



George's Community Hydrotherapy Pool

367 Dogsthorpe Road,
Peterborough, PE1 3RE

Tel: 01733 453 583

Hydrotherapy is physiotherapy conducted in a heated pool. It is particularly beneficial for people with a disability, a long-term health condition or people who are rehabilitating from an operation or injury. Hydrotherapy is also useful for relaxation purposes and to relieve stress.

Our pool is heated to around 36°C (just under body temperature).
You do not need to swim to use our pool, as it is no deeper than 1.2m.

We are one of the few hydrotherapy pools in the country to be open to the general public.

Booking your first session

Simply contact the pool and we will make an appointment for your first session. At this, we will ask you to provide contact details and complete a short self-referral form. Once this is completed, you will receive an introductory tour of the facilities and can use the pool and spa. You may then make appointments for further sessions.

What to bring with you

Please bring your swimming costume, a towel, a bottle of water and, if you need them, reading glasses for completing the forms.

Bringing people with you

You are welcome to bring family members, friends and carers with you. However, each person entering the pool must complete a self-referral form and be charged at the same rate.

In association with

PETERBOROUGH

CITY COUNCIL

Accessibility

The pool has easy to manage steps with a double handrail and a hoist with both chair and sling attachments. It also has an electric travelling hoist for use in the changing rooms. Staff members are trained to assist with this. The pool also has a shower trolley and baby changing facility.

What to do when in the pool

You can use the pool to exercise or relax in. If you do not have your own exercises and would like some, we can make you an appointment with one of our qualified aquatic physiotherapists (see overleaf).

Health conditions for which hydrotherapy is not suitable

Hydrotherapy is safe for the vast majority of conditions. However, for certain conditions (listed in our self-referral form), we may require a GP's signature to confirm it will be a safe treatment. If you have any concerns regarding this, please mention these when you initially contact us.

For more information, visit our website at: www.sgchp.btck.co.uk

Public opening times

Monday	09:30 – 11:00, 12:00 – 13:00
Tuesday	09:30 – 13:30, 15:30 – 16:30
Wednesday	10:30 – 12:00, 14:45 – 15:45
Thursday	13:00 – 15:30, 16:30 – 18:00
Friday	10:00 – 13:30
Saturday	09:00 – 10:00, 11:00 – 12:00 13:00 – 14:00

Aquatic Fitness classes

Thursday	18:00 – 18:30, 18:30 – 19:00
Saturday	12:00 – 13:00

Public sessions with physiotherapist

Monday	15:00 – 16:30
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All sessions must be booked in advance.
Bookings can be made by calling
01733 453583.

Admission charges

Public session:	£4.50pp
Public session with 2 carers:	£10 total
Aquatic Fitness session:	£6pp
Public physiotherapy:	£15pp

Block-book discounts are available on all these sessions. Please ask staff for details.

For further information on group or private bookings, please contact the pool.

Terms and Conditions apply. Ask at the pool for more details.



How to find us

The pool is part of St George's School building and the entrance is on Dogsthorpe Road near the Dogsthorpe fire station.

The hydrotherapy pool has a small, free car park directly outside the entrance.

If you are using public transport, there is a bus stop – Dogsthorpe Bluebell – close to the pool's entrance. The Citi 2, which departs every 10 mins from Bay 13 Queensgate bus station, provides a regular service to St George's.

Finally...

Please do not hesitate in contacting us if you have any further questions or would like to arrange a visit or initial appointment. One of our friendly team will be delighted to assist you.

We look forward to welcoming you to the pool.

Contact details

Address: 367 Dogsthorpe Road, Peterborough, PE1 3RE

Tel: 01733 453 583

E-mail: stgeorghydrotherapypool@peterborough.gov.uk

Website: www.sgchp.btck.co.uk



/stgeorgespool



@pborohdropool