

Broad Reach Rehabilitation Aquatic Group Classes

Broad Reach Rehabilitation is currently offering seven different aquatic groups throughout the week. All classes are designed to offer a variety of exercises and intensities. The classes incorporate exercises that will strengthen upper/lower body, increase flexibility and range of motion and provide a light to moderate aerobics workout.

MERMAIDS - Monday & Wednesday 8:00 am -OR- Tuesday & Friday 7:00 am / 8:00 am

This class utilizes both deep and shallow areas of the pool so participants should be comfortable being in water over their heads. We do a variety of water programs in this early class from water Pilates, ai chi / yoga, aerobics, and interval / circuit training and deep-water exercise. We often use water exercise equipment like noodles, buoyancy barbells, kick boards and balls to increase resistance for strength training. This is a fast-paced class that pushes participants to challenge their current level of fitness. A great class to start your day!

JUNIOR MERMAIDS - Monday & Wednesday 10:00 am -OR- Tuesday & Friday 10:00 am

This class is similar in format to the early morning class though not quite as challenging. We utilize the same exercise equipment and types of programs; however, the majority of the class is done in the shallow end of the pool. Class format concentrates on strengthening and conditioning all major muscle groups as well as performing low to non-impact aerobic routines. A great class to take mid-morning to give you a boost of energy!

AQUA SPLASH - Monday & Wednesday 11:00 am -OR- Tuesday & Friday 11:00 am

If you are new to water exercise and want to begin at an entry level, this is a great class. The routines emphasize overall conditioning and strengthening as well as increasing flexibility and range of motion. The slower pace and the low impact routines make it possible to work on improving balance and posture. The perfect class to finish your morning routine!

BROAD REACH OUTPATIENT REHABILITATION
390 Orleans Road
North Chatham, MA 02650 508-945-9611
www.BroadReachHealth.org



Broad Reach Rehabilitation

Aquatic Group Classes

GENERAL INFORMATION

- Participants select a particular group that they feel will meet their needs
- Participants commit to participate in the group of classes offered for that month, with each class costing ten dollars (\$10)
- You will not be credited for missed classes unless it is due to snow storms, mechanical failure of pool system, or an instructor is out sick
- If you should miss a class because of illness or a scheduling conflict, you will be allowed to make that class up provided there is room available in an earlier or later class
- Classes will be canceled due to snow only if Monomoy schools cancel classes for the day. In the event of any cancellation, an email notification will be sent to you
- All groups start promptly on the hour and last 45 minutes in duration
- Please do not enter the pool area until five (5) minutes before your scheduled class. Also, at the conclusion of class it is requested that you promptly leave the pool area, in consideration of those who will be entering for the next class or therapy session
- Pool temperature ranges from 88-90 degrees
- We ask that you refrain from wearing any perfumes or lotions prior to using the pool
- Changing rooms are provided but we encourage you to come ready to swim with your suit already on under your clothes. We suggest that you hang heavy winter coats in the Reception Area closet
- Please make sure your shoes are clean before walking into the pool area
- Water shoes or white cotton socks are strongly encouraged as they will protect your feet and provide support in the pool
- We ask all participants to bring from home their own personal towels to use
- Acoustics in the pool area can be very challenging, so we request your courtesy in refraining from lengthy conversations so everyone can hear the music, as well as instructions being given
- Before getting into the pool everyone must rinse themselves off in the shower, and we request that you use the bathroom before getting into the pool
- Included in this packet is a release form that your physician needs to sign prior to your participation in a group. If we can be of assistance in faxing the release form to your doctor, please let us know.

Thank you for your interest in our water groups. If you should have any questions, please feel free to contact:

Ellen Summey, Aquatics Director

EllenSummey@BroadReachHealth.org

Phone (508) 945-9611 ext. 297 * Fax (508) 945-9603

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Aquatic Group Classes

PARTICIPANT APPLICATION AND RELEASE FORM

Complete All Sections- (Please Print)

Applicant Name: _____ Phone # _____

Mailing Address: _____

City/State/Zip: _____ Date of Birth: _____

E-mail address: _____

Emergency Contact Name: _____ Phone # _____

Your Medical Status:

Is this your first aquatic program experience? Yes No

Do you know how to swim if you had to? Yes No

Do you have any conditions that you or your doctor feel we should be aware of? Yes No

If yes, describe: _____

Fee Schedule:

Cost is calculated for the session according to the number of classes to be held (\$10 per class), paid in full by the first class of each session. Entry into a session once it has started is at the discretion of the facility. Sessions run on a monthly basis.

Agreement and Release: *(Must be signed by applicant)*

I understand and agree that there are risks, both foreseeable and unforeseeable, associated with any exercise program. I agree that my participation in the Broad Reach Aquatics program and my use of the Broad Reach facility and exercise equipment is at my own risk and I release Broad Reach of Chatham Inc., its agents and employees from any liability whatsoever arising from my participation in the program. I acknowledge that although the program may be facilitated by a licensed physical therapist, the program is not a skilled therapy service.

Applicant Signature and Date:

Physician's Approval / Date (Required):

The above patient may participate in this program.

Return completed form to:

Broad Reach Outpatient Rehabilitation
390 Orleans Road, North Chatham, MA 02650
Fax: (508) 945-9603