

## Therapy Pool Membership

Exclusively at Huron Park Recreation Centre

Membership includes:

- access to all Open Therapy times
- admittance to all Recreational Swims
- use of weight room & cardio equipment (free orientation included)
- sauna, change rooms, showers
- 1/2 hr free orientation with Aquatic Trainer
- PAYG low cost option for therapy classes (space permitting)

### Membership rates:

#### Adult

Best Buy (12 months) . . . . . \$35.38/mo.  
 . . . . . \$424.50/yr.

3 month . . . . . \$137.80

1 month . . . . . \$51.80

#### Disabled\*\*\*wID/Junior

Best Buy (12 months) . . . . . \$22.65/mo.  
 . . . . . \$271.80/yr.

3 month . . . . . \$85.85

1 month . . . . . \$35.35

#### Student w/ID

Best Buy (12 months) . . . . . \$28.33/mo.  
 . . . . . \$340.00/yr.

3 month . . . . . \$109.85

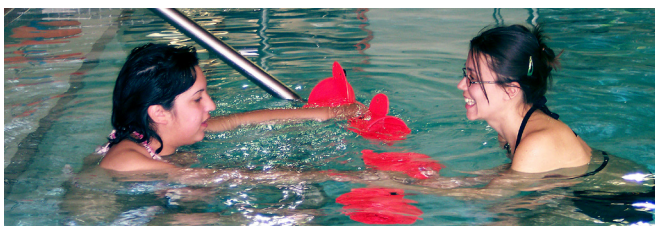
1 month . . . . . \$41.50

#### Senior (60+)

Best Buy (12 months) . . . . . \$25.75/mo.  
 . . . . . \$309.00/yr.

3 month . . . . . \$92.51

1 month . . . . . \$39.00



## Use of the Therapy Pool:

1. **Take a Therapeutic or Wellness class**  
 (instructed). You may register for a class or pay-as-you-go per class (space permitting).
2. **Attend the Open Therapy Times**  
 (no instruction). Included with the purchase of a Therapy Pool Membership or drop-in fee.
3. **Set up a personal exercise program**  
 with a qualified trainer. You may purchase Aquatic Personal Training Sessions to use in addition to your Therapy Pool Membership or with your pay-as-you-go fee.
4. **Attend the fun and length swim**  
 found on the public pool schedule.



### For more information:

Drop by Huron Park Recreation Centre  
 830 Paisley Blvd W Mississauga, ON L5C 3P5  
 or visit our web site at [www.mississauga.ca/huronpark](http://www.mississauga.ca/huronpark) or contact us at 905-615-4820

Therapy pool is closed for regular maintenance  
 September 2 to 12, 2008 inclusive.

**Huron Park**  
 Recreation Centre

Your facility for recreation & wellness

## Therapy Pool



## Water Wellness Programs



Spring/Summer 2008

## Therapeutic Programming

Programming suitable for those who have completed their hospital rehabilitation or referred by a health care professional.

### 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 in water of 84-85 degrees.

### "Oh My Aching Body" Arthritis Workout

For those who suffer 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.

### Hip, Knee & Back

A class for people coping with hip and knee joint degeneration, focusing on joint range of motion, muscle conditioning, balance and postural training. Recommended for pre & post-operative conditions.

### Warm Water Stroke Rehab Therapy

Recovering from a stroke? This class will focus on range of motion, muscle conditioning, balance, gait and postural training.

### Back Rehab Functional Movement

An excellent fall prevention program! Exercise progressions for Chronic back pain and Orthopedic conditions. Functional walking patterns and core strength work begin in the main pool and finish in the Therapy Pool with muscle conditioning and stretching.

Register for a Therapeutic or Wellness program through [mississauga.ca/connect2rec](http://mississauga.ca/connect2rec), TTR, fax, mail or visit Huron Park to register in person. Drop-in class fees available.



## Wellness Programs

### Aquafit

Ideal exercise for people who want to reduce stress placed on their joints. Senior fee available.

### Aqua Body Blast!

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

### Aquatic Personal Training

A customized workout program in the water! Individualized attention with qualified trainers. Ideal for people requiring hydrotherapy as per doctors' instructions. Call to discuss your program.

### Deep End Aquafit\*\*

Classes are held in deep water eliminating impact on joints. Buoyant belts are used for added support.

### Deep H2O Cardio, Guts & Butts\*\*

A deep water cardio workout in the main pool designed to energize, strengthen and tone your back, hip and abdominal muscles.

### H2O Cardio, Guts & Butts

This cardio workout in the main pool is designed to energize, strengthen and tone your hips, back and abdominal muscles. This is for swimmers and non swimmers alike. *summer only*

### Warm Water "Guts & Butts"

This workout in the Therapy pool will focus on toning and strengthening your back, hip and abdominal muscles.

### 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. Senior fee available.

### Tri-Fitness Swim\*\*

A day time program designed for those who want to stay fit or train for triathlons. A coach will give workouts and stroke correction.

### Yoga Tai-lates Water Combo

Combining moves from Tai Chi, Yoga & Pilates makes this warm water work out ideal for improving range of motion, balance and mobility.

## Open Therapy Time

A time set aside for those who need to work through prescribed exercises in the therapy pool. There is no formal class instruction. However, equipment such as Extremity Floats, Leg Shapers, Aquabells, Neoprene Float Collars, Therapy & Aqua Fins is available. Personal therapist and client are required to pay admission fee. Admission by Therapy Pool Membership or Open Therapy Drop in Fee.

### Scheduled Times:

#### March 29 – June 27, 2008

|                   |                 |
|-------------------|-----------------|
| Mon., Wed. & Fri. | 2:30 - 4:30 pm  |
| Tuesday           | 4:00 - 6 pm     |
| Thursday          | 4:00 - 5:30 pm  |
| Sunday (1/2 pool) | 12:00 - 1:30 pm |

#### June 30 – August 29, 2008

|                    |                 |
|--------------------|-----------------|
| Mon., Wed. & Fri.  | 1:30 - 2:45 pm  |
| Tuesday & Thursday | 12:30 - 2:30 pm |

### Open Swim for Therapy & Fitness

The main pool is open for swimming and therapeutic exercise. Training aids are available. Open Therapy rates apply.

#### March 29 – June 27, 2008 only

|                   |                |
|-------------------|----------------|
| Mon., Wed. & Fri. | 2:30 – 3:30 pm |
|-------------------|----------------|

### Open Therapy Drop-in Rates

|                                     |        |
|-------------------------------------|--------|
| Adult . . . . .                     | \$8.25 |
| Disabled***/Junior/Senior . . . . . | \$5.95 |

### 5 Visit Pass Card

|                  |         |
|------------------|---------|
| Adult . . . . .  | \$36.00 |
| Senior . . . . . | \$24.25 |

\*\* Course offered September – June only

\*\*\* Disabled fee criteria: A person who is permanently disabled and unable to work for a living. Official documentation is required. Full fee required if registering for programs.