

## Hydrotherapy

Hydrotherapy is a specific treatment and exercise program in a heated pool (32°C) and is supervised by our Physiotherapist. Hydrotherapy is beneficial for many injuries. It particularly offers a gentle but efficient way to treat injuries like arthritis, fractures and post surgery rehabilitation. It will also help you with your general fitness and balance. It is a gentle and safe way to get fit through exercise. Exercise in the Pool, supported with games and lots of fun. All ages and levels welcome.