

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		

Please Note:

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

Daylight Savings is observed in NSW from Sunday 6th October 2024 - Sunday 6th April 2025.

Wellness Program - Exercise Descriptions

Exercise Physiology - Our dedicated team work with you to define and achieve your health and function goals, utilising exercise as medicine. Whether you're recovering from a fall, managing a chronic health condition, or wishing to remain independent in your home and community, our tailored exercise programs are designed to support your overall health and independence.

Address: In Home or Agreed Location

Fees: \$150/hr, pro rata

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

Travel Fees:

All home or community visits will attract a travel fee for Private and HCP bookings at a pro rata rate of the service fee (minimum 15mins).

DVA, Medicare & NDIS referrals accepted. Please enquire for availability and fees.

Wellness Program Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 hours notice.

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 minimum 45mins.