

## Aquatic Therapy Class Descriptions and Fees

Aquatic Therapy Class	Class Description	Fees
<p style="text-align: center;"><b>Open Pool</b></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;"><b>Physical Therapy</b></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 style="text-align: center;"><b>Darlene's Classes</b></p> <p>Call (925) 417-8005 to schedule</p> <p>AEA certified</p>	<p><b>Aqualates (Monday 11:35-12:30):</b> 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><b>Cardio Strength (Tuesday and Thursdays 11:35-12:30):</b> A challenging aerobic class consisting of cardiovascular and strength-training using circuit and interval methods while incorporating various aquatic, resistive equipment. <i>Intermediate &amp; Advanced levels</i></p>	<p>Drop-in: <b>\$15.00/class 10</b> <b>Visit Pass: \$135.00</b></p>
<p style="text-align: center;"><b>Nicole's Classes</b></p> <p>Call (510) 305-8503 or <a href="mailto:Aqua4u5@comcast.net">Aqua4u5@comcast.net</a> to schedule</p> <p>B.S. Kinesiology, Exercise and Nutrition</p>	<p><b>Flex n Stretch</b></p> <p><b>Wednesday 9:45-10:30 and Friday 12:50-1:35:</b> 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 &amp; Intermediate Levels</i></p> <p><b>Cardio &amp; Strength</b></p> <p><b>Wednesday 10:35-11:20 and Friday 1:45-2:30:</b> Increase your heart rate and cardio strength utilizing various aquatic equipment with interval training, stations, circuits, and playing games. <i>Intermediate &amp; Advanced levels</i></p> <p><b>Deep Water Workout</b></p> <p><b>Wednesday 11:25-12:10 and Friday 2:30-3:15:</b> 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 &amp; Advanced levels</i></p>	<p>Drop-in on a space available basis: <b>\$18.00/class</b></p> <p>Complimentary Free trial class for first time participants only. Please call to schedule.</p> <p><b>2 Month Registration Period: \$15 per class</b></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.