

Daniel Drake Center Aquatic & Wellness Exercise Programs

January-June 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.	Community Open Pool (Deep Water Available)	Community Open Pool	Community Open Pool	Community Open Pool	Community Open Pool	
9 a.m.	Water Exercise	Arthritis Exercise	Water Exercise	Arthritis Exercise	Water Exercise	Adult Learn-to-Swim
10 a.m.	Deep-Water Exercise	Community Open Pool	Community Open Pool (Deep Water Available)	Community Open Pool	Deep-Water Exercise	Community Open Pool
11 a.m.	Arthritis Exercise Stroke Rehab	Water Exercise	Arthritis Exercise Parkinson's Exercise Class	Water Exercise	Community Open Pool Stroke Rehab	Community Open Pool (Deep Water Available)
1 p.m.	Arthritis Exercise Upper Extremity Forced Use Group	Adult Learn-to-Swim Improving Strokes	Arthritis Exercise	Adult Learn-to-Swim Beginners	Arthritis Exercise Upper Extremity Forced Use Group	
2 p.m.	Community Open Pool	Stroke Class	Community Open Pool	Stroke Class	Community Open Pool	
3 p.m.	Arthritis Exercise	Back Strengthening	Arthritis Exercise	Back Strengthening		
4 p.m.	Community Open Pool	Community Open Pool	Community Open Pool T'ai Chi 4 – 4:30	Community Open Pool		
5 p.m.	Deep-Water Exercise 5 – 5:50		Deep-Water Exercise MW 5 – 5:50			
5:30 p.m.	Fun with Fitness 5 – 5:50	Low-Impact Water Exercise	Fun with Fitness 5 – 5:50	Low-Impact Water Exercise		
6 p.m.	Water Exercise		Water Exercise			
6:30 p.m.		Arthritis Exercise		Arthritis Exercise		

See reverse side for program and registration information.

WELLNESS PROGRAMS can be identified by the shaded background, as follows:

AQUATIC PROGRAMS are those with a white background. All group sessions are eight weeks long.

Call (513) 418-2727

PROGRAM/REGISTRATION INFORMATION

Aquatic Exercise Programs

Adult Learn-to-Swim—For improving or learning swimming strokes.

Arthritis Exercise—For flexibility, range of motion and endurance.

Back Strengthening—For core trunk strengthening and stability.

Community Open Pool—For independent exercise. No lap swimming available.

Deep-Water Exercise—For advanced cardiovascular conditioning.

Low-Impact Water Exercise—For improving balance and coordination.

Stroke Class—For increasing functioning levels of those who have suffered a stroke.

Water Exercise—For general conditioning, mobility, endurance and strengthening.

Wellness Exercise Programs

(See class fees at right)

The Community Wellness Center—The Center is a well-equipped fitness facility staffed by wellness professionals. The Center includes treadmills, stationary bikes, ellipticals, nusteps, strength training equipment and much more.

Mon., Wed., Fri.: 7:00 a.m. – 3:00 p.m.

Fun with Fitness—This class will build cardiovascular fitness and muscle tone by utilizing free weights, tubing and resistance balls. Emphasis will be on core strengthening to improve posture and balance.

Parkinson's Exercise Class—This class will focus on stretching and strengthening exercises designed to improve balance, coordination, mobility/gait, posture and flexibility.

Next Step—This fitness program is specially designed for individuals discharged from Daniel Drake Center Outpatient Therapies. Appropriate clients need to demonstrate independent and safe use of the equipment or be accompanied by a caregiver.

Mon., Wed., Fri.: 7:00 a.m. – 3:00 p.m.

T'ai Chi—Flowing exercises to improve breathing, balance and coordination.

Stroke Rehab Class—This class will build strength, improve posture and balance as well as increase mobility and enhance activities of daily living.

Upper Extremity Forced Use Group—This class is for individuals that have had a stroke and want to focus strictly on their affected arm. It will focus on the weaker arm to grasp, move, and manipulate a variety of objects. "Forced Use" has been shown to improve function and strength.

Individualized Programs

Call (513) 418-2727 to schedule

Personal Training (Land or Water)—An individualized fitness program tailored to your own needs/goals. Fees:

One-hour sessions: \$50 per session or \$175 for four sessions

30-minute sessions: \$38 per session or \$133 for four sessions

Office hours:

Monday – Friday: 9 a.m. – 4 p.m.

Saturday: 10 a.m. – 12:30 p.m.

SESSION I: JANUARY 6-MARCH 1

SESSION II: MARCH 3-APRIL 26

SESSION III: MAY 5-JUNE 28

- Unless otherwise listed, classes are 50 minutes long.
- Space is limited.
- Registration is on a first-come, first-served basis.
- No refunds or credits provided.
- No dividing or subdividing classes.
- Must sign up for entire class session.
- No make-ups for missed classes.
- May sign up for more than one class.

Fees

Single class visit	\$8
8-week session meeting once a week	\$50
<i>(Adult Learn-to-Swim, Parkinson's Class)</i>	
8-week session meeting twice a week	\$78
8-week session meeting three times a week.....	\$105
Community Wellness Center/Next Step 12 visits....	\$45

Community Open Pool Pass

(These classes are available only on pass arrangement.)

Single visit pass	\$6
5-visit pass.....	\$28
10-visit pass	\$50
20-visit pass	\$82

Cash, checks and major credit cards accepted.

Please make checks payable to Daniel Drake Center for Post-Acute -Care Once registration is completed, there will be no refunds.

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