

# POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00	Physical Therapy 9:00-9:55	Physical Therapy 9:00-9:55	Physical Therapy 9:30-10:25	Physical Therapy 9:00-9:55	
9:30					
10:00	Physical Therapy 10:00-10:55	Physical Therapy 10:00-10:55		Physical Therapy 10:00-10:55	Physical Therapy 10:00-10:55
10:30					
11:00	Arthritis Class 11:00-11:55	H2O Endurance 11:00-11:55	Arthritis Class 11:00-11:55	H2O Endurance 11:00-11:55	OPEN POOL 11:00-11:55
11:30					
12:00	OPEN POOL 12:15-1:10	OPEN POOL 12:15-1:10	OPEN POOL 12:15-1:10	OPEN POOL 12:15-1:10	
12:30					
1:00					
1:30	Physical Therapy 1:30-2:25		Physical Therapy 1:30-2:25		
2:00					
2:30	Physical Therapy 2:30-3:25	OPEN POOL 2:30-3:25	Physical Therapy 2:30-3:25	OPEN POOL 2:30-3:25	
3:00					
3:30	OPEN POOL 3:30-4:45	Physical Therapy 3:30-4:25	OPEN POOL 3:30-4:45	Physical Therapy 3:30-4:25	
4:00					
4:30		Physical Therapy 4:30-5:25		Physical Therapy 4:30-5:25	
5:00					
5:30	OPEN POOL 5:30-6:25	OPEN POOL 5:30-6:25	OPEN POOL 5:30-6:25	Arthritis Class 5:30-6:25	
6:00					

## Aquatic Price List

<b>Aquatic Class</b> Single pass card	\$12
10 pass card	\$115
20 pass card	\$230
<b>Open Swim</b> Single pass card	\$5
10 pass card	\$47
20 pass card	\$ 95
<b>Physical Therapy</b> (self pay),	
One hour session *	\$ 95
In a small group, 2-4*	\$ 75
<b>Fitness Training</b>	
One hour session	\$ 60
<b>Private Aquatic Body Work</b>	
1 hour	\$ 95

\* Requires prescription from a physician and initial evaluation on land.

Note: Some insurance may pay for aquatic therapy.

Unused sessions of Aquatic Classes and Open Swim passes are non-refundable.

## Pool Rules & Orientation

1. To work with a physical therapist in the pool, first schedule an evaluation with the receptionist.
2. To participate in open pool or aquatic classes, fill out the Aquatic Intake, Health History, and Agreement to Participate forms. You can purchase an Aquatic Class or Open Swim Pass at the front desk.
3. Bring with you: swim suit (on if possible) aquatic shoes, towel, clothes to put on after your session.
4. Please do not leave personal items in patient changing room. Hanging garment bags are available to store personal items while in the pool. Physical Therapy Specialties is not responsible for lost or stolen articles.

5. No street shoes in the pool area, aquatic shoes must be worn in the pool and on the pool deck.

6. No entry into the pool unless a Physical Therapy Specialties' staff member is in the pool area.

7. Everyone must shower before entering the pool. Wash off all soaps, lotions, gels, etc.

8. Use bathroom before pool sessions.

9. No food or beverages allowed in the pool area, except for water in plastic containers.

10. No running, diving, or disruptive behavior.

11. Anyone with an open wound, skin rash or other potentially contaminating condition will be required to reschedule their pool appointment.