

Hydrotherapy pool provision in B&NES and local area

Thermae Bath Spa

4 pools all with warm water at 33.5 C, all pools are 1.35m deep

If 'guests' have been recommended from the Mineral Hospital and hold a letter from them; then they get a 50% discount off the general spa admission (£34 weekday, £37 weekend for 2 hours spa use)

A disabled users discount of 50% applies to any guest who is a blue badge holder / registered disabled.

If the residents hold a discovery card (local residents of Bath) then they are entitled to a 25% discount off the general admission.

Contact:

Address:

Thermae Bath Spa
The Hetling Pump Room
Hot Bath Street
Bath
BA1 1SJ

Reservations - 01225 33 1234
reservations@thermaebathspa.com

General Enquiries - 01225 33 1234
info@thermaebathspa.com

RUHB – Hydrotherapy (Royal United Hospital)

Hydrotherapy is available in a warm water pool with hoist facilities by referral from a GP consultant, physiotherapist or nurse specialist.

They accept a wide variety of patients including patients with orthopaedic, musculoskeletal and neurological conditions.

Pool depth is 4 ft – 5 ft

Temperature: 34 – 36 ° Celsius

The service is limited to Tuesdays, Wednesdays and Thursdays 9 – 12 am

Sessions are 1:2 and lasts for half an hour and a will be a therapist in the pool with you. A maximum of 6 sessions provided.

At present there is a waiting list unless the condition is urgent.

Outside these sessions they run a number of paid classes and one to one sessions. Please note - there is a waiting list for these sessions.

Rehabilitation

PANEL REPORT – APPENDIX 2

A session for you to do your own exercises with a therapist on the poolside for supervision: **£35 for 10 sessions**

Aquatone - Gentle exercise class taught by a therapist on poolside

Private 1:1 sessions - These sessions are available with a senior hydro therapist

Pool Hire

The pool can be rented out to external groups at £15 per hour and there are a few spaces available at present

Contact

Hydrotherapy Dept, RUHB, Combe Park, Weston, Bath BA1 3NG

For further queries or bookings please contact RUH Physiotherapy Reception on **01225 824293**

Fosseway

Fosse Way School has a main pool and a hydrotherapy pool. The main pool offers both male and female changing and pool side showers. The pool area is easily accessible to all with the hydrotherapy pool also having the benefit of a hoist. The hydrotherapy pool also has access to sensory lighting and sound.

The hydro pool is 3m x 3m with the water depth at 1.25m. The pool is kept at approx. 34 degrees.

The pool is available for private hire to local community groups in the evenings, weekends and school holidays. The hydrotherapy pool can be hired at £20 per hour.

Terms and conditions apply.

Contact:

Fosse Way School, Longfellow Road, Radstock, Bath, BA3 3AL

Please contact the Bursar for further information

Tel: 01761 412198

RNHRD (Mineral Water Hospital)

To have hydrotherapy in the Mineral Water Hydro pool you must be referred either by a GP, Consultant or physiotherapist. Following your course you can continue to attend to do your exercises on your own in Evening Exercise Sessions

The pool is 6m X 4m and 1.2m – 1.5m deep

Temperature: 34 - 35°

PANEL REPORT – APPENDIX 2

Independent Exercise Sessions: Tuesday evenings between 4.45 – 6.15pm, 3 sessions of 45 min of which 25 min is pool time,

Charge: Free for NHS course of Hydro

For Evening Independent Exercise sessions, £21.00 for 6 consecutive sessions
Priority is given to new people to give them a chance to attend.

Contact:

Royal National Hospital for Rheumatic Diseases, Upper Borough Walls, Bath, BA1 1RL
Tel: 01225 465941

University of Bath Hydrotherapy Pool



The pool is 5m X 5m and 1.4 – 2m deep (minimum depth is 1.4m)
Temperature: 34 - 35°

Availability and fees:

Monday and Tuesdays pm - £5.00 per half hour (Max 4 per session; booking required)

Tuesday and Thursday evenings - £7.60 per half hour (Max 4 per session; booking required)

Gold Membership - £51/ £41 concession - gives free access to various Team Bath facilities, including the hydrotherapy pool. Prior to using the hydrotherapy pool you must have a dry-land assessment and a hydrotherapy session with a physiotherapist at the Sports Injury Clinic – £50 each session.

Contact:

Team Bath Sports Training Village, University of Bath, Claverton Down, Bath BA2 7AY

For hydrotherapy pool bookings, email Lynn Chappell L.Chappell@bath.ac.uk or call on [01225 385952](tel:01225385952).

Threeways Special School

The pool is 5m X 4m and 1.1m deep.

It is within the school building and used for the pupils during school hours, with very limited availability for private hire at other times. There is no general public access

Use of pool restricted to the students of the school during the day. There are three groups who use the pool in the evenings. Pool is only open till 2000 hours in evening. Currently not open on weekends. Last slot for an independent group has been filled.

Three Groups are:

- Splashes (For adults and children with disabilities).
- Bath Water Babies
- Get Wet Set

Temperature: 33 - 34°

Contact:

Three Ways School, 180 Frome Road, Odd Down, Bath, BA2 5RF

Tel: 01225 838070

E-Mail: enquiries@threeways.co.uk

Harry's Hydro Pool – Frome

Temperature 34.5 C

The depth of the pool is 1.0 metres at the shallow end with a graded slope down to 1.4 metres. It is not appropriate for diving or jumping of any kind.

The size of the pool will be 6.7 metres by 4.5 metres which allows up to five users to float horizontally at the same time with carers standing.

Contact:

Harry's Hydro, Adjacent to Critchill School, Nunney Road, Frome, BA11 4LB

If you would like to use the hydrotherapy pool, please contact: Helen Woodhead +44 (0)1373 474127 or e-mail: h.woodhead@sky.com

Flamingo Swimming Pool – Axminster

The pool is 6 x 6m and is 1.1 - 1.3m deep.

The Flamingo Pool, a self-funded charity, was brought to reality by a massive community effort to raise funds following a lottery reversal of decision to fund the project. A steering committee was formed to find funding for the 25m pool and the country's first 6m2 hydrotherapy pool open to the public.

Both pools are disinfected by Ultra-Violet (UV) light so that the level of chlorine in the pools is approximately a third of a normally disinfected pool. The 6m2 hydrotherapy pool with therapeutic pressure jets is open to the public & used by 3 local hospitals for physiotherapy & remedial use. We offer pre-work, general, lane, off-peak & adult's swimming, family fun, inflatable parties, parent toddler & aquafit sessions, group & private one to one swimming lessons run to ASA standard, elite & swimming club competitive sessions. Local primary school swimming lessons, RLSS Rookies lifesaving & water survival skills, which can progress to a lifeguard qualification & sports industry career, a sun bed, yoga sessions and training courses.

Anyone can come to the Flamingo Pool. Under 8s will need to be accompanied by an adult of 18 or over.

Loyalty Membership

A yearly charge enables you to unlimited discounted on swims and Aquafit/Circuits

Adult & Senior £15.00

Junior £10.00

Disabled £10.00

Full Membership

Adult £26.00

Junior £17.00

Senior £23.00 (65 years and over)

Disabled £17.00

Family (2 adults + 2/3 kids) £70.00 - £75.00

A monthly direct debit that allows the holder unlimited Free swims and Aquafit, Circuits & Adult Lessons for only a £1 per session.

If you pay in full for your membership you will receive 5% discount on the total amount.

Family Membership card holders are entitled to free group lessons - please ask for details.

Multiple Swims

Multi Swim Purchases available in blocks of 10 - and pick up your fob at reception.

General Swimming

£4.50 per adult, £3.00 per child, £4.00 for a concessionary rate, Disabled £3