

Mingara Aquatics

HYDROTHERAPY

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GENTLE 5am - 7am	GENTLE 5am - 7am	GENTLE 5am - 7am	GENTLE 5am - 7am	GENTLE 5am - 7am	GENTLE 6am - 7.30am	
OPEN 7am - 8.30am	OPEN 7am - 8.30am	OPEN 7am - 8.30am	OPEN 7am - 8.30am	OPEN 7am - 8.30am	LTS 7.30am - 12.30pm	LTS 8am - 12.30pm
LTS 8.30am - 12.30pm	LTS 8.30am - 12.30pm	LTS 8.30am - 12.30pm	LTS 8.30am - 12.30pm	LTS 8.30am - 12.30pm		
GENTLE 12.30pm - 2pm	GENTLE 12.30pm - 2pm	GENTLE 12.30pm - 2pm	GENTLE 12.30pm - 2pm	GENTLE 12.30pm - 2pm	OPEN 12.30pm - 3pm	OPEN 12.30pm - 3pm
OPEN 2pm - 3.30pm	OPEN 2pm - 3.30pm	OPEN 2pm - 3.30pm	OPEN 2pm - 3.30pm	OPEN 2pm - 3pm		
LTS 3.30pm - 6.30pm	LTS 3.30pm - 6.30pm	LTS 3.30pm - 6.30pm	LTS 3.30pm - 6.30pm	LTS 3pm - 6.45pm	GENTLE 3pm - 4.45pm	GENTLE 3pm - 4.45pm
OPEN 6.30pm - 7.45pm	GENTLE 6.30pm - 7.45pm	OPEN 6.30pm - 7.45pm	GENTLE 6.30pm - 7.45pm			

SESSION DESCRIPTIONS:

GENTLE - WRISTBAND REQUIRED

Quiet, Peaceful, Gentle movement

Stationary exercises, low impact, limited movement of water, no lap swimming. Must be 16 years and over.

OPEN - WRISTBAND REQUIRED

Mobility, strengthening, relaxation

Increase your strength and mobility through moving in the water. Must be 16 years and over.

LTS

Learn to Swim

No swimming allowed in the pool or on the ramp unless participating in a LTS lesson with an instructor.

CONDITIONS OF USE

Please be aware this area is not under constant lifeguard supervision.

Please follow the Lifeguard instructions.

Wristbands required. Please see the reception team as an additional cost is required.

Exercise with care and please consider others and their space.