



St George's Community Hydrotherapy Pool helpful information.

Your first visit to the pool



Contact us at St George's to make an appointment



On arrival you will be asked to provide contact details & complete a new user form



You'll receive a full tour of the facilities & meet the Vivacity team



Book appointments for future sessions

For more information visit vivacity.org/stgeorges

See overleaf for booking & venue information



Changing facilities

We have two changing areas, both fitted with baby changing beds and one fitted with an adult changing bed.

Friends, family and carers

We welcome customers to bring people with them. Each person entering the pool must complete a new user form and will be charged.

Accessibility

The pool is designed with easy to manage steps with a double handrail and has a pool hoist with both chair and sling attachments.

We also have an electric mobile hoist for customers to use in the changing rooms.

Free, on-site parking.

Vivacity



General enquiries

01733 453 583
stgeorges@vivacity.org



For more information visit

vivacity.org/stgeorges

St George's Community Hydrotherapy Pool
367 Dogsthorpe Road
Peterborough
PE1 3RE

We offer so much more...

Did you know?

Vivacity's Key Theatre offer accessible facilities

- Induction loops
- Wheelchair seats in the auditorium
- Wheelchair accessible serving area
- An elevator from the box office to the auditorium
- A selection of audio described performances

Book a show today



Visit vivacity.org/keytheatre

Vivacity
presents



Heated to 36°C

St George's Community Hydrotherapy Pool

Our fully accessible pool and a spa

Call 01733 453 583
Email stgeorges@vivacity.org



Get active in a way that's right for you

Vivacity St George's is one of a few fully accessible community hydrotherapy pools with a spa facility in the country to be open to the public.



Heated up to 36°C with a depth of 0.8 - 1.2m; it's primarily beneficial for people with a disability, a long-term health condition or people who are rehabilitating from an operation or injury.

Please note: The hoist is not available for the spa.

"I have benefited greatly from the aqua physiotherapy, such a great price."

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Public hydrotherapy

Enjoy the support of the warm relaxing water, perfect for relieving discomfort from aches and pains, and promotes physical well-being.

30 minute session **£5.00**

*Book 10 sessions for £45

Carers package (entry + 2 carers) **£11**

Aqua circuits

This class is a supervised gentle circuit of different exercises in the pool and is suitable for all levels of ability. The water resistance helps to improve health and fitness - notably for those receiving land base GP referral classes or seeking rehabilitative exercise.

30 minute session **£5.00**

*Book 10 sessions for £45

Private hire

Our hydrotherapy pool is available to hire out and is popular with care homes, schools, day centres and many more. Plus, you can hire our pool out for parties!

Enjoy a 1 hour session for up to 12 people.

Includes changing time.

Aqua fit

Warm water aerobics; a low-impact full body workout that is fun, great for fitness and easy on the joints.

45 minute session **£6.50**

*Book 10 sessions for £60

Aquatic physiotherapy

Group based sessions led by a qualified aquatic physiotherapist. Benefit from reduced weight bearing exercise in warm therapeutic water. Experience a personalised programme to increase muscle strength, flexibility and relieve pain.

1 hour session **£20.00**

*Book 3 sessions for £50



Hydrotherapy is great for relaxation and helps to relieve aches & pains

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Pool timetable

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Closed/staff training

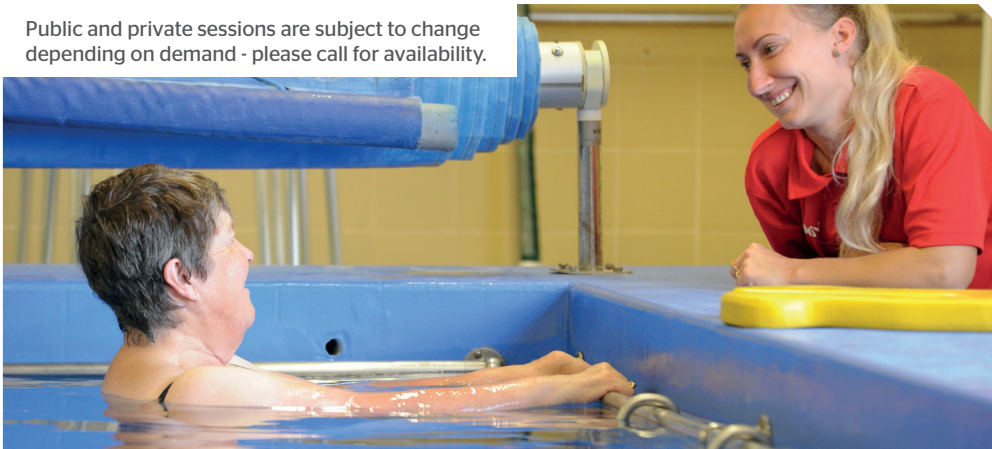
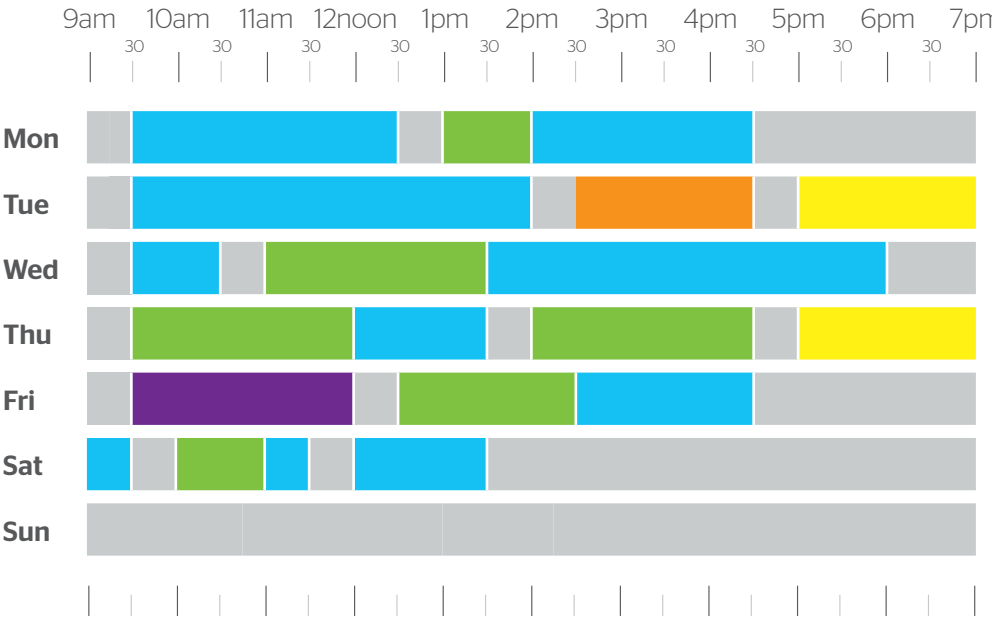
Public hydrotherapy

Private hire

Aqua circuits

Aqua fit

Aquatic physiotherapy



Public and private sessions are subject to change depending on demand - please call for availability.

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