

The *Aquatic Center* at CP Program Guide

2010 Summer Session: July 6 – October 1, 2010

Registration Dates

Current Participants: June 7

New Participants: June 14

New Class:

W.A.V.E.S. Circuit Deep Water



***Families welcome
for Open Swim!***

**Gift Certificates
Available**

**Expanded Times:
Arthritis Classes, Deep Water,
Moving on with MS, Open Swim,
Independent Exercise/Water Walking**



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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 Summer Session runs from July 6 – October 1 (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: 1:00pm- **NEW TIME**; 7:00pm; 7:45pm

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

W: 6:00am; 1:00pm

R: 6:00am; 6:45am

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: 5:00pm; 7:30pm

T: 11:45am; 1:30pm; 5:15pm- **NEW TIME**

W: 6:30am

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

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

W.A.V.E.S. Circuit Deep Water



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 is held in deep water with float belts.

This class always takes place in Pool: 2

Days and times offered:

T: 7:00am

W: 5:00pm

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;
6:00pm-7:30pm- **NEW TIME**

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; 7:00pm-7:45pm-**NEW TIME**

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

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

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

T: 5:30pm - **NEW TIME**

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

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.

This class always takes place in Pool: 2

Days and times offered:

R: 12:45pm - **EXPANDED TIME**

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.

This class always takes place in Pool: 1

Days and times offered:

W: 5:30pm

Special Needs Instructional

Basic water/swimming skills along with therapeutic exercises for children and young adults with special needs. *New Participants: A short orientation and evaluation is needed prior to enrolling. Please contact the Manager of Aquatics for an appointment.*

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***