

# Human Services Therapy Pool Schedule

## January 30, 2012 - February 18, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am - 9:00am Self Directed Therapy	8:30am - 6:00pm Self Directed Therapy	8:30am - 9:00am Self Directed Therapy	8:30am - 6:15pm Self Directed Therapy	8:30am - 9:00am Self Directed Therapy		
9:00am - 10:00am Liquid Strength <i>(Pool Closed)</i>	↓	9:00am - 10:00am Liquid Strength <i>(Pool Closed)</i>	↓	9:00am - 10:00am Liquid Strength <i>(Pool Closed)</i>	9:00am-10:00am AQUAfit <i>(Pool Closed)</i>	Pool Closed
10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>		10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>		10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>	10:00am - 11:00am Arthritis Class <i>(Pool Closed)</i>	10:00am- 12:50pm Self Directed Therapy
11:00am - 6:30pm Self Directed Therapy		11:00am - 11:30am Self Directed Therapy		11:00am - 12:00pm AQUAfit <i>(Pool Closed)</i>	<b>Special Notes:</b> <i>President's Day is Monday, February 20th: Human Services Center is CLOSED.</i>  <i>Soaking Area: The soaking area of the Human Services Therapy Pool is CLOSED for use during scheduled classes.</i>  <b>Inclement Weather-</b> Please note the Therapy Pool will close for 30 minutes for inclement weather <b>Therapy Pool Schedule is Subject to Change.</b>	
6:30pm - 7:30pm Nora's Water Exercise <i>(Pool Closed)</i>	6:00pm - 7:00pm AQUAfit <i>(Pool Closed)</i>	11:30am - 12:30pm Learn to Swim <i>(Pool Closed)</i>	6:15pm - 7:15pm Learn to Swim <i>(Pool Closed)</i>	12:00pm - 4:50pm Self Directed Therapy		
7:30pm - 8:00pm Self Directed Therapy	7:00pm - 8:00pm Self Directed Therapy	12:30pm - 6:30pm Self Directed Therapy	7:15pm - 8:00pm Self Directed Therapy	6:30pm - 7:30pm Nora's Water Exercise <i>(Pool Closed)</i>		

Please note the water temperature of the Therapy Pool is approximately 90 degrees and the ambient air temperature in the area around the Therapy Pool is approximately 95 degrees, it is recommended that participants discuss usage of the Therapy Pool with their doctor prior to use. **A physician signed Therapy Verification Form is required for all registrants who wish to use the Therapy Pool.**

# 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>AQUAfina</b></p>	<p>This small group setting is perfect for concentrating on flexibility, strength, and fluidity of movement as well as greater sense of one's self. Each class includes a warm up, stretch, resistance, cool down and relaxation segment. All pool equipment is available through the certified instructor.</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>