



# Aquatic Exercise Classes

IU Health Ball Memorial Hospital Rehabilitation Center on Community Drive offers a safe, welcoming environment for community members to exercise in our warm, therapeutic pool.

## **Who can participate?**

- Clients may be current or past rehabilitation patients or individuals from the community who wish to exercise and have stable medical conditions.
- Physician referral is not required.

## **What is the pool like?**

- 93 degrees for therapeutic benefit.
- Depths ranging from 3 to 7 feet for differing levels of buoyancy.
- Accessibility into the pool by ramp, hydraulic chair lift, stairs and wheelchair.
- Hydro-spa jets and other water exercise equipment are available.

## **Why warm water exercise?**

- Warm water helps to decrease pain and increase ease of movement.
- Clients can work on strength, balance, stretching, posture and ambulation.
- Buoyancy of water decreases the load on joints.
- Relaxation of muscles.

## **How do I get started?**

- Classes, one-on-one sessions for individuals who need hands on assistance, and open pool hours are available.
- Initial intake information needs to be completed prior to participation.
- Call IU Health Ball Memorial Hospital Rehabilitation Center on Community Drive with questions or visit the website.

## **Aquatic Class Schedule**

All classes/open pool are \$7 per session.

Private sessions are available for \$30 per session.

### **Monday**

12 pm: FitAqua

1 pm: FitAqua

4:30 pm: Fibromyalgia

5:15 pm: AquaArthritis

6 pm: Intense Aqua

8 am – 6 pm: Open Pool

### **Tuesday**

9 am: AquaArthritis

10 am: AquaArthritis

11 am: Stroke Pool Class

12 pm: AquaArthritis

1 pm: ModifiedAqua

5:15 pm: FitAqua

8 am – 6 pm: Open Pool

### **Wednesday**

12 pm: FitAqua

1 pm: FitAqua

4:30 pm: Fibromyalgia

5:15 pm: AquaArthritis

6 pm: Intense Aqua

8 am – 6 pm: Open Pool

### **Thursday**

12 pm: AquaArthritis

1 pm: ModifiedAqua

5:15 pm: FitAqua

8 am – 6 pm: Open Pool

### **Friday**

9 am: AquaArthritis

11 am: Stroke Pool Class

12 pm: FitAqua

8 am – 4:30 pm: Open Pool

**No referral is necessary.**

**Please bring your own towel.**

**IU Health Ball Memorial Hospital Rehabilitation Center**

**3300 W. Community Drive**

**Muncie, IN 47304**

**For more information, please call 765.751.2555**



**Ball Memorial Hospital**