



**NEW
SESSION
ADDED**

PUBLIC SESSION TIMES

MONDAY:

8am Adult only
11.30am Adult only
6.30-8pm Adult & Child Sessions

TUESDAY:

8-10.30am Adult only
5-6.30pm Adult & Child Sessions

WEDNESDAY:

8am Adult only
4.30-5.30pm Adult Only
5.30-8pm Adult & Child Sessions

THURSDAY:

8-10.30am Adult only

FRIDAY:

9-11.30am Adult Only
4-5pm Adult & Child Sessions
5pm Family Session

SATURDAY:

8.15-10am Adult Only

SUNDAY:

8.30am Adult Only
2pm Family Session
2.30pm Adult & Child Session

Hydrotherapy Pool

The pool offers a unique environment for people who require supported exercise as part of a rehabilitation programme. The thermal and mechanical properties of the water assist the healing and recuperative effects of aquatic therapy. It can help with lessening pain sensitivity, improving blood flow and circulation.

Aquatic therapies can be used to treat muscle weakness, musculoskeletal injuries, balance disorders, soft tissue injuries and other conditions that impair circulation.

The pool can be hired for private use outside of public hours.

Please note that all sessions are for people with special needs and rehab. Swimming is not permitted.

Please note all users including carers must have filled in an indemnity form and a carer's registration form if required before being able to use the pool. All users can book up to a week in advance. Payment is required when booking.

Teddington Pools & Fitness Centre
Vicarage Road, Teddington TW11 8EZ
www.richmond.gov.uk/sports

020 3772 2999

 **LONDON BOROUGH OF
RICHMOND UPON THAMES**