

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:25 Physical Therapy	9:30-10:25 Physical Therapy	9:45-10:30 Flex n Stretch w/Nicole	9:30-10:25 Physical Therapy	9:30-10:25 Physical Therapy
10:30-11:25 Physical Therapy	10:30-11:25 Physical Therapy	10:35-11:20 Cardio & Strength w/ Nicole	10:30-11:25 Physical Therapy	10:30-11:25 Physical Therapy
11:35-12:30 Aquilates w/Darlene	11:35-12:30 Cardio Strength w/ Darlene	11:25-12:10 Deep Water Workout w/ Nicole	11:35-12:30 Cardio Strength w/ Darlene	11:45-12:40 <i>Open Pool</i>
12:35-1:30 <i>Open Pool</i>	12:35-1:30 <i>Open Pool</i>	12:15-1:10 <i>Open Pool</i>	12:35-1:30 <i>Open Pool</i>	12:50-1:35 Stretch n Flex w/Nicole
1:30-2:25 Physical Therapy		1:30-2:25 Physical Therapy		1:45-2:30 Cardio & Strength w/ Nicole
2:30-3:25 Physical Therapy	2:30-3:25 Physical Therapy	2:30-3:25 Physical Therapy	2:30-3:25 Physical Therapy	2:30-3:15 Deep Water Workout w/Nicole
3:30-4:25 <i>Open Pool</i>	3:30-4:25 Physical Therapy	3:30-4:25 <i>Open Pool</i>	3:30-4:25 Physical Therapy	
	4:30-5:25 Physical Therapy		4:30-5:25 Physical Therapy	
5:30-6:25 <i>Open Pool</i>	5:30-6:25 <i>Open Pool</i>		5:30-6:25 <i>Open Pool</i>	

Aquatic Therapy Pool Rules

1. To work with a Physical Therapist in the pool, an evaluation must be scheduled with the receptionist.
2. To participate in *Open Pool*, please complete the Aquatic Intake, Health History, and Agreement to Participate forms.

3. Don't forget to bring aquatic shoes, towel, a change of clothes to put on after your session, and please be dressed in swim suit upon arrival
4. Please do not leave personal items in patient restroom. Hanging garment bags are available to store personal items while in the pool. PTS is not responsible for lost or stolen articles.
5. No Street shoes are allowed in the pool area. Aquatic shoes must be worn on the pool deck and in the pool.
6. No entry into the pool water unless a PTS staff member is in the pool area.
7. Everyone must shower before entering the pool to wash off all soaps, lotions, gels, etc.
8. Please remember to use the bathroom before pool sessions.
9. No food or beverages are allowed in the pool area, except for water in plastic containers.
10. No running, diving, or disruptive behavior is allowed.
11. Anyone with an open wound, skin rash, or other potentially contaminating condition will be required to reschedule their pool appointment.

Aquatic Therapy Class Descriptions and Fees

Aquatic Therapy Class	Class Description	Fees
<p style="text-align: center;">Open Pool</p> <p>Call (925) 417-8005 to schedule</p>	<p>After completing Physical Therapy with a Therapist, continue to do your water therapy exercises on your own with supervision. A 30 minute evaluation is required for all new Open Pool members. The cost is \$50.00</p>	<p>Single visit: \$10.00 10 Visit Pass: \$95.00 20 Visit Pass: \$190.00</p>
<p style="text-align: center;">Physical Therapy</p> <p>Call (925) 417-8005 to schedule</p>	<p>Aquatic Therapy with a Physical Therapist. To begin Aquatic Therapy, a land evaluation and a diagnosis from a physician is required.</p>	

<p>Darlene's Classes Call (925) 417-8005 to schedule</p> <p>AEA certified</p>	<p><u>Aqua-lates (Monday 11:15-12:10):</u> Take advantage of this slower paced class using Pilate techniques designed to promote joint flexibility, increase core strength, and overall balance. <i>All levels</i></p> <p><u>Cardio Strength (Tuesday and Thursdays 11:00-11:55):</u> A challenging aerobic class consisting of cardiovascular and strength-training using circuit and interval methods while incorporating various resistive equipment. <i>Intermediate-Advanced levels</i></p>	<p>Drop-in: \$15.00/class 10 Visit Pass: \$130.00</p>
<p>Nicole's Classes Call (510) 305-8503 or Aqua4u5@comcast.net to schedule</p> <p>B.S. Kinesiology, Exercise and Nutrition</p>	<p><u>Deep Water Workout</u> Wednesday 9:25-10:10 and Friday 2:30-3:15: Use the buoyancy of water and equipment to exercise safely without the stress of impact on the body. Core strengthening and cardio segments included. <i>Intermediate-Advanced levels</i></p> <p><u>Flex n Stretch</u> Wednesday 11:15-12:00 and Friday 12:50-1:35: Enjoy this supportive, friendly environment while working on strength, flexibility, coordination and balance. You will see improvements in your range of motion and everyday well-being. <i>Beginning-Intermediate Levels</i></p> <p><u>Cardio & Strength</u> Wednesday 10:15-11:00 and Friday 1:45-2:30: Increase your heart rate and cardio strength utilizing various aquatic equipment with interval training, stations, circuits, and playing games. <i>Intermediate-Advanced levels</i></p>	<p>Drop-in on a space-available basis: \$18.00/class</p> <p>2-Month Registration Period: \$15.00 per class</p> <p>Complimentary free-trial class for first-time participants only. Please call to schedule</p>

Please Note: Our pool features approximately 92 degree water temperature, chair lift for easy accessibility, hand rails along sides of pool, shower and changing rooms. Many insurance companies cover Physical Therapy in the pool, but do not cover Open Pool or Aquatic Classes. Unused pool passes are non-refundable.