

Pool Orientation

1. Schedule a land based physical therapy evaluation, then schedule one-on-one aquatic treatment;
2. Fill out the "Aquatic Intake", "Health History" and "Agreement to Participate" forms;
3. Schedule appointments or sign up for aquatic classes and open time at the front desk;

OR

- Purchase an Aquatic Class or Open Swim pass card at the front desk;
4. Come with your swim suit on if possible;
 5. Bring aquatic shoes to wear *in the pool area only*;
 6. Bring your own towels;
 7. Bring clothes to put on after your session;
 8. Aquatic physical therapy sessions, arthritis classes and open pool sessions are 55 minutes long to allow time to transition between sessions.

There is limited space for showering and changing. Please do not leave personal items in patient changing room. Hanging garment bags are available to store personal items while in the pool.

Pool Rules

1. **No street shoes in the pool area**, aquatic shoes must be worn in the pool and on the pool deck;
2. No entry into the pool unless a **Physical Therapy Specialties'** staff member is in the pool area;
3. Everyone must shower before entering the pool. Wash off all soaps, lotions, gels, etc.;
4. Use bathroom before pool sessions;
5. No food or beverages allowed in the pool area, except for water in plastic containers;
6. No disruptive behavior;
7. No running;
8. No diving in any area of the pool.

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

Physical Therapy Specialties is not responsible for lost or stolen articles.

Thank you!