

2013 Therapy Pool Schedule

(Effective June 3rd, 2013)












Fairview Centre for Community Health & Wellness
 515 Lings Drive Cambridge, ON
 Tel: 519-653-5719 **Pool Ext. 245**
www.fairviewmh.com

	8:30 – 9:00	9:00 – 9:45	9:45-10:30	10:30 – 11:15	11:15 – 12:00	1:00 – 1:45	1:45-2:30	2:30-3:15	3:15-4:15	5:00 – 5:45	5:45-6:30	
Monday	Mixed Length Swim	Ladies Aqua Fit	Mixed Therapy	Ladies Arthritic	Mixed Therapy	Mixed Length Swim	Mixed Aqua Fit	Fibro	Drop In	Mixed Evening Aqua Fit	Aqua Flow	
	8:30 – 9:15	9:15 – 9:45	9:45-10:30	10:30 – 11:15	11:15 – 12:00	1:00 – 1:45	1:45-2:30	2:30-3:15	3:15-4:15	4:15 – 5:00	5:30 -6:15	6:15-6:45
Tuesday	Mixed Aqua Fit	Mixed Therapy	Ladies Aqua Fit	Men’s Aqua Fit	Mixed Arthritic	Mixed Therapy A	Mixed Therapy B	Allan Reuter Day Program	Drop In	Swimming with Grandparents (Kids Welcome)	Mixed Evening Aqua Fit	Friendly Float
	8:30 – 9:00	9:00 – 9:45	9:45-10:30	10:30 – 11:15	11:15 – 12:00	1:00 – 1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	5:30 – 6:15	6:15-6:45
Wed	Mixed Length Swim	Ladies Aqua Fit	Drop In	Mixed Aqua Fit	Mixed Therapy	Mixed Length Swim	Community Living Volleyball	Aqua Flow	Allan Reuter Swim	Drop In	Mixed Evening Aqua Fit	Friendly Float
	8:30 – 9:15	9:15 – 9:45	9:45-10:30	10:30 – 11:15	11:15 – 12:00	1:00 – 1:45	1:45-2:30	2:30-3:15	3:15-4:15	5:15 – 6:00 (5:00-5:45)	5:45 – 6:30	
Thursday	Mixed Aqua Fit	Mixed Therapy	Ladies Aqua Fit	Men’s Aqua Fit	Restorative Joint Therapy	Mixed Therapy A	Mixed Therapy B	Ladies Arthritic	Drop In	Mixed Evening Aqua Fit	Mixed Evening Aqua Fit	
	8:30 – 9:00	9:00 – 9:45	9:45-10:30	10:30 – 11:15	11:15 – 12:00	1:00 – 2:00	2:00 – 2:45	2:45-4:00		<div>⬇</div> <div>Watch for an additional Thursday evening class starting September 5th, 2013</div>		
Friday	Mixed Length Swim	Ladies Aqua Fit	Mixed Therapy Drop In	Ladies Arthritic	Mixed Therapy	Mixed Length Swim	Mixed Aqua Fit	Drop In **PA Day Swim				

Please see reverse side for program descriptions and PA Day Swim dates.

Pool Program Descriptions

-  **Arthritic Class** - This class is suitable for individuals with arthritis or anyone with health issues that make exercise on land difficult. Exercise focus on mobility and strength.
-  **Aqua Fit** – 45 minute exercise including strength, endurance, flexibility and balance. A mix of exercises aimed to strengthen your cardiovascular system, build muscular strength, joint range of motion and improve balance. Work to your own ability, options for a variety of fitness levels are offered in each class.
-  **Aqua Flow** - A slower class, focusing on the importance of connecting the mind, muscles and breathing. Experience the deep relaxing effect of warm water, while challenging core stability, balance, coordination and flexibility. Aqua Yoga will include extra stretching to lengthen tight muscles along with a relaxation period.
-  **Drop In**– Enjoy a non-structured class. Take this opportunity to try the pool equipment, socialize, laugh and have fun!
-  **Friendly Float**– End your day while soaking in the warm water with friends. Or take some quiet time and simply float on a noodle
-  **Fibromyalgia** – This program has adaptive actions for participants with fibromyalgia. Experience a cardio workout from mild to moderate. Our goal is to help relieve pain.

-  **Joint Replacement** - For members who have experienced joint weakness or replacement and would like to strengthen muscles surrounding the joint and improve overall mobility. You will see the benefits of this class in your everyday activities such as walking and climbing stairs.
-  **Length Swim** – For individuals who want to swim lengths to build strength and endurance. Participants must be able to swim one length of the pool.
-  **Mixed Therapy** – Open to accommodate your individual physical challenges. Staff will arrange for a volunteer to assist you one-on-one. Discover the healing benefits of the warm water therapy pool
-  **Swimming with Grandparents** – This is a great opportunity for Grandparents to bring in their grandchildren, splash around, play games and enjoy the water together. *Please see Pool Staff for Rules & Regulations*

****PA DAY Swim Schedule**

Friday September 21, 2012	Friday November 9, 2012
Friday January 18, 2013	March Break: Mar 11 – 15
Friday April 19, 2013	Friday May 31, 2013

Friday June 28, 2013

Note: Children are only permitted in the pool during the allotted "kids welcome" timeslots.

Children swim free. Parents and non-members \$5.00.



Swim Lessons – Any participants requiring swim lessons are asked to contact Pool Staff to arrange individual swim lessons.