

# Human Services Therapy Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pool Closed</b>	<p><b>8:30am - 10:00am</b> <i>Self Directed Therapy</i></p> <p><b>10:00am - 11:00am</b> <i>Arthritis Class</i> <b>(Pool Closed)</b></p> <p><b>11:00am - 4:30pm</b> <i>Self Directed Therapy</i></p>	<p><b>8:30am - 4:30pm</b> <i>Self Directed Therapy</i></p>	<p><b>8:30am - 10:00am</b> <i>Self Directed Therapy</i></p> <p><b>10:00am - 11:00am</b> <i>Arthritis Class</i> <b>(Pool Closed)</b></p> <p><b>11:00am - 4:30pm</b> <i>Self Directed Therapy</i></p>	<p><b>8:30am - 4:30pm</b> <i>Self Directed Therapy</i></p>	<p><b>8:30am - 4:30pm</b> <i>Self Directed Therapy</i></p>	<b>Pool Closed</b>
<p><b>Special Notes:</b></p> <p><b>Patrons are NOT permitted on the pool deck until the pool opens.</b></p> <p><b>Inclement Weather</b> Please note the Therapy Pool will close for 30 minutes for inclement weather</p> <p><b>Therapy Pool Schedule is Subject to Change.</b></p>						

Please note the water temperature of the Therapy Pool is approximately 89 degrees and the ambient air temperature in the area around the Therapy Pool is approximately 93 degrees. **A Therapy Verification Form is required for all registrants who wish to use the Therapy Pool.**

# Human Services Therapy Pool Definitions

<b>Arthritis Class</b>	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.
<b>Self Directed Therapy</b>	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 complete a Self Directed Therapy Verification form and have it on file.