

# The *Aquatic Center* at CP Program Guide

2010 Spring Session: April 5 – July 2, 2010

## ***Registration Dates***

Current Participants: March 8

New Participants: March 15

New Class: Moving on with MS



Expanded Times:  
**Arthritis Classes**  
**Deep Water**  
**Open Swim**

*Families are  
welcome for  
Open Swim!*

**Gift Certificates Available**



**Cerebral Palsy, Inc.**  
2801 S. Webster Ave.  
Green Bay, WI 54313  
Aquatics (920) 403-POOL (7665)  
Main (920) 337-1122  
[www.cp-center.org](http://www.cp-center.org)

## Inside:

- Information & Policies Pages 2 – 3
- General Fitness Classes Pages 4 – 6
- Open Swim Page 6
- Independent Exercise/Water Walking Page 7
- Focus on Arthritis Classes Pages 7 – 8
- Specialized Aquatic Exercise Pages 9 – 10
- Swim Instruction Pages 11 – 12

## Information

The *Aquatic Center at CP* is equipped with two warm water pools averaging 90-92 degrees, and a whirlpool that averages 102 degrees; the facility is outfitted with handrails and ramps for assistance, and electronic doors for easy entry.

Aquatic exercise can help in a variety of ways for many physical challenges, special conditions and fitness needs. The Aquatic Center at CP offers classes and instruction designed to address your needs and to assist you with developing the six basic components of exercise: *balance, strength, endurance, agility, flexibility and coordination*. A wide array of classes and instruction are offered to the public for various ages and fitness levels, and are crafted to address a variety of needs.

## Classes, Registration and Payment

The 2010 Spring Session runs from April 5 – July 2 (13 weeks) and each class meets one time per week. Classes are 45 minutes unless otherwise noted.

Stop in the Aquatic Center or call (920) 403-POOL (7665) to register. Payment is due at the time of registration, and can be made by Cash, Check (made out to Cerebral Palsy, Inc.), or Credit Card (Visa, MasterCard or Discover).

**The cost of a 13-week Spring Session class is \$61.75;** class schedules may vary depending on pool closures, those classes will be pro-rated. See *next page for Independent Exercise/Water Walking and Open Swim Fees*. **Drop in to any one class for \$6.00**

Registration continues throughout the session on a space availability basis. If you register after the session has begun, your rate will be pro-rated.

## ***Independent Exercise/Water Walking and Open Swim Fees***

### ***Adults:***

- 1 Dip for \$6.00
- 10 Dips for \$55.00 (expires one year from date of purchase)
- 20 Dips for \$100.00 (expires one year from date of purchase)
- 6 months unlimited use for \$225.00
- 1 year unlimited use for \$325.00

***Husband & Wife/Two Adults*** (living under the same roof, proof of residence required):

- 6 months for \$350.00
- 1 year for \$525.00

***Family (living under same roof):***

- 1 Dip for \$20.00 (max of 5 people)
- 1 Dip family after 5 people, \$3.00/person
- 6 months for \$400.00 (max of 5 people)
- 1 year for \$600.00 (max of 5 people)

***Children (ages 4-17 must be accompanied by a paying adult):***

- 1 Dip for \$5.00

***Children (ages 3 and under must be accompanied by a paying adult):***

- 1 Dip for \$3.00

## ***The Aquatic Center Hours of Operation***

Monday 6:30am-8:45pm

Tuesday – Thursday 5:45am-8:00pm

Friday 6:15am-4:45pm

## ***Locker Rooms***

Private and Co-ed Locker rooms are available for your needs. Cerebral Palsy, Inc. is not responsible for lost or stolen items; we suggest you bring a lock for your valuables or leave them at home.

## ***Gift Certificates***

Gift certificates are available for any amount at the aquatic reception desk and can be used towards any aquatic services.

## ***Photographs/Videotape Policy***

Cerebral Palsy, Inc. reserves the right to photograph and/or videotape adults and children participating in our classes, events and other programming in our pools. Images may be used in promotional materials, advertising and on the Cerebral Palsy, Inc. website.

# General Fitness

Class Difficulty Level:

 =Low Intensity     = Moderate     =Challenging

## Aqua Fit

This medium intensity class will keep you moving!! The class works on coordination, cardiovascular endurance, strength, toning, and flexibility. A variety of equipment will be used to improve your levels of fitness.

*This class always takes place in Pool: 1*

### Days and times offered:

**M:** 7:00pm; 7:45pm

**T:** 6:00AM; 6:45am; 6:15pm; 7:00pm

**W:** 6:00am; 1:00pm

**R:** 6:00am; 6:45am; 7:00pm

**F:** 1:00pm

## Deep Water

A medium intensity/low impact workout. All over toning and cardiovascular program held in deep water with float belts. This is a great full body workout focusing on the body's core muscles.

*This class always takes place in Pool: 2*

### Days and times offered:

**M:** 7:30pm; 5:00pm

**T:** 7:00am; 11:45am; 1:30pm

**W:** 6:30am; 5:00pm; 6:00pm

**R:** 7:00am; 11:45am; 1:30pm; 6:00pm; 6:45pm

## Salsa Splash

This class features interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. All in our warm water pool

*This class always takes place in Pool: 1*

**Days and times offered:**

**M:** 1:00pm

## Stretch & Tone

This class is a total body workout incorporating stretching and strengthening. With the use of weights and foam dumbbells, muscle toning is a breeze. End with deep breathing and relaxation.

*This class always takes place in Pool: 1*

**Days and times offered:**

**F:** 6:30am

## W.A.V.E.S. Circuit

Add Water And a Variety of Exercise Stations and you get W.A.V.E.S. This class will keep you going. You will alternate between strength moves and cardio moves, followed by stretching and abdominal work.

*This class always takes place in Pool: 2*

**Days and times offered:**

**M:** 4:15pm

**W:** 4:15pm

## Water Yoga

Calming & rejuvenating; utilizing the practices of Yoga, Ai Chi and Qi Gong. This class will help you improve your flexibility, balance, muscle tone, breathing patterns and state of mind. It is sure to help you manage stress and get you through the week.

*This class always takes place in Pool: 1*

### **Days and times offered:**

**M:** 6:45am

**W:** 6:45am

## **Open Swim**

These times are for children, families and/or small special needs groups. Independent exercisers / Water Walkers are welcome to attend, but exercise may be difficult during these times because of the play/fun type of atmosphere. NOTE: Due to our warm water temperatures, continuous lap swimming is discouraged.

*This always takes place in Pool: 2*

### **Days and times offered:**

**M:** 6:45am-9:00am; 12:00pm-2:00pm; 6:45pm-7:30pm

**T:** 6:00am-7:00am; 7:45am-9:00am; 2:15pm-5:00pm;  
6:45pm-7:30pm

**W:** 7:15am-9:00am; 12:00pm-2:00pm; 6:45pm-7:30pm

**R:** 6:00am-7:00am; 7:45am-9:00am; 2:15pm-4:00pm;  
5:00pm-6:00pm; 6:45pm-7:30pm (shallow end only)

**F:** 6:45am-4:30pm

## **Independent Exercise/Water Walking**

These times are for individuals who are exercising or water walking in the pool; independent of an instructor. Playing and splashing are discouraged. NOTE: Due to our warm water temperatures, continuous lap swimming is discouraged.

### **Days and times offered:**

#### **Pool 1:**

**M:** 8:15am-9:45am; 11:30am-12:15pm; 3:30pm-4:15pm

**T:** 7:30am-8:15am; 11:30am-12:15pm

**W:** 8:15am-9:45am; 3:30pm-4:45pm

**R:** 7:30am-8:15am; 11:30am-12:15pm

**F:** 8:15am-9:00am; 11:30am-12:15pm

#### **Pool 2:**

**M:** 2:00pm-4:15pm

**T:** 9:45am-11:45am; 12:30pm-1:30pm

**W:** 2:00pm-4:15pm

**R:** 9:45am-11:45am

## ***Focus on ARTHRITIS***

### **Deep Water Joint Motion**

Warm water exercise program held in deep water with float belts. This is a great full body workout focusing on the body's core muscles and helps to increase flexibility, range of motion, endurance, and stamina, as well as decrease joint stiffness. This class allows you to exercise without putting a strain on your joints and muscles. Arthritis Foundation guidelines are followed.

*This class always takes place in Pool: 2*

### **Days and times offered:**

**M:** 9:00am

**T:** 9:00am

**W:** 9:00am

**R:** 9:00am

## **Joint Motion**

Warm water exercise program that helps to increase flexibility, range of motion, endurance, and increases stamina, as well as, decrease joint stiffness . This class allows you to exercise without putting a strain on your joints and muscles. Arthritis Foundation guidelines are followed.

*This class always takes place in Pool: 1*

### **Days and times offered:**

**M:** 12:15pm

**T:** 9:00am; 10:45am

**W:** 11:30am; 12:15pm; 4:45pm; 5:30pm

**R:** 9:00am; 10:45am

**F:** 12:15pm

## **Joint Motion Plus**

This class is built on the basics of the original JOINT MOTION CLASS with an added endurance component and new exercises that may incorporate equipment. Arthritis Foundation Guidelines are followed.

*This class always takes place in Pool: 1*

### **Days and times offered:**

**M:** 7:30am; 2:45pm; 5:30pm; 6:15pm

**T:** 8:15am; 12:15pm; 2:45pm; 5:30pm

**W:** 7:30am; 2:45pm

**R:** 8:15am; 12:15pm; 5:30pm

**F:** 7:30am; 9:00am

# ***Specialized Aquatic Exercise***

## **Back in Action**

For people with back problems. Strength, flexibility, posture, and endurance are stressed.

*This class always takes place in Pool: 1*

### **Days and times offered:**

**M:** 10:45am

**W:** 10:45am

**F:** 10:45am

## **Diabetic**

Mild exercises in the water utilizing equipment. Option to meet after class to test one's blood sugar (please bring your own testing equipment).

*This class always takes place in Pool: 1*

### **Days and times offered:**

**T:** 1:00pm

**R:** 1:00pm

## **Moving Ahead to Fitness**

Warm water exercises for people who are status post stroke or who have had head trauma or balance deficiency. Relaxation, coordination, flexibility, water walking, and speech activities.

*New Participants: A short evaluation/orientation is needed before enrolling in this class, please call for an appointment.*

*This class always takes place in Pool: 1*

### **Days and times offered:**

**T:** 3:30pm

**R:** 3:00pm - **New start time**

## **Moving on with MS (Multiple Sclerosis)**

Improve mobility, increase flexibility and advance general strength and fitness in our warm water environment. This class will incorporate aquatic exercises and yoga poses created especially for those with MS, as well as other gentle movements like those utilized in Tai Chi. The goal is to maintain and/or improve functioning for those with MS. Additional benefits include improved breathing and body awareness, as well as heightened relaxation and a great network of aquatic friends. **Note: This class is not recommended for those with heat sensitivity or intolerance. \$45.50**

*This class always takes place in Pool: 2*

**Days and times offered:**

**R:** 12:45pm-1:15pm (30 minute class)

**NEW**

## **Pain Management**

Ease your pain by improving core strength, posture, flexibility and general conditioning while working in a warm water setting. Work on relaxation and the mind/body connection. This class is especially helpful for chronic pain syndrome, back pain/weakness, and fibromyalgia.

**Days and times offered:**

**M:** 6:00pm (2)

**R:** 6:15pm (1)

## **Parkinson's**

This water exercise class is designed for people with Parkinson's Disease. The focus of the class is to enhance posture control, improve body strength, balance, functional mobility, cardio/respiratory fitness and encourage social interaction. *New Participants: A short orientation and evaluation is needed before enrolling in this class, please call for an appointment.*

*This class always takes place in Pool: 2*

**Days and times offered:**

**M:** 11:00am

**W:** 11:00am

# ***Instructional***

## **Adult Learn To Swim**

This class is geared for adults who would like to become comfortable in the water and learn the basics of swimming. Small student to teacher ratio.

*This class always takes place in Pool: 2*

**Days and times offered:**

**M:** 9:45am

## **Parent and Child Aquatics**

Developed for children 6 months to 5 years of age, Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater explorations and more. Once children can perform basic skills without parental assistance, they may begin Learn-to-Swim courses.

*This class always takes place in Pool: 2*

**Days and times offered:**

**T:** 5:15pm

## **Special Needs Instructional**

Basic water/swimming skills along with therapeutic exercises for children and young adults with special needs. A form from the aquatic swim & exercise coordinator must be completed before participating.

**Days and times offered:**

**M:** 4:15pm (1)

**T:** 4:15pm (1); 6:00pm (2);

4:55pm-5:30 (pool 1, 35 minute class/\$45.50)

**W:** 6:15pm (1); 7:00pm (1)

**R:** 4:00pm (1 & 2); 4:45pm (1)

## **Private Swim Instruction**

Swim Instruction for all ages.

***By Appointment Only. 1 person \$25/30 minutes;***

***2 people \$40/30 minutes.***

## **Private Training**

One-on-one instruction with a personal trainer in the pool.

***By Appointment Only. 1 person \$45/hour.***

## **Intro to Water Exercise**

One-on-one session for beginners who would like to learn the basics of water exercise prior to joining a class or working independently. *\*30 minute class*

**Days and times offered:**

**M: 10:30am-11:00am**

***By Appointment Only. 1 person \$20/30 minutes.***

**Did you  
know?**



**CP Now Accepts  
Donated Vehicles**

***Call for more info:  
(920) 337-1122***