

# AQUAMOTION

## Hydrotherapy Exercise Class with Qualified Physiotherapist

Interchange Outer East presents this functional strength exercise program in a warm water pool. The program is for people with disability who would like to improve their functional ability. Participants must be able to support themselves in the water without the use of a rail. The program is not suitable for people with:

- Cardiac/pulmonary concerns (without GP clearance)
- Immunosuppressed conditions
- Gastric symptoms within 72hrs prior
- Fever or high temperature
- Chest infections
- Wounds or skin infections
- Incontinence
- Serious epilepsy

**AQUANATION, RINGWOOD**

**When: Fortnightly on Tue or Thu  
depending on interest**

**Cost: TBC, depending on numbers**

**Please bring bathers, towel and drink bottle**

**KEEN?**

[www.bit.ly/IOEAqua](http://www.bit.ly/IOEAqua)

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interest online

