

POOL FEATURES

- Wheelchair lift and ramp for easy access
- Completely enclosed heated pool and whirlpool
- Exercise hand railings
- Dressing areas, showers and restrooms within the building

FOR DAILY POOL UPDATES AND GENERAL INFORMATION, PLEASE CALL:

(407) 571-8735

Dial #1 – Speak to an Instructor

Dial #2 – For daily pool updates

Dial #3 – General membership information

Dial #4 – To leave a voice mail

FOR ADDITIONAL INFORMATION AND TO OBTAIN AN ALTAMONTE SPRINGS PHYSICIAN CONSENT FORM PLEASE VISIT:

www.altamontesports.org

THE THERAPEUTIC POOL IS LOCATED AT:

WESTMONTE PARK
624 BILLS LANE
ALTAMONTE SPRINGS, FL 32714

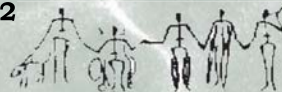
THE DREAM

In 1988, the City of Altamonte Springs and the Advisory Board for the Disabled, entered into a joint effort with area businesses, individuals, and service clubs to raise a total of \$260,000 to build this facility. Our permanent expression of appreciation to those who helped make this project a reality is the “Wall of Friends” located at the entrance to the pool.



In 2001, the City of Altamonte Springs and The Advisory Board for the Disabled, along with many individuals and area businesses, joined together to expand the dream at a cost of \$236,000. Again, to offer our permanent expression of appreciation, the “Wall of Friends” honoring generous donors, was expanded. Through this continued joint effort, we are able to accommodate the growing number of patrons in need of this unique facility.

ADVISORY BOARD FOR THE DISABLED, INC.
“We are committed to our Special People”
407-571-8812



ALTAMONTE SPORTS & PROGRAMS DIVISION

THERAPEUTIC POOL 2010



**FOR MORE INFORMATION
PLEASE CALL
(407) 571-8735**

ABOUT THE PROGRAM

Our programs are designed to help individuals of all abilities by improving their physical health and well-being. If you experience mobility problems of any kind or are just looking to exercise, we encourage you to review this information and consider the benefits of warm water exercise. Certified **Arthritis Foundation®** instructors conduct all classes and activities.

PARTICIPATION REQUIREMENTS

- A City of Altamonte Springs physician consent form must be signed by your doctor prior to using the pool for both open swim times and water exercise classes.
- If you require the use of an assistant, you must bring this person with you and he/she must also have a City of Altamonte Springs physician consent form on file.
- Non-residents of the City of Altamonte Springs will be charged a non-refundable annual fee at the time of registration.
- All persons using the facility must obtain an identification card at a cost of \$2.00.

POOL ACTIVITIES

In addition to being therapeutic in nature, our classes are intended to be physically challenging, psychologically soothing and socially stimulating. Registration is required, and class size is limited to 30 participants. All classes are 40 minutes in length. See our pool policy information sheet for more details.

THERAPEUTIC POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am - 8:40am	Arthritis Plus	Arthritis Basic	Closed	Arthritis Plus	Arthritis Basic	Closed	Closed
9:00am - 9:40am	Arthritis Plus	Arthritis Basic	Closed	Arthritis Plus	Arthritis Basic	Closed	Closed
9:40am - 11:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
11:00am - 11:40am	Water Aerobics	Water Aerobics	Open Swim	Water Aerobics	Water Aerobics	Closed	Closed
12:00pm - 12:40pm	Arthritis Plus	Arthritis Basic	Open Swim	Arthritis Plus	Arthritis Basic	Closed	Closed
12:40pm - 2:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
2:00pm - 2:40pm	Arthritis Plus	Arthritis Basic	Open Swim	Arthritis Plus	Arthritis Basic	Closed	Closed
3:00pm - 3:40pm	Arthritis Plus	Arthritis Basic	Open Swim	Arthritis Plus	Arthritis Basic	Closed	Closed
3:40pm - 6:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
6:00pm - 6:40pm	Water Fitness	Water Fitness	Closed	Water Fitness	Closed	Closed	Closed
7:00pm - 7:40pm	Water Aerobics	Water Aerobics	Closed	Water Aerobics	Closed	Closed	Closed

WHICH CLASS SHOULD I SIGN UP FOR?

ARTHRITIS BASIC (low intensity):

This class is designed to help individuals with arthritis and those who have decreased mobility. This class is not strenuous and focuses on improving balance, coordination and range of motion. The class consists of a complete warm-up; 30 minutes of approved **Arthritis Foundation®** exercises and a proper cool down.

ARTHRITIS PLUS (low intensity):

This class is a step-up from the Arthritis Basic. It is designed to provide individuals with an opportunity to increase their endurance and strengthen their cardiovascular system. The class consists of a complete warm-up; 30 minutes of approved **Arthritis Foundation®** exercises and a proper cool down.

WATER FITNESS (high intensity):

This class is designed for the more active individual. This class focuses balance, flexibility and increasing stamina; and provides a complete warm-up; an aerobic and core strengthening routine and a proper cool down.

WATER AEROBICS (high intensity):

This class is a step-up from the Water Fitness. This class focuses on increasing stamina, muscle tone and improving range of motion. This class consists of a complete warm-up; an aerobic and core strengthening routine and a proper cool down.

OPEN SWIM:

This time period is reserved for continued water exercise. Open swim may be attended at your convenience according to the above schedule. There will be no instruction during these times.

***FOR YOUR MAXIMUM BENEFIT, MOST CLASSES ARE OFFERED ON A MONDAY-THURSDAY OR TUESDAY-FRIDAY SCHEDULE.**