OPEN	OPEN	LTS	LTS
9 – 12.30pm	LTS	LTS	LTS	LTS	LTS	LTS	LTS
12.30pm-1.00pm	ARTHRITIS	OPEN	Open for Rehabilitation	OPEN	Open for Rehabilitation	OPEN	OPEN
1.00pm – 1:30pm	ARTHRITIS	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	OPEN	OPEN
1.30pm-2.30pm	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	OPEN	OPEN
2.30-3.30pm	OPEN	OPEN	OPEN	OPEN	OPEN	Open for Rehabilitation	Open for Rehabilitation
3.30 – 6.00pm	LTS	LTS	LTS	Open for Rehabilitation	LTS	Open for Rehabilitation	Open for Rehabilitation
6.00-6.30pm	LTS	LTS	LTS	Open for Rehabilitation	LTS	CLOSED	CLOSED
6.30 – 7.15pm	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	Open for Rehabilitation	CLOSED	CLOSED
7.15 – 7.45pm	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED
7.45 - 8pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

KEY

Open for Rehabilitation = Must be advised by a doctor or physio for rehabilitation purposes
 OPEN = Conditions Apply
 LTS = Learn to Swim Only

CONDITIONS OF USE

1. This timetable is subject to change without notice.
2. Please call Mingara Aquatics on 4349 7821 to confirm the pool's availabilities.
3. Usage of the Hydrotherapy Pool is at an additional cost.
4. The Hydrotherapy Pool is not to be used as a play pool.
5. Users of the Hydrotherapy Pool must be aged 16 years and older.
6. A Hydrotherapy wrist band must be worn at all times.
7. Children aged 5-15 years of age are only permitted to use this pool for rehabilitation purposes and will need to provide a Doctors Certificate.
8. Inappropriate behaviour will result in removal from the pool.
9. All persons must obey the Lifeguards/Staff.
10. Exercise with care.
11. Ensure you have adequate water with you.
12. The pool is heated between 34-35°C.
13. Children under 5years of age are only permitted to use the pool during the open hours.

Visit us at your club, Mingara

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MINGARA
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