

# Human Services Therapy Pool Schedule

## August 25th through August 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am - 9:00am <i>Self Directed Therapy</i>	8:30am - 9:00am <i>Self Directed Therapy</i>	8:30am - 9:00am <i>Self Directed Therapy</i>	8:30am - 9:00am <i>Self Directed Therapy</i>	8:30am - 9:00am <i>Self Directed Therapy</i>		
9:00am - 10:00am <i>Liquid Strength</i> <b>(Pool Closed)</b>	9:00am - 10:00am <i>Sculpt and Splash</i> <b>(Pool Closed)</b>	9:00am - 10:00am <i>Liquid Strength</i> <b>(Pool Closed)</b>	9:00am - 10:00am <i>Sculpt and Splash</i> <b>(Pool Closed)</b>	9:00am - 10:00am <i>Liquid Strength</i> <b>(Pool Closed)</b>	9:00am - 12:50pm <i>Self Directed Therapy</i>	<b>Pool Closed</b>
10:00am - 11:00am <i>Arthritis Class</i> <b>(Pool Closed)</b>		10:00am - 11:00am <i>Arthritis Class</i> <b>(Pool Closed)</b>		10:00am - 11:00am <i>Arthritis Class</i> <b>(Pool Closed)</b>		
11:00am - 6:30pm <i>Self Directed Therapy</i>	10:00am - 1:00pm <i>Self Directed Therapy</i>	11:00am - 6:30pm <i>Self Directed Therapy</i>	10:00am - 12:00pm <i>Self Directed Therapy</i>	11:00am - 4:50pm <i>Self Directed Therapy</i>		
↓	1:00pm - 4:00pm <i>Sport and Spine PT</i> <b>(Areas of Pool Closed)</b>	↓	12:00pm - 4:00pm <i>Sport and Spine PT</i> <b>(Areas of Pool Closed)</b>	↓		
6:30pm - 7:30pm <i>Nora's Water Exercise</i> <b>(Areas Closed for class)</b>	4:00pm - 6:30pm <i>Self Directed Therapy</i>	6:30pm - 7:30pm <i>Nora's Water Exercise</i> <b>(Areas Closed for class)</b>	4:00pm - 8:00pm <i>Self Directed Therapy</i>			
	6:30pm - 7:30pm <i>Aqua Yoga</i> <b>(Pool Closed)</b>		↓			
7:30pm - 8:00pm <i>Self Directed Therapy</i>	7:30pm - 8:00pm <i>Self Directed Therapy</i>	7:30pm - 8:00pm <i>Self Directed Therapy</i>				

**Special Notes:**

Patrons are NOT permitted on the pool deck until the pool opens.

**Inclement Weather**

Please note the Therapy Pool will close for 30 minutes for inclement weather

**Therapy Pool Schedule is Subject to Change.**

Please note the water temperature of the Therapy Pool is approximately 88 degrees and the ambient air temperature in the area around the Therapy Pool is approximately 93 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.**

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<b>Aqua Yoga</b>	<p>A low impact class to develop flexibility, breathing, balance, and core strength. Full body workout for all fitness levels, consisting of stretching, strengthening, balancing, and core work. Pool noodles, water weights and bands will be used for added resistance. A very effective class that is also easy on the joints. No mat or yoga experience necessary.</p>
<b>Arthritis</b>	<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>
<b>Liquid Strength</b>	<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>
<b>Nora's Water Exercise Class</b>	<p>Nora's Water Exercise 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>
<b>Sculpt &amp; Splash</b>	<p>Sculpt and Splash is a 50 minute class for people of all fitness levels. The participants will use a variety of equipment (noodles, weights, bands etc.) and focus on cardio endurance, muscle strengthening and resistance training, challenging their muscles in new and fun ways.</p>
<b>Self Directed Therapy</b>	<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>
<b>Sport and Spine Physical Therapy</b>	<p>Our objective is to provide physical therapy programs in a professional and enjoyable setting. We assess each patient's unique condition and design the appropriate level of orthopedic, sports or industrial therapy programs. Our objective is attained through the use of manual therapy techniques, unique exercise programs and patient education. No two patients' will have the same rehabilitation program. Each program is finely tailored to the patient's need to ensure their function and fitness for life. Get more information <a href="http://www.sportspine.com">www.sportspine.com</a> or call 440.262.6126</p>