

Community Pool Program

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 are the benefits of the Community Pool Program ?

By exercising in the therapeutic pool, participants are often able to control body movements in ways that are not possible “on land.” Aquatic exercise can reduce pain and discomfort while increasing physical function. In addition, warm water immersion can:

- support body weight and lessen the effects of gravity
- provide buoyancy and reduce weight-bearing stress on joints
- promote deep breathing
- promote cardiovascular and muscular endurance
- increase circulation, flexibility & balance
- encourage relaxation

Pool Description

The 25 x 60 foot pool, heated to 90-94 degrees, offers a flat floor divided into depths ranging from two and a half feet to five feet, enabling individuals of varying heights to exercise comfortably. It has two pool lifts that attach directly to specially designed chairs and stretchers, providing access to individuals of all abilities. Ambulatory participants may access the pool from stairways fitted with handrails. A lifeguard is always on duty.

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.



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.