

DANIEL DRAKE CENTER

AQUATIC & WELLNESS EXERCISE PROGRAMS



JANUARY-JUNE 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8 a.m.	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Adult Learn-to-Swim	
9 a.m.	Water Conditioning	Aquatic Training	Water Conditioning	Aquatic Training	Water Conditioning	Adult Learn-to-Swim	
10 a.m.	Deep Exploration	Open Pool	Open Pool (Deep Water available)	Open Pool	Deep Exploration	Open Pool	
11 a.m.	Arthritis Exercise	Water Conditioning	Arthritis Exercise	Water Conditioning	Open Pool	Open Pool (Closes at noon)	
	Stroke Rehab	Advanced Parkinson's	Parkinson's Exercise Class	Parkinson's Exercise Class	Parkinson's Exercise Class		
1 p.m.	Arthritis Exercise	Walk this Way	Arthritis Exercise	Walk this way	Arthritis Exercise		
	Parkinson's Exercise Class		Upper Extremity Forced Use Class				
2 p.m.	Open Pool	Stroke Class	Open Pool	Stroke Class	Open Pool		
3 p.m.	Adult Learn-to-Swim (Intermediate)	Back in Control	Adult Learn-to-Swim (Beginners)	Back in Control			
4 p.m.	Open Pool	Open Pool	Open Pool	Open Pool			
			Balance & Posture Class				
5 p.m.	Deep Exploration 5-5:50		Deep Exploration 5-5:50				
5:30 p.m.		Aquatic Training		Aquatic Training			
6 p.m.	Water Conditioning		Water Conditioning				
6:30 p.m.		Arthritis Exercise		Arthritis Exercise			

See reverse side for program and registration information.

WELLNESS PROGRAMS can be identified by the shaded background, as follows:

AQUATIC PROGRAMS are those with a white background. All group sessions are eight weeks long.

CALL 513-418-2727
uhealth.com/danieldrakecenter

PROGRAM/REGISTRATION INFORMATION

AQUATIC EXERCISE PROGRAMS

Adult Learn-to-Swim—For improving or learning swimming strokes.

Aquatic Training—For improving endurance and strengthening.

Arthritis Exercise—Increase flexibility, range of motion and endurance through gentle movement.

Back in Control —For core strengthening body control and pain management.

Deep Exploration—For strength and cardiovascular conditioning. Water is 6 ft deep. Wear aqua jogger.

Open Pool— For independent exercise. No lap lanes for swimming available, width distance for practicing strokes.

Stroke Class—For increasing functioning levels of mixed abilities (balance, gait, strength) for those who have suffered a stroke.

Water Conditioning—For general fitness improvement, mobility, endurance, and strengthening.

Walk this Way—Traveling across the pool with different patterns to increase cardiovascular fitness.

WELLNESS EXERCISE PROGRAMS

(See class fees at right)

Balance and Posture Class—This class focuses on cardio, strength, balance, cognitive development and speed as well as drills and games.

Community Wellness Center—The Center is a well-equipped fitness facility staffed by wellness professionals. The Center includes treadmills, stationary bikes, ellipticals, nusteps, strength training equipment and much more.

Monday, Wednesday and Friday: 8 a.m.–3 p.m.
Tuesday and Thursday: 8 a.m.–noon

Next Step—This fitness program is specially designed for individuals discharged from Daniel Drake Center Outpatient Therapies. Appropriate clients need to demonstrate independent and safe use of the equipment or be accompanied by a caregiver.

Monday, Wednesday and Friday: 8 a.m.–3 p.m.
Tuesday and Thursday: 8 a.m.–noon

Parkinson’s Exercise Class—This class will focus on stretching and strengthening exercises designed to improve balance, coordination, mobility/gait, posture and flexibility.

Stroke Rehab Class—This class will build strength, improve posture and balance as well as increase mobility and enhance activities of daily living.

Upper Extremity Forced Use Class—This class is for individuals that have had a stroke and want to focus strictly on their affected arm. It will focus on the weaker arm to grasp, move, and manipulate a variety of objects. “Forced Use” has been shown to improve function and strength.

INDIVIDUALIZED PROGRAMS

Call (513) 418-2727 to schedule

Personal Training (Land or Water)—An individualized fitness program tailored to your own needs/goals. Fees:

- One-Hour Sessions:** \$60 per session or \$210 for four sessions
- 30-Minute Sessions:** \$46 per session or \$160 for four sessions

PROGRAM INFORMATION

Office Hours:

Monday – Friday: 9 a.m. – 4 p.m.
Saturday: 10 a.m. – 12:30 p.m.

*NEW DATES AND SESSIONS

- I: JAN. 6–FEB. 29**
- II: MARCH 2–APRIL 25**
- III: MAY 4–JUNE 27**

- Unless otherwise listed, classes are 50 minutes long.
- Space is limited.
- Registration is on a first-come, first-served basis.
- No refunds or credits provided.
- No make-ups for missed classes.
- May sign up for more than one class.

FEES

Single class visit.....	\$10
8-week session meeting once a week	\$60
8-week session meeting twice a week.....	\$94
8-week session meeting three times a week.....	\$126
Community Wellness (single visit).....	\$7
Community Wellness (20 visits)	\$85

Community Open Pool Pass

(These are available only on pass arrangement).

Single visit pass	\$7
5-visit pass	\$35
10-visit pass.....	\$60
20-visit pass	\$98

Cash, checks and major credit cards accepted. Please make checks payable to Daniel Drake Center for Post-Acute-Care. Once registration is completed, there will be no refunds.