



## Aquatic Wellness Program

### Programs to meet your needs

Helen Hayes Hospital offers an Aquatic Wellness Program to help meet the needs of people with varying degrees of physical disability or chronic conditions. Conditions that can particularly benefit from an aquatic exercise program include low back pain, osteoporosis, stroke, arthritis, neurological conditions, or post-operative rehabilitation for orthopedic procedures such as knee, back, or hip surgery.

The goal of the Aquatic Wellness Program is to help reduce pain and discomfort while increasing physical function and relaxation. Warm water immersion lessens the effects of gravity, providing buoyancy and reducing weight-bearing stress on joints. The warm water (92-94 degrees Fahrenheit) also increases circulation and promotes relaxation, deep breathing, cardiovascular endurance, muscle endurance, strength, and flexibility.

The Aquatic Wellness Program offers a variety of programs to help participants reach their individual goals:

#### One-to-One Training:

Train one-to-one with a certified recreational therapist/personal trainer. Design and execute a personalized exercise program based on your abilities and goals. Goals can include improving mobility, stability, strength, cardiovascular endurance, stamina, and more.

#### Group Classes:

Group classes aim to help improve everyday function and activity, focusing on flexibility, mobility, and strength. Classes are scheduled weekly and will have a particular focus, such as adapted fitness, back health, arthritis relief, etc. A class schedule will be posted on the bulletin board outside the pool and on the hospital's website.

#### Open Aquatic Time (limited sessions):

Train on your own in the pool, monitored by a Helen Hayes Hospital staff member, after receiving an initial orientation and exercise program tailored to fit your needs and goals. Participants are limited to two 60 minute open aquatic time sessions per week, and they must be scheduled in advance.



#### Hours, Pricing, & Additional Info:

The Aquatic Wellness Program operates Monday through Friday. Group class schedules will be posted on the bulletin board outside of the pool and on the hospital's website. Training schedules will vary according to participant need.

The Aquatic Wellness Program does not accept insurance. Fees must be paid in advance of services rendered. A doctor's clearance form is required prior to participation in the program.

**For additional information, including pricing and details on the program's application process, please contact the Aquatic Wellness Program at 845-786-4457.**