

# 2019 Hydrotherapy Exercise Class for new Mums and Mums-to-be

**CLASS AIMS**

- maintain or improve muscle tone and flexibility during pregnancy
- assist your body to return to normal function after the birth of your baby
- encourage regular exercise for good health

**WHERE** - Westmead Hospital, Physiotherapy Department, Level 1, E Block

**WHEN** - Tuesdays 11:15am – 12noon

**WHO**

- ✓ **Pregnant women:** from 16 weeks  
If you are well, you may attend the class until your baby is born.
- ✓ **New mothers:** from 6 weeks after the birth of your baby for 6 sessions

★ *Please note: new babies and small children are **not** permitted in the pool area*

**WHAT TO BRING**

- swimmers or bike pants and a t-shirt
- towel
- bottle of water
- a light snack

**BOOKINGS AND ENQUIRIES** Therapy Reception: 8890-6500

- you will need a referral letter and a hydrotherapy medical clearance form signed by your doctor
- you will be put onto the waiting list and we will contact you when there is a spot available

**If you do not attend 2 sessions without notice, you will be discharged from this service.**

|              |           |           |           |           |                     |
|--------------|-----------|-----------|-----------|-----------|---------------------|
| <b>CLASS</b> | January   |           |           |           |                     |
| <b>DATES</b> | February  |           |           |           |                     |
| <b>2018</b>  | March     | <b>19</b> | <b>26</b> |           |                     |
|              | April     | <b>2</b>  | <b>9</b>  | <b>16</b> | <b>23</b> <b>30</b> |
|              | May       | <b>7</b>  | <b>14</b> | <b>21</b> | <b>28</b>           |
|              | June      | <b>4</b>  | <b>11</b> | <b>18</b> | <b>25</b>           |
|              | July      | <b>2</b>  | <b>9</b>  | <b>16</b> | <b>23</b> <b>30</b> |
|              | August    | <b>6</b>  | <b>13</b> | <b>20</b> | <b>27</b>           |
|              | September | <b>3</b>  | <b>10</b> | <b>17</b> | <b>24</b>           |
|              | October   | <b>1</b>  | <b>8</b>  | <b>15</b> | <b>22</b> <b>29</b> |
|              | November  | <b>5</b>  | <b>12</b> | <b>19</b> | <b>26</b>           |
|              | December  | <b>3</b>  | <b>10</b> |           |                     |

★ Dates are subject to change. You will be notified of any changes during the year.