What is the Community Pool Program?
The Community Pool Program allows community members to reap the benefits of small group, one-on-one or independent adapted aquatic exercise offerings in a warm water pool.

What programs does the Community Pool Program offer?

- **Independent Exercise Program**: Appropriate for individuals who no longer need to be supervised by a therapist.
- **One to One**: Individuals work one-on-one with a certified recreational therapist to create an aquatic exercise program tailored to their needs.
- **Adapted Fitness Aquatic Program**: This class focuses on maintaining and improving joint range of motion.
- **Ai Chi**: This class uses deep breathing with slow, gentle movements to improve balance, flexibility, posture and relaxation.
- **Back Class**: This program provides a series of back and core strengthening exercises designed to help individuals who suffer from chronic back pain. Led by a BackHab certified recreational therapist.
- **Floating Meditation**: Relax and float in water with support from pool noodles and flotation equipment while listening to guided meditation.

Do I need to know how to swim to participate?
No, the ability to swim is not necessary.

How Can I Get Started?
For more information on the Community Pool Program and adapted aquatic exercise offerings, contact Alyssa Chagares, CTRS at 845-786-4457.

This is NOT a swimming pool for laps. There is a monthly fee for Community Pool Program participants.