

New Accessible Equipment

AVAILABLE AT TERRY FOX POOL
AND HURON PARK POOL



- Motorized wheelchair-to-water lift for entry into the main and therapy pool
- Adult size six-point sling and chair sling
- You may bring your own personal sling
- Private change room with a ceiling lift and height adjustable change table
- Washroom with ceiling track sling lift, vertical pole and wall bar

Membership

THErapy MEMBERSHIP RATES

Adult	12 months	\$35.74/month
		(\$428.92/ yearly)
	1 month	\$52.33
	3 month	\$139.25
Older Adult/ Disabled	12 month	\$26.81/month
		(\$321.69/ yearly)
	1 month	\$39.25
	3 month	\$104.44
Youth	12 month	\$25.02/month
		(\$300.24/ yearly)
	1 month	\$36.63
	3 month	\$97.48
Student	12 month	\$28.60/month
		(\$343.14 / yearly)
	1 month	\$41.86
	3 month	\$111.40

MEMBERSHIP INCLUDES

- access to all Open Therapy times
- admittance to all Recreational Swims and Skates
- 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)

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.

RECREATION AND PARKS



HURON PARK THERAPY POOL
830 Paisley Blvd W, Mississauga, ON L5C 3P5
905-615-4820



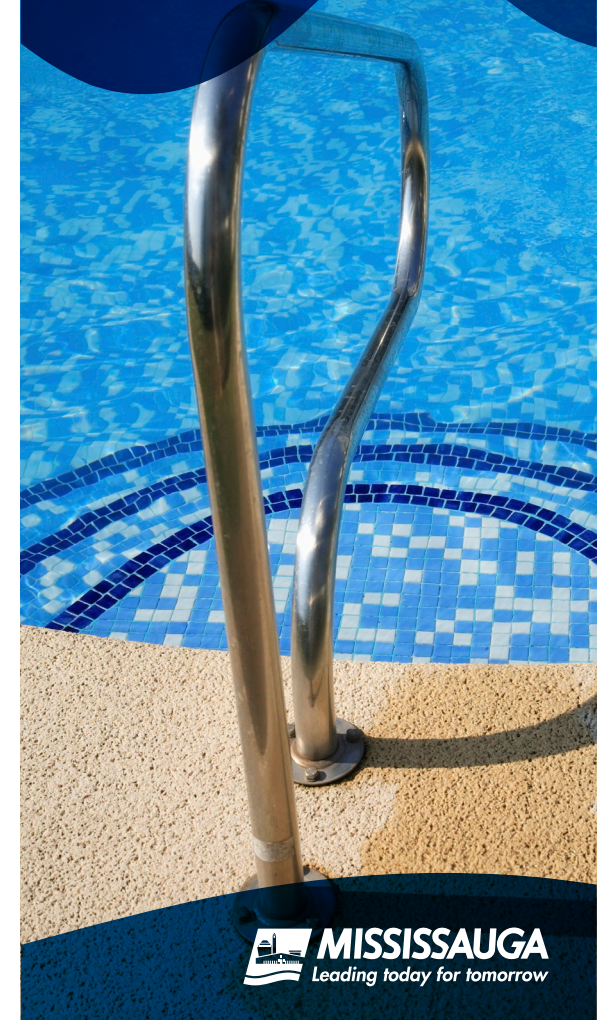
For more information on Huron Park Therapy Pool, see Active Mississauga or visit:
www.mississauga.ca/huronpark

aquatics RECREATION AND PARKS

wellness programs

fall 2010/winter 2011

HURON PARK
THERAPY POOL



MISSISSAUGA
Leading today for tomorrow

Warm water is ideal for people in rehabilitation or who wish to include a gentle but effective exercise program into their lifestyle.

BENEFITS OF AQUATIC THERAPY INCLUDE

- warm water promotes relaxation
- reduces pain
- decreases muscle guarding
- improves circulation
- increases exercise tolerance
- helps maintain a mobile and independent lifestyle

MANY WAYS TO USE THIS POOL

1. Take Therapeutic or Wellness instructional classes.
2. Attend Open Therapy (included with the purchase of a Therapy Pool Membership or as a drop-in fee.) No instruction provided.
3. Purchase Personal Training Sessions for one to one attention.
4. Attend fun and length swims. For days and times visit www.mississauga.ca/huronpark

Therapeutic Programs

We offer a broad range of safe exercise classes for people with conditions such as:

- Arthritis
- Fibromyalgia
- Osteoporosis
- Multiple Sclerosis
- back pain
- joint degeneration
- Neurological Impairment
- recovering from injury or surgery

These classes are excellent for:

- "Post Aquatic Rehabilitation" (those having completed their rehabilitation from the hospital or private physiotherapy)
- "Prehabilitation" (those who are preparing for surgery)
- those who wish to maintain a healthy active lifestyle

The programs are taught by instructors who have training in aquatic exercise program design and have taken additional training specific to post-rehabilitation and arthritic conditions.

ONE HOUR WARM WATER CLASSES

Pay As You Go _____ \$11.13/class
 Five ticket book _____ (\$48.80) \$9.76/class
 Registration _____ \$9.41/class
 No Older Adult/Disabled rates

ONE HOUR WARM WATER SPECIALTY CLASSES (two instructors)

Pay As You Go _____ \$12.90/class
 Five ticket book _____ (\$56.40) \$11.28/class
 Registration _____ \$11.03/class
 No Older Adult/Disabled rates

45 MINUTE SPECIALTY CLASSES

Pay As You Go _____ \$9.68/class
 Five ticket book _____ (\$42.30) \$8.46/class
 Registration _____ \$8.27/class
 Older Adult/Disabled rates available for some classes

Wellness Programs

Come and participate in one of our aquatic exercise programs for a fantastic work-out. Maximize your fitness level while reducing the effects of delayed onset muscle soreness using the empowering environment created by:

- the viscosity of the water
- the reduction of gravity
- the utilization of aquatic resistance

We offer a wide range of programs from Gentle Aquafit to a high intensity Aquatic Boot Camp.

FEES FOR 45 MINUTES 85°F WATER CLASSES

Pay As You Go _____ \$8.35/class
 Five ticket book _____ (\$36.60) \$7.32/class
 Registration _____ \$7.06/class
 Older Adult/Disabled rates available

Check out our Therapeutic and Wellness Schedule at: http://www.mississauga.ca/file/COM/hp_aquatic_exercise_schedules.pdf



Open Therapy

Time set aside for those who need to work through prescribed exercises in the Therapy Pool. There is no formal class instruction during this time. The following therapeutic equipment will be available:

- extremity floats
- leg shapers
- aquabells
- neoprene float collars
- aqua fins

Both personal therapist and client are required to pay admission fee.

OPEN THERAPY (91°-92°F)

September 18, 2010-April 1, 2011
 Pool Closed: September 6-17, October 11, December 24-26, 31, 2010 and January 1, February 21, 2011
 M, W & F _____ 2:30-4:30 pm
 Tu _____ 3:30-6:00 pm
 Th _____ 4:00-5:30 pm
 Su _____ 11:00-12:00 pm

THERAPY/FITNESS SWIM (84°-85°)

September 18, 2010-April 1, 2011
 M, W & F (MAIN POOL) _____ 2:30-3:30 pm
 The main pool is open for swimming lengths and therapeutic exercises. Therapy/Fitness memberships apply. Non-members-open therapy rates apply.

DROP-IN/PAY-AS-YOU-GO-RATES

Single Visit Adult _____ \$8.34
 Older Adult /Disabled _____ \$6.23
 Youth (14-17 YRS) _____ \$5.84
 Student _____ \$6.67
5 Visit Pass Adult _____ \$36.30 (\$7.26/visit)
 Older Adult /Disabled _____ \$27.25 (\$5.45/visit)
 Youth (14-17 YRS) _____ \$25.50 (\$5.10/visit)
 Student _____ \$29.20 (\$5.84/visit)

All prices shown on this brochure do not include applicable taxes