

# Mactaggart Leisure Centre

School St  
Bowmore  
810767

[www.mactaggartleisurecentre.co.uk](http://www.mactaggartleisurecentre.co.uk)  
[info@mactaggartleisurecentre.co.uk](mailto:info@mactaggartleisurecentre.co.uk)

## AQUACARE SESSIONS

Price : £4.50 per session

Session Times 11.00am - 11.45am  
11.45am - 12.30pm

Every Wednesday

Term time ;

11 - 11.45am

11.45 - 12.30pm

**No Aquacare in the School  
Summer Holidays**



COMMUNITY  
ENTERPRISES



LYNN FOUNDATION

SCRODER FOUNDATION

AGNUS HUNTER TRUST

LEACH FAMILY TRUST



**FOR MORE  
INFORMATION  
PLEASE CONTACT**

The leisure centre  
welcomes volunteers &  
greatly appreciates the  
extra help. If you find  
yourself interested in  
volunteering at any of  
our sessions, then  
please contact Karen on  
810767 & get involved.

TEL : 01496 810767  
FAX : 01496 810942

# WHAT IS AQUACARE?

Aquacare is a warm water therapy session pool temperature 92'f.

These sessions are designed to encourage interaction with like people and offer controlled exercise / relaxation in water temperature of 92'f.

There will always be a group of trained helpers on hand, taking instruction from Jane & Manuela for your special needs. Equipment is provided for exercise and relaxation, for those who have greater needs there are both poolside and dryside hoists to assist with entering and exiting the pool. There are also various pieces of equipment for those who may wish to interact and play in a controlled environment.

Hot & cold refreshments are served both during and after each session, if you feel unable to participate in the water please feel free to come along for a chat and a cup of tea.

## TRANSPORT

If you have difficulty getting to the Mactaggart Leisure Centre for Aquacare please phone Karen on 810767, we will try and arrange transport for you.

## THE BENEFITS OF AQUACARE

Aquacare is a warm water therapy session, pool temperature 92'f.

The benefits of activity in water are endless and the use of weightless exercise combined with the use of buoyancy, resistance, relaxation and improved breathing provide many opportunities to help with health problems. In addition the stimulation of gentle guided exercise can improve confidence and self esteem.



## HOW DO YOU JOIN AQUACARE?

You will need to have a form signed by your GP, these obtained from the Mactaggart Leisure Centre or your GP surgery.

The information on these forms will assess your needs and will be held in confidence and only available to Jane & Manuela.

The information received and the assessment by Jane & Manuela will allow advice to be given to the volunteers in the water to help with your activity. The volunteers have undergone training sessions and they will be in the water to help with your planned exercise.

Constant monitoring of the sessions will enable the Jane & Manuela to alter the activities in the water to ensure progress or alteration of the programme. There is no pressure or enforced activity in the session and all activities will be with your agreement if you decide to take part. You will be given a time to attend either the first or second session.