

Human Services Therapy Pool Schedule

Definition of Terms

Self Directed Therapy	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. No one is permitted in the pool for any reason without a signed form by a doctor, not a Physical Therapist.
Arthritis	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.
Water Yoga	The purpose of the Water Yoga program is to provide participants with exercises that will help them increase their range of motion, flexibility, and will help to minimize stress. The Water Yoga program will help participants work on their balance, posture, and relaxation, while helping to foster a sense of well-being. Participants of all fitness levels and mobility are be able to join. The warm water, shallow depths, seating areas, and handlebars allow this class to be adapted for any participants.
Liquid Strength	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.
Yogaerobics	Yogaerobics is a recreational exercise program that includes both Yoga and Aerobic exercises to improve muscle strength and flexibility. It is designed to encourage relaxation, self care, and social interaction This program will help participants work on their balance, posture, and relaxation, while helping to foster a sense of well-being. Participants of all fitness levels and mobility are be able to join. 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.
Nora's Water Exercise Class	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.