



HYDROTHERAPY AND WATER EXERCISE GROUPS

GROUP NAME	DATE & TIME	VENUE	COST	ELIGIBILITY	CONTACT
Star Health Warm Water Wellness	Mondays 2.15pm - 3pm	Harold Holt Swim and Recreation Centre Glen Iris	Free	Preference given to people living within the City of Stonnington including those living in SRSs and/or with limited access to physical activity opportunities.	John Auld; physio 9525 1300
Star Health SRS Warm Water	Tuesdays 1pm - 2pm	MSAC, Albert Park	\$5.60 concession	Anyone living at a SRS can attend.	John Auld; physio 9525 1300
Star Health Self Help Water Exercise	Wednesdays 1pm - 3pm	MSAC, Albert Park	\$5.60 concession	Anyone looking to improve balance, strength and flexibility. Must be independent.	Greg Paine 9525 1300
Star Health Southport Hydrotherapy	Wednesdays 3pm - 3.45pm	MSAC, Albert Park	\$5.60 concession	Anyone recovering from injury or with a chronic health problem that affects their balance, strength and flexibility.	Intake and Referral 9525 1300
Star Health St Kilda Under 65 Hydrotherapy	Thursdays 11.30am - 12.30pm	MSAC, Albert Park	\$5.60 concession	Anyone under 65yo recovering from injury or with a chronic health problem that affects their balance, strength and flexibility.	Intake and Referral 9525 1300
Star Health St Kilda Over 65 Hydrotherapy	Thursdays 12.30pm - 1.30pm	MSAC, Albert Park	\$5.60 concession	Frail, older people and adults with disabilities	Intake and Referral 9525 1300
Star Health Prahran Aged Care Hydrotherapy	Thursdays 12pm - 1pm	Caulfield Hospital	\$8	Frail adults, or adults with low to mod level of function. Short term Group. Can only offer 6 sessions.	Intake and Referral 9525 1300