

About the Therapeutic Pool

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.

Pool Features

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

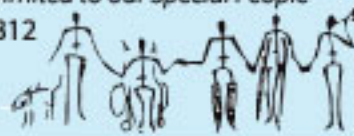
Registration Requirements

- 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 they must also have a City of Altamonte Springs consent form on file. Membership fees may apply.
- 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 will be issued an identification card.

The Dream

The dream of having an indoor Therapeutic Pool started in 1988 when 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 \$260,000 to build our facility. In 2001, the Therapeutic Pool was expanded at an additional cost of \$236,000. Our permanent expression of appreciation is displayed on the "Wall of Friends," located at the entrance of the pool, honoring generous donors who helped make this project a reality. 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



Daily Pool Updates and Info 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 voicemail

Altamonte Springs
RECREATION

Therapeutic Pool



Westmonte Park

624 Bills Lane

Altamonte Springs, FL 32714

407-571-8735

www.asrecreation.org

Classes

Arthritis Basic

(Low Intensity)

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

Arthritis Advanced

(High Intensity)

This class is a step-up from the Arthritis Plus. This class focuses on balance and flexibility. The class consists of a complete warm-up, 20 minutes of faster paced Arthritis Foundation* approved exercises and a proper cool down.

Water Aerobics

(High Intensity)

This class is a step-up from the Arthritis Advanced. This class focuses on increasing stamina, muscle tone and improving range of motion. The 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 class schedule. There will be no instruction during these times.

Therapeutic Pool Hours of Operation

Our Therapeutic Pool is open Monday, Tuesday and Thursday from 8am to 7:40pm, Wednesday from 9:40am to 6pm, Friday from 8am to 6pm. The Therapeutic Pool is closed Saturday and Sunday. For your maximum benefit, most classes are offered on a Monday/ Thursday or Tuesday/ Friday schedule. Classes are 40 minutes in length and class size is limited to 30 participants.

| Class Schedule | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--------------------|--------------------|-----------|--------------------|-----------------|
| 8:00am - 8:40am | Arthritis Plus | Arthritis Basic | Closed | Arthritis Plus | Arthritis Basic |
| 9:00am - 9:40am | Arthritis Plus | Arthritis Basic | Closed | Arthritis Plus | Arthritis Basic |
| 9:40am - 11:00am | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| 11:00am - 11:40am | Water Aerobics | Water Aerobics | Open Swim | Water Aerobics | Water Aerobics |
| 12:00pm - 12:40pm | Arthritis Plus | Arthritis Basic | Open Swim | Arthritis Plus | Arthritis Basic |
| 12:40pm - 2:00pm | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| 2:00pm - 2:40pm | Arthritis Plus | Arthritis Basic | Open Swim | Arthritis Plus | Arthritis Basic |
| 3:00pm - 3:40pm | Arthritis Plus | Arthritis Basic | Open Swim | Arthritis Plus | Arthritis Basic |
| 3:40pm - 6:00pm | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| 6:00pm - 6:40pm | Arthritis Advanced | Arthritis Advanced | Closed | Arthritis Advanced | Closed |
| 7:00pm - 7:40pm | Water Aerobics | Water Aerobics | Closed | Water Aerobics | Closed |