

2024 Hydrotherapy Exercise Class for new mums and mums-to-be

AIMS:

- help manage your pain during pregnancy and after pregnancy
- maintain or improve muscle tone and flexibility during pregnancy
- assist your body to return to normal function after the birth of your baby

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

WHEN: - Tuesdays 11:15am – 12:00pm

WHO:

- **Pregnant women** from 14 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

*New babies and small children are not permitted in the pool area

WHAT TO BRING:

- swimmers or bike pants and t-shirt
 - towel
 - bottle of water
 - a light snack
- *Do not bring shower gel/ shampoo/ conditioner

BOOKINGS AND ENQUIRIES:

- Therapy Reception: 8890-6500
- you will need a referral letter and a medical clearance form signed by your doctor
- you will be put on the wait 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**

CLASS DATES:

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

January	16	23	30		
February	6	13	20	27	
March	5	12	19	26	
April	2	9	16	23	30
May	7	14	21	28	
June	4	11	18	25	
July	2	9	16	23	30
August	6	13	20	27	
September	3	10	17	24	
October	1	8	15	22	29
November	5	12	19	26	
December	3	10	(TBC)		