



Daniel Drake Center

AQUATIC & WELLNESS EXERCISE PROGRAMS



January - June 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	
9 a.m.	Water Conditioning	Aquatic Training	Water Conditioning	Aquatic Training	Water Conditioning	Adult Learn-to-Swim
10 a.m.	Deep Exploration	Open Pool	Open Pool (Deep Water Available)	Open Pool	Deep Exploration	Open Pool
11 a.m.	Arthritis Exercise	Water Conditioning	Arthritis Exercise	Water Conditioning	Open Pool	Open Pool (Deep Water Available)
	Stroke Rehab		Parkinson's Exercise Class		Parkinson's Exercise Class	
1 p.m.	Arthritis Exercise	Walk this Way	Arthritis Exercise		Arthritis Exercise	
	Parkinson's Exercise Class				Upper Extremity Forced Use Class	
2 p.m.	Open Pool	Stroke Class	Open Pool	Stroke Class	Open Pool	
3 p.m.	Adult Learn to Swim (Beginners)	Back in Control	Adult Learn to Swim (Beginners)	Back in Control		
4 p.m.	Open Pool	Open Pool	Open Pool	Open Pool		
5 p.m.	Deep Exploration 5 – 5:50		Deep Exploration 5 – 5:50			
5:30 p.m.		Aquatic Training	Fitness Training 5 – 5:50	Aquatic Training		
6 p.m.	Water Conditioning		Water Conditioning			
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.

**151 West Galbraith Road
Cincinnati, OH 45216-1015**

Call (513) 418-2727
UCHealth.com/DanielDrakeCenter

PROGRAM/REGISTRATION INFORMATION

Aquatic Exercise Programs

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

Aquatic Training—For improving endurance and strengthening.

Arthritis Exercise—Increase flexibility, range of motion and endurance through gentle movement.

Back in Control —For core strengthening body control and pain management.

Deep Exploration—For strength and cardiovascular conditioning. Water is 6 ft deep. Wear aqua jogger.

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

Stroke Class—For increasing functioning levels of mixed abilities (balance, gait, strength) for those who have suffered a stroke.

Water Conditioning—For general fitness improvement, mobility, endurance, and strengthening.

Walk this Way—Traveling across the pool with different patterns to increase cardiovascular fitness.

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 a.m. - 3 p.m.

Fitness Training—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.

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 a.m. – 3 p.m.

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

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 Class—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 2 - FEBRUARY 25

SESSION II: FEBRUARY 27 - APRIL 22

SESSION III: MAY 1 - JUNE 24

- 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 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

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

30 minute class meeting twice a week.....\$35

Community Open Pool Pass

(These 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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