

Open Therapy Time

A week day drop-in program for those who need space in the Therapy Pool to work through prescribed exercises. Bring a personal therapist or work independently***. A qualified lifeguard is on duty and specialty equipment is available for your use.

Scheduled Times – Jan 7th to Mar 28, 2010

Mon., Wed. & Fri. 2:30 – 4:30 pm Tues. 4:00 – 6:00 pm Thurs. 4:00 – 5:30 pm Sun. 11:00 am -12:00 pm

25 metre pool (84-85 F°) is open Mon., Wed. & Fri. 2:30 -3:30 pm for deep end exercises and swimming lengths

Open Therapy rates apply: Call 905 615 4820 Ext. 2450 for details

Huron Park Therapy Pool Re-opening: January 7, 2010

Admission by Therapy Membership or PAYG option

*****Both Therapist and Client need to pay Admission**

Aquatic Therapeutic Classes

****Back Rehab and Functional Movement** This program features exercise progressions for Chronic back pain and Orthopaedic conditions. Both pools will be used for this program. This is an excellent fall prevention program.

****Hip Knee and Back** A class for people who are coping with hip and knee joint degeneration, this program focuses on joint range of motion, muscle conditioning, balance and postural training. This class is recommended for pre and post-operative conditions.

*****“Oh My Aching Body” Arthritis Workout**

For those suffering from Arthritis, Fibromyalgia, Osteoporosis and Parkinson’s disease and need to exercise in warm water. Movements are taught with consideration and education of safe moves.

****Semi Private Therapeutic Exercise**

Are you recovering from a recent injury or new to aquatic exercise? This program is design as a small group exercise class for those who require more individual attention or just want an introduction to aquatic exercises.

****Shoulder, Posture and Core Strength**

Do you need to improve your posture as a result of an injury or from muscular imbalances that have been acquired from daily activities. This class will focus on good postural alignment, challenging core and postural muscles while working on effective shoulder stabilization.

****Warm Water Stroke Rehab Therapy** Recovering from a stroke? This class will focus on range of motion, muscle conditioning, balance, gait and postural training.

Moving Waters for Multiple Sclerosis Exercise programs for those living with M.S. are designed to improve mobility, flexibility, balance, co-ordination and endurance. This program is held in the main pool at a water temperature of 84-85 degrees.

NEW! **Breast Cancer Aquafit This class is specifically designed by a physiotherapist to use the properties of hydrostatic pressure to improve lymphatic drainage and arm function. The water’s natural pressure and gentle Ai Chi movements assist circulation and lymphatic drainage of the arms, neck and torso regions.

Wellness Classes (Aquatic Exercise)

Aqua Body Blast! Looking for a challenge to strengthen, stretch and tone your body? Try this deep water aerobic workout in the main pool.

Aqua Fitness This program is designed for non-swimmers and swimmers alike. Ideal for those who want to reduce the amount of stress placed on their joints or for those who are interested in cross training from land based activities.

****Aquatic Personal Training** Individualized attention with qualified trainers is ideal for people requiring hydrotherapy as per doctors’ instructions. Call to make arrangements to discuss your program.

Deep End Aquafit Classes are held in deep water eliminating any impact on your joints, using buoyant belts for added support. Deep water classes are ideal for developing core strength and balance.

Deep End H2O Cardio, Guts & Butts This deep water cardio workout in the main pool is designed to energize, strengthen and tone your hips, back and abdominal muscles.

Fitness Swim This day time program is designed as a cardio workout to stay fit swimming or training for triathlons. There will be a coach to give stroke correction and maximize your workout.

****Warm Water Gentle Aquafit** This class is for people who wish to stay fit and exercise in warmer water. Class design includes a long warm-up, safe movements and a stretching component.

****Warm Water “Guts & Butts”** This workout in the Therapy pool will focus on toning and strengthening your back, hip and abdominal muscles.

****Yoga Tai-lates Water Combo** Combining moves from Tai Chi, Yoga & Pilates, makes this warm water workout ideal for improving range of motion, balance and mobility.

NEW! Aqua Triathlon Training A combination of water running, vertical water training and swimming lengths with a relaxing cool down.

****taught in the Therapy Pool or have or may have a Therapy Pool component.**

Rev. Jan 5/10