



Map

- **Free Shuttle Bus Service** operates to and from the hospital Monday to Friday (except public holidays), via:
 - Novena MRT Route:**
Pick-up point – Vehicle pick-up point outside Square 2, along Irrawaddy Road
 - Bugis MRT Route:**
Pick-up point – Bus-stop outside MRT Exit A, along Victoria Street
- **Bus services**
 - A:** 48, 66, 67, 170, 960
 - B:** 48, 66, 67, 170, 960
 - C:** 56, 57, 166, 851, 980
 - D:** 56, 57, 131, 166, 851, 980
- **Taxi stand** located at Basement 1, in front of the forecourt
- **Car-park** located at Basement 2 for hospital visitors



Rehabilitation Department
Basement 1, Children's tower
100 Bukit Timah Road
Singapore 229899
Tel: (65) 6394 1588 Fax: (65) 6394 1589

Website: www.kkh.com.sg
E-mail: rehabappt@kkh.com.sg
Reg No 198904227G



Aquafitness In Pregnancy



Fun for pregnant moms

A water-based fitness programme specially designed for expectant mothers. It allows expectant mothers to achieve and maintain a suitable level of physical fitness during pregnancy.



It's easy to exercise

The buoyancy of water cushions muscles and joints and supports the increasing weight of the body during pregnancy.

It's relaxing

The warm water helps soothe the tired and aching joints. The movement of the water has a massage effect over the body.

It's a total body workout

Water resists body movements so that muscles work harder. Intensity of the exercise varies simply by changing speed, size and direction of movements.

It's Fun

Exercising with other expectant ladies and making new friends. You will feel less self-conscious and more coordinated.

Most importantly, you need not be a swimmer to enjoy aquafitness.

So, sign up and have fun!

4 sessions of 45 minutes duration consisting of:

- Warm up
- Flexibility Training
- Aerobics Conditioning
- Strength Training
- Cool Down
- Relaxation

Venue

Hydropool, Rehabilitation Department

Basement One, Children's Tower
KK Women's and Children's Hospital

Date/Time

Saturdays 1.00 – 1.45 pm
2.00 – 2.45 pm

Cost

\$111.30 for 4 sessions (inclusive of GST)

Attire

Swimming Costume

Kindly note that all payments made are non-refundable. For further information, please contact Patient Education Centre at tel: 6394 1268.

Registration

Yes! I would like to sign up for the Aquafitness in Pregnancy programme.

Name: _____

IC No: _____

Address: _____

Contact No: (H) _____ (O) _____
(H/P) _____

Payment:

Cash

(Patient Education Centre, Women's Tower Level 1)

Cheque

(to be crossed and made payable to KK Women's and Children's Hospital)

Please send registration form and cheque payment to :

KK Women's and Children's Hospital

Patient Education Centre
100 Bukit Timah Road
Singapore 229899

Visa/Mastercard /Amex

Credit Card No: _____

Expiry Date: _____

Signature: _____

For credit card payment, please fax to Patient Education Centre at fax: 6394 1267.