

For more information or to  
book an appointment please  
contact us on 1300 272 222  
or email  
wellness@ballycara.com



## Caras' & Co Gold Coast Weekly Schedule (Off-site/Community)

Mobile/In-home appointments available

	Monday	Tuesday	Wednesday	Thursday	Friday
Individual Exercise Physiology Appointments	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm	7:00am - 4:00pm
Burleigh Heads Hydrotherapy \$20.00 includes pool entry		1:00pm - 1:45pm			
Banora Point Hydrotherapy \$20.00 includes pool entry			12:00pm - 12:45pm		
Runaway Bay Hydrotherapy \$20.00 includes pool entry	1:30pm - 2:15pm			1:30pm - 2:15pm	

### Please Note:

All times are in Australian Eastern Standard Time (AEST).

Daylight Savings is observed in NSW from Sunday 1st October 2023 - Sunday 7th April 2023.

## Wellness Program - Exercise Descriptions

**Individual Exercise Physiology** - Appointments tailored to suit your needs and provide expert guidance on how to achieve your goals.

Address: In Home or Agreed Location

**Runaway Bay Hydrotherapy** - A 45 minute water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool.

Address: Gold Coast Performance Centre, 1 Sports Drive, Runaway Bay QLD

**Burleigh Heads Hydrotherapy** - A 45 minute water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool.

Address: Laurie Lawrence Swim School, 6 Flagstone Drive, Burleigh Heads, QLD

**Banora Point Hydrotherapy** - A 45 minute water-based exercise session incorporating balance, strength and aerobic components in the comfort of a heated pool.

Address: Laurie Lawrence Swim School, Cr Greenway and Leisure Drive, Banora Point, NSW

  
WELLNESS PROGRAM

## Exercise Physiologist Fees:

\$140 per hour, pro rata for Private and HCP bookings.

Minimum appointment time 45 minutes.

For all home or community visits, this will attract a travel fee for Private and HCP bookings at a pro rata of \$140 per hour with a 15 minute minimum.

DVA, Medicare and NDIS fees may vary depending on funding model. Please refer to your service agreement if applicable.

## Wellness Program Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 business hours notice from scheduled appointment. Genuine emergencies including health concerns will be considered for short notice cancellations. Please follow the prompts to leave a message if phoning after reception hours (Monday-Friday 8am-4pm).

**NB:** All Wellness Appointments are scheduled **Monday - Friday between 7:00am - 4:00pm.**

Entitled Department of Veterans' Affairs, Medicare Enhanced Primary Care Plans, NDIS self and plan-managed Clients, & Private Health Funds Accepted.

No cash payments are accepted.