

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
Open Pool Call (925) 417-8005 to schedule	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	Single visit: \$10.00 10 Visit Pass: \$95.00 20 Visit Pass: \$190.00
Physical Therapy Call (925) 417-8005 to schedule	Aquatic Therapy with a Physical Therapist. To begin Aquatic Therapy, a land evaluation and a diagnosis from a physician is required.	
Darlene's Classes Call (925) 417-8005 to schedule AEA certified	<p><u>Aquilites (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 aquatic, resistive equipment. <i>Intermediate-Advanced levels</i></p>	Drop-in: \$15.00/class 10 Visit Pass: \$130.00
Nicole's Classes Call (510) 305-8503 or Aqua4u5@comcast.net to schedule B.S. Kinesiology, Exercise and Nutrition	<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>	Drop-in on a space-available basis: \$15.00/class 2-Month Registration Period: \$12.50 per class

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.