

therapeutic aquatic exercise programs

WINTER 2012

DAY	POOL	CLASS	TIME	BARCODE	START	END	REGISTRATION COST
CLARKSON COMMUNITY CENTRE 2475 Truscott Drive L5J 2B3							
Sunday	TP	Hip and Knee	12:00-1:00 pm	544043	Feb. 12	Apr. 15	\$9.65/class
	R TP	Semi Private Personal Training	2:30-3:00 pm	544074	Feb. 12	Apr. 15	\$17.92/class
	R TP	Semi Private Personal Training	3:00-3:30 pm	544083	Feb. 12	Apr. 15	\$17.92/class
	TP	Warm Water Strength Training	3:30-4:30 pm	544056	Feb. 12	Apr. 15	\$9.65/class
	Women's ONLY TP	Oh My Aching Body	5:30-6:30 pm	546190	Feb. 12	Apr. 15	\$9.65/class
Monday	TP	Oh My Aching Body	11:00-12:00 pm	569437	Feb. 13	Apr. 16	\$9.65/class
	TP	Shoulder, Posture Core	12:00-1:00pm	543855	Feb. 13	Apr. 16	\$9.65/class
	TP	Warm Water Guts & Butts	4:30-5:30 pm	543900	Feb. 13	Apr. 16	\$9.65/class
	TP	Yoga Tai-Lates	5:30-6:30 pm	569435	Feb. 13	Apr. 16	\$9.65/class
	TP	Oh My Aching Body	7:00-8:00 pm	543902	Feb. 13	Apr. 16	\$9.65/class
	TP	Hip and Knee	8:00-9:00 pm	543903	Feb. 13	Apr. 16	\$9.65/class
Tuesday	TP	Back Rehab & Functional Move	12:00-1:00 pm	543907	Feb. 14	Apr. 17	\$9.65/class
	TP	Hip and Knee	1:00-2:00 pm	543910	Feb. 14	Apr. 17	\$9.65/class
	TP	Oh My Aching Body	4:30-5:30 pm	543912	Feb. 14	Apr. 17	\$9.65/class
Wednesday	TP	Stronger & Steadier: H2O	10:30-11:30 am	543913	Feb. 15	Apr. 18	\$9.65/class
	TP	Ai Chi	11:30-12:30 pm	543915	Feb. 15	Apr. 18	\$9.65/class
	TP	Instructed Therapeutic Time	4:30-5:30 pm	548459	Feb. 15	Apr. 18	\$9.65/class
	TP	Warm Water Strength Training	6:00-7:00 pm	543917	Feb. 15	Apr. 18	\$9.65/class
	TP	Oh My Aching Body	7:00-8:00 pm	543918	Feb. 15	Apr. 18	\$9.65/class
Thursday	TP	Shoulder, Posture Core	10:00-11:00 am	544002	Feb. 16	Apr. 19	\$9.65/class
	TP	After Breast Cancer Diagnosis	12:00-12:45 pm	544006	Feb. 16	Apr. 19	\$7.24/class
	TP	Yoga Tai-lates Combo	1:00-2:00 pm	544008	Feb. 16	Apr. 19	\$9.65/class
	TP	Back Rehab & Functional Move	4:30-5:30 pm	544009	Feb. 16	Apr. 19	\$9.65/class
Friday	TP	Oh My Aching Body	9:00-10:00 am	544011	Feb. 17	Apr. 20	\$9.65/class
	TP	Warm Water Strength Training	2:00-3:00 pm	544014	Feb. 17	Apr. 20	\$9.65/class
	*** TP	Warm Water Gentle Aquafit	5:30-6:15 pm	544019	Feb. 17	Apr. 20	\$7.24/class
Saturday	TP	Oh My Aching Body	2:30-3:30 pm	569438	Feb. 11	Apr. 14	\$9.65/class
	*** TP	Warm Water Gentle Aquafit	3:30-4:15 pm	544037	Feb. 11	Apr. 14	\$7.24/class
HURON PARK COMMUNITY CENTRE 830 Paisley Blvd. West L5C 3P5							
Sunday	TP	Warm Water Strength Training	10:00-11:00 am	537233	Feb. 5	Apr. 15	\$9.65/class
	R TP	Semi Private Therapy	11:00-11:30 am	537236	Feb. 5	Mar. 4	\$17.92/class
Monday	*** TP	Warm Water Gentle Aquafit	9:45-10:00 am	537264	Feb. 6	Apr. 16	\$7.24/class
	TP	Oh My Aching Body	10:30-11:30 am	537240	Feb. 6	Apr. 16	\$9.65/class
	TP	Oh My Aching Body	1:30-2:30 pm	569401	Feb. 6	Apr. 16	\$9.65/class
Tuesday	TP	Stroke Rehab Therapy	10:00-11:00 am	537248	Feb. 7	Apr. 17	\$11.31/class
	TP	Shoulder Posture and Core	2:00-3:00 pm	537249	Feb. 7	Apr. 17	\$9.65/class
	R TP	Semi Private Therapy	3:00-3:30 pm	537250	Feb. 7	Mar. 6	\$17.92/class
	TP	Yoga Tai-Lates Combo	6:30-7:30 pm	537239	Feb. 7	Apr. 17	\$9.65/class
	TP	After Breast Cancer Diagnosis	7:30-8:15 pm	564744	Feb. 7	Apr. 17	\$7.24/class
Wednesday	TP	Hip and Knee	10:30-11:30 am	537253	Feb. 8	Apr. 18	\$9.65/class

DAY	POOL	CLASS	TIME	BARCODE	START	END	REGISTRATION COST
HURON PARK COMMUNITY CENTRE 830 Paisley Blvd. West L5C 3P5 continued							
Thursday	TP	Oh My Aching Body	1:30-2:30 pm	537242	Feb. 8	Apr. 18	\$9.65/class
	MP	M.S Hydro Therapy	2:30-3:15 pm	537255	Feb. 8	Apr. 18	\$8.48/class
	*** TP	Warm Water Gentle Aquafit	9:00-9:45 am	537265	Feb. 9	Apr. 19	\$7.24/class
	TP	Oh My Aching Body	9:45-10:45 am	537243	Feb. 9	Apr. 19	\$9.65/class
	M/T	Back Rehab & Functional Move	10:30-11:30 am	537247	Feb. 9	Apr. 19	\$9.65/class
	TP	Stronger & Steadier/Hip&Knee	1:30-2:30 pm	537256/568328	Feb. 9	Apr. 19	\$9.65/class
Friday	TP	Oh My Aching Body	7:15-8:15 pm	537244	Feb. 9	Apr. 19	\$9.65/class
	TP	Oh My Aching Body	10:30-11:30 am	573245	Feb. 10	Apr. 20	\$9.65/class
Saturday	TP	Ai Chi H2O	1:40-2:25 pm	537257	Feb. 10	Apr. 20	\$7.24/class
	TP	Hip and Knee	10:30-11:30 am	537254	Feb. 4	Apr. 14	\$9.65/class
MALTON COMMUNITY CENTRE 3540 Morning Star Drive L4T 1Y2							
Monday	TP	Instructed Therapeutic Time	10:00-11:00 am	547473	Feb. 13	Apr. 16	\$9.65/class
Tuesday	TP	Oh My Aching Body	6:30-7:30 pm	545723	Feb. 14	Apr. 17	\$9.65/class
Wednesday	TP	Oh My Aching Body	10:00-11:00 am	545725	Feb. 15	Apr. 18	\$9.65/class
Thursday	TP	Instructed Therapeutic Time	6:30-7:30 pm	547475	Feb. 16	Apr. 19	\$9.65/class
	TP	Instructed Therapeutic Time	10:00-11:00am	547474	Feb. 17	Apr. 20	\$9.65/class
Friday	*** TP	Warm Water Gentle Aquafit	11:00-11:45am	569529	Feb. 17	Apr. 20	\$7.24/class
	TP	Ai Chi	9:00-9:45 am	545726	Feb. 11	Apr. 14	\$7.24/class

Schedule effective Feb. 2012 **SCHEDULE SUBJECT TO CHANGE** Exception Dates: Feb. 20, March Break (Mar.10-16), Apr.6

Classes may be attended by Registration or on a PAYG basis. PAYG spots are determined by registration numbers. PAYG Therapy 60 minute class \$11.42 or \$50(5 visit tickets = \$10/cl.) PAYG Wellness 45 minute class \$8.54 or \$37.20 (5 Visit tickets = \$7.44/cl.) Therapeutic Membership holders PAYG class drop-in fee \$6.40. Taxes are not included for any prices shown.

Classes with low registration are subject to cancellation Prices will change effective Apr. 1, 2012

MP= Main Pool TP = Therapy Pool M/T=both pools R=Registration class Only *Senior Fee Available for these classes only**

Aquatic Personal Training Available upon request. For more information contact the respective pool:

CLARKSON CC: 905-615-4840 x2121

HURON PARK CC: 905-615-4820 x2450

MALTON CC: 905-615-4640 x2527

THERAPEUTIC TIME

A program for those who require space and time in the warm water therapeutic pool to work through prescribed exercises. Bring a personal therapist (both therapist and client required to pay admission) or work independently. A qualified lifeguard is on duty and specialty equipment is available for your use. Please be aware swims with low attendance are subject to cancellation.

There will be no therapeutic time February 20 and April 6, 2012.

CLARKSON		HURON PARK		MALTON	
M	1:00-3:30pm	M, W, F	2:30-4:30pm	Tu & Th	3:00-5:00pm
Tu	9:00-11:00am & 2:00-4:30pm	Tu	3:00-6:30pm		
W	1:00-3:00pm	Th	4:00-5:45pm		
Th	2:00-4:30pm	Su (1/2 pool)	11:00am-12:00pm		
Fri	12:00-2:00pm				
Su	4:30-5:30pm				

March Break: Mon. to Fri. 2:30-4pm

THERAPEUTIC/FITNESS SWIM

The main pool will be open in addition to the therapeutic pool for those who also need access to deeper water for aquatic exercises or who wish to swim lengths. Every effort will be made to accommodate a variety of swimming abilities. Training aids are available. Please be aware swims with low attendance are subject to cancellation.

There will be no therapeutic/fitness swims February 20 and April 6, 2012.

CLARKSON		HURON PARK		MALTON	
Tu & Th	2:00-3:00pm	M, W, F	2:30-3:30pm	Tu & Th	3:00-5:00pm
Fri	12:00-2:00pm	Not available during March Break		Not available Feb. 7-16, 2012	

Not available during March Break

For a description of **AQUATIC THERAPEUTIC CLASSES** and more information please visit: www.mississauga.ca/therapypools