

# Human Services Therapy Pool Schedule

## Definition of Terms

<p><b>Self Directed Therapy</b></p>	<p>Self Directed Therapy is defined as a time in which there are no scheduled programs taking place. This time is reserved for qualified individuals to complete any exercises as directed by their physician that they know how to do and can complete on their own. Individuals wishing to use the Therapy Pool during this time must have a doctor complete a Self Directed Therapy Verification form and have it on file.</p>
<p><b>Arthritis</b></p>	<p>The Arthritis Class is a recreational exercise program developed by the Arthritis Foundation to help individuals with Arthritis and other related conditions. The activities and exercises are designed to encourage self care, social interaction, improve muscle strength and flexibility. Each participant works at his or her own fitness level. Modifications are given for each exercise to help individuals customize the program to fit their needs. This program is an excellent post therapy class or post surgery class as it focuses on muscle strengthening and flexibility.</p>
<p><b>Liquid Strength</b></p>	<p>The Liquid Strength program is to provide participants with water resistance training. Participants will spend 60 minutes working in the water on range of motion activities and resistance training. This class is open to individuals of all ages and varying abilities especially those with mobility impairments.</p>
<p><b>AQUAfit</b></p>	<p>Come enjoy this 60 minute fitness class for improvement of your cardio endurance, strength, flexibility, posture, balance, and well-being through exercises taught by a certified instructor and developed specifically for the warm water environment. The class includes the use of a variety of resistance and weight bearing equipment including buoys, gloves, noodles, resistance tubes and weights. Exercises are demonstrated at various levels so they can easily be modified to fit the individual participant. This is also a great program for post therapy and surgery.</p>
<p><b>Nora's Water Exercise Class</b></p>	<p>Nora's Water Exercise class is conducted entirely in the shallow end of the indoor pool. Class begins with warm-up exercises to get participants acclimated to the water. After the warm-up the exercises become more vigorous to work the large muscle groups. Toning exercises and resistance stretches are varied to keep the exercises fresh and invigorating. The goal is to increase participants muscle tone, cardio benefits, and to help them achieve their personal health goals.</p>