highlife highland na gàidhealtachd

Hydrotherapy Pool 6th January – 31st March 2020

Mobility Sessions

The water in the pool is approximately 33°C, allowing your muscles to relax and easing the pain in your joints. When in the water there is a feeling of weightlessness, reducing stress on joints and allowing freedom of movement. The Hydrotherapy Pool can accelerate healing and provide a general sense of well-being.

Monday	11.00am - 11.40am
Tuesday	12.00pm - 12.40pm, 6.20pm - 7.00pm
Wednesday	12.00pm - 12.40pm
Thursday	12.00pm - 12.40pm
Friday	11.00am - 11.40am, 6.20pm - 7.00pm

Parent & Toddler Sessions

These sessions are a unique opportunity to introduce your baby or toddler to swimming and improve their water skills.

Tuesday	11.00am - 11.40am
Thursday	11.00am - 11.40am

Family Friendly Sessions

Family Friendly Sessions are designed for families, these sessions are excellent fun and toys will be provided. These sessions enable family groups to access the pool whilst still maintaining a safe environment. Special family sessions are promoted when the parent/carer to child(ren) supervision ratio is relaxed. In the Hydrotherapy Pool bather numbers are reduced. The ratios for these sessions is :

Age of Children	Carer to Child Admission ratio
0, 1, 2, 3, 4, 5, 6, 7	One: Two
4, 5, 6, 7	One: Three
Tuesday	3.00pm - 3.40pm
Wednesday	11.00am - 11.40am
Thursday	3.00pm - 3.40pm

Admission Prices – Above sessions are free to All Inclusive High Life Members

Mobility Session	
Adult	£5.30
Concession/Junior	£2.65

Parent & One Toddler £7.95

Family Friendly Session	
Adult	£5.30
Concession/Junior	£2.65

Group Bookings and Concessions available – Please ask for details.

Please book at Lochaber Leisure Centre reception or phone (01397) 704359

Hydrotherapy Pool Screening – Please phone Jackie Parfitt (physiotherapist) on 07919 994044

High Life Highland Registered office **12–13 Ardross Street, Inverness IV3 5NS**
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High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.