

## March-April 2022

### Aquatic Programs

<b>TIMES</b>	<b>MON.</b>	<b>TUES.</b>	<b>WED.</b>	<b>THUR.</b>	<b>FRI.</b>	<b>SAT.</b>
<b>8 a.m.</b>	Community Open Swim	Community Open Swim	Community Open Swim	Community Open Swim	Community Open Swim	Adult Learn-to-Swim
<b>9 a.m.</b>	Water Conditioning		Deep Exploration	Water Conditioning	Water Conditioning	Beginner Learn-to-Swim
<b>10 a.m.</b>		Community Open Swim		Community Open Swim		Community Open Swim
<b>11 a.m.</b>	Community Open Swim	Arthritis Exercise	Community Open Swim	Arthritis Exercise	Community Open Swim	Community Open Swim
<b>12 p.m.</b>						Closed
<b>1 p.m.</b>	Arthritis Exercise	Beginner Learn-to-Swim	Arthritis Exercise		Arthritis Exercise	
<b>2 p.m.</b>			Beginner Learn-to-Swim	Back in Control	Community Open Swim	
<b>3 p.m.</b>	Back in Control	Community Open Swim	Community Open Swim	Community Open Swim		
<b>4 p.m.</b>						
<b>5 p.m.</b>	Deep Exploration		Deep Exploration	Aquatic Training		
<b>6 p.m.</b>	Water Conditioning	Water Conditioning	Water Conditioning	Water Conditioning		
<b>Community Wellness Center</b>						
<b>Center Hours</b>	8 a.m. - 3 p.m.	8 a.m. - 12 p.m.	8 a.m. - 3 p.m.	8 a.m. - 12 p.m.	8 a.m. - 3 p.m.	
<b>Classes</b>	Parkinson's 1pm		Parkinson's 11am		Parkinson's 11am	



Daniel Drake Aquatic Therapy Center



Daniel Drake Center Aquatic Therapy  
 Center 151 W. Galbraith Road Cincinnati  
 OH 45216 Call 513 418-2727 to register.

**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.

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

**WELLNESS EXERCISE PROGRAMS**

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

**Monday, Wednesday and Friday: 8 a.m.–3 p.m.**

**Tuesday and Thursday: 8 a.m.-12 p.m.**

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

**INDIVIDUALIZED PROGRAMS**

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

One-Hour Sessions: \$60 per session  
 \$210 for four sessions

30-Minute Sessions: \$46 per session  
 \$160 for four sessions

**PROGRAM INFORMATION**

SESSION II: JAN. 3-FEB. 26

SESSION II: FEB. 28-APR. 23

SESSION III: APR 25th - JUNE 18th

- Unless otherwise listed, classes are 50 minutes long.
- Payment due at registration.
- 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.