

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 aged 8+ years 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

KNOX LEISUREWORKS – BORONIA

When: Fortnightly Tue 4pm to 4.30pm

30 Jan to 26 March (5 sessions)

Cost: NDIS \$315.23* subject to numbers
\$37 for pool entry (concession)

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

KEEN?

www.bit.ly/IOEAqua

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