

Hydrotherapy

In the hydrotherapy pool we create a multi interactive learning environment. Students can affect their own learning environment by use of switches and class to pool learning tools. They are able to have a direct influence on their surroundings and true interaction. Themed approaches can be used that are planned by the swimming teacher and students. Lights or music systems can be activated by sound or touch producing dramatic effects. Our pool sessions help to enable communication with lip closure, breathe and voice control, improved confidence and give students a chance to achieve. The warm water helps with pain relief and relaxation of muscles so enabling more flexibility. A session in the pool promotes a sense of freedom and independence. A chance to learn swimming and lifesaving techniques. Balance and co-ordination improves and it helps increase the range of movements and strength. The hydrotherapy pool promotes body awareness, enhances circulation and helps reduce swelling. It gives students the chance to undertake exercise in a safe environment and to develop personal safety skills. Individual swimming strokes are developed and nurtured. Students can learn to walk in a supported environment or use the pool as post-operative rehabilitation. For some students it might be the first time they have ever been in a pool whilst others may be more experienced. Each session is targeted and above all fun.





