



**“Aquaepps® Paediatric Hydrotherapy for Therapy Assistants and Educational Staff”
Tuesday 3rd and Wednesday 4th March 2026**

PROVISIONAL PROGRAMME

Day 1

08.30	Registration/Welcome/Learning Objectives
08.45 – 10.00	POOL session – Hydrostatic and hydrodynamic principles alongside Aquaepps® techniques applied to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence
10.00 – 12.00	Physical properties of water and application of Aquaepps® techniques and theory behind approach as applied to handling the child with disabilities in water and combining with approaches to communication, sensory dysfunction and motor impairment – interactive session
12.00 – 12.30	LUNCH
12.30 – 13.30	POOL Aquaepps® techniques applied to handling the child with disabilities in water
13.13 – 13.45	Change
13.45 – 15.30	Interactive session on physiology of immersion. Promoting communication, cognitive, social, motor and life skills during hydrotherapy

Day 2

08.30 – 10.00	POOL session – Use of floats and basic techniques to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence
10.00 – 10.30	Change and Break
10.30 – 12.00	Interactive discussion including safety issues and strategies for working with children with complex needs in hydrotherapy.
12.00 - 13.00	LUNCH
13.00 – 14.00	Swimming aids versus manual assistance
14.00 – 15.00	POOL session – Use of floats and basic techniques to increase or reduce the tone of spastic or floppy muscles, help co-ordination, balance, movement, strength and independence – Contd.Change
15.00 – 15.30	Change, reflection and finish.