

AQUAMOVES

HYDROTHERAPY POOL

SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00am				Goulburn Valley Physiotherapy Center 8.00am - 9.00am	
9.00am	Aqua Arthritic* 9.00am - 9.45am		Aqua Arthritic* 8.30am - 9.15am		
10.00am	Aqua Arthritic* 10.00am - 10.45am	Connect GV (7:4) 10.00am - 12.00pm	Aqua Arthritic* 10.00am - 10.45am		Yoga - Aqua Arthritic* 10.00am - 10.45am
11.00am	Shepp Access (5:1) 11.00am - 12.00pm	Thrive 4 Life 10.45am - 12.30pm	Shepp Access (7:2) 10.00am - 12.00pm		VIVID (1:1) 11.00am - 1.00pm
12.00pm					
1.00pm		Connect GV (8:5) 1.00pm - 2.30pm	Connect GV (3:3) 1.00pm - 2.30pm	Connect GV (7:5) 1.00pm - 2.30pm	Connect GV (2:2) 1.00pm - 2.30pm
2.00pm	GV Health (4:1) 2.30pm - 3.00pm		Thrive 4 Life 1.30pm - 2.45pm		
3.00pm				GV Health (4:1) 3.00pm - 4.00pm	
4.00pm					
5.00pm					
6.00pm	Busy Time Slot 5.30pm - 7.00pm	Busy Time Slot 5.30pm - 7.00pm	Busy Time Slot 5.30pm - 7.00pm	Busy Time Slot 5.30pm - 7.00pm	Busy Time Slot 5.30pm - 7.00pm
7.00pm					

*During all Aqua Arthritic classes, only class participants will be allowed access to the Hydrotherapy pool.

**Key note: Community groups - Public access available at all these times.

Ratios - (1:1) means one client to one carer.

The Hydrotherapy Pool has a maximum number of 25 participants at all times.

Centre Opening Times: Monday - Friday, 6.00am - 8.00pm,
Saturday, 7.00am - 5.00pm and Sunday, 8.30am - 5.00pm

25 Tom Collins Drive, Shepparton VIC 3632 | P: (03) 5832 9400

E: customerservice@aquamoves.com.au | www.aquamoves.com.au



Aquamoves is proudly provided by Greater Shepparton City Council.



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Aquamoves is the only facility in the Goulburn Valley to have a purpose built warm water Hydrotherapy pool. The Hydrotherapy pool is heated between 33.5°C and 35°C and is suitable for rehabilitation exercises or assisting people who are suffering or recovering from sore muscles, stiffness and arthritis.

NOTES

Dry Sauna

The dry heat prompts improved circulation, detoxification through sweat, and inducing muscle relaxation.

Aqua Arthritic

Conducted in the Hydrotherapy Pool this class is specially designed for the fragile or people that suffer any arthritic symptoms. A gentle workout in the warm soothing surrounds. The class has a maximum number of 25 participants.

Yoga - Aqua Arthritic

A slow paced, holistic class with emphasis on awareness, alignment and balance. Simple breathing techniques are included in the practice and the class finishes with a guided deep relaxation. The class has a maximum number of 25 participants.

HydroHoist

Immerse yourself in the warm Hydrotherapy pool with the assistance of our hydraulically operated HydroHoist.

Spas

Adults can sit back and relax as Aquamoves has two spas for your enjoyment: a large spa (heated to around 37°C) and a smaller cold spa (no heating, usually around 22°C, but will depend of the surrounding environmental temperature.)

Ramp access

Navigate the entire facility with ease, from the entrance to the pool decks and gym floor.

Hydro pool access

Slowly immerse yourself in the warm Hydrotherapy pool via step access with the support of rails.



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