## Daniel Drake Center
### Aquatic & Wellness Exercise Programs

**January – June 2015**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>8 a.m.</td>
<td>Community Open Pool (Deep Water Available)</td>
<td>Community Open Pool</td>
<td>Community Open Pool</td>
<td>Community Open Pool</td>
<td>Community Open Pool</td>
<td>Community Open Pool</td>
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<tr>
<td>9 a.m.</td>
<td>Water Exercise</td>
<td>Low-Impact Water Exercise</td>
<td>Water Exercise</td>
<td>Low-Impact Water Exercise</td>
<td>Water Exercise</td>
<td>Adult Learn-to-Swim</td>
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<tr>
<td>11 a.m.</td>
<td>Arthritis Exercise</td>
<td>Water Exercise</td>
<td>Arthritis Exercise</td>
<td>Water Exercise</td>
<td>Community Open Pool</td>
<td>Community Open Pool (Deep Water Available)</td>
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<tr>
<td></td>
<td>Stroke Rehab</td>
<td></td>
<td>Parkinson’s Exercise Class</td>
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<td>Stroke Rehab</td>
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<tr>
<td>1 p.m.</td>
<td>Arthritis Exercise</td>
<td>Adult Learn-to-Swim</td>
<td>Arthritis Exercise</td>
<td>Arthritis Exercise</td>
<td>Upper Extremity Forced Use Class</td>
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<tr>
<td></td>
<td>Parkinson’s Exercise Class</td>
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<td>Water Exercise</td>
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<tr>
<td>2 p.m.</td>
<td>Community Open Pool</td>
<td>Stroke Class</td>
<td>Community Open Pool</td>
<td>Stroke Class</td>
<td>Community Open Pool</td>
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<tr>
<td>3 p.m.</td>
<td>Arthritis Exercise</td>
<td>Back Strengthening</td>
<td>Water Exercise</td>
<td>Back Strengthening</td>
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<tr>
<td>4 p.m.</td>
<td>Community Open Pool</td>
<td>Community Open Pool</td>
<td>Community Open Pool</td>
<td>Community Open Pool</td>
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<tr>
<td>5 p.m.</td>
<td>Deep-Water Exercise 5 – 5:50</td>
<td>Deep-Water Exercise MW 5 – 5:50</td>
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<tr>
<td>5:30 p.m.</td>
<td>Fun with Fitness 5 – 5:50</td>
<td>Low-Impact Water Exercise</td>
<td>Low-Impact Water Exercise</td>
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<tr>
<td>6 p.m.</td>
<td>Water Exercise</td>
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<td>Water Exercise</td>
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<tr>
<td>6:30 p.m.</td>
<td>Arthritis Exercise</td>
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<td>Arthritis Exercise</td>
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</tbody>
</table>

**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**

UCHealth.com/DanielDrakeCenter
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 coordination, endurance and strengthening.

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 a.m. - 3 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.

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: JAN 5 - FEB 28
SESSION II: MARCH 2 - APRIL 25
SESSION III: MAY 4 - JUNE 27

• 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
(Adult Learn-to-Swim, Parkinson’s Exercise Class)
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.

151 West Galbraith Road
Cincinnati, Ohio 45216-1015
(513) 418-2727