



BLOORVIEW AQUATIC CENTRE

Aquafitness – Spring 2010



These programs are suitable for people who have arthritis or fibromyalgia. Others who have a similar need for a gentle workout are also welcome to attend. Our Aquafitness Instructors are *not* therapists, and will encourage you to listen to your own body and to work at your own pace. The water temperature in our big pool is 92° F. The water temperature in our smaller therapy pool is 94° F.

Where: 150 Kilgour Road (just north of Bayview and Eglinton)
(416) 425-6220, extension 3539, press #5

**check dates carefully – there are several different session start/end dates*

Day	Dates	Time	Type of Class	# of classes	Instructor	Cost
Thurs	Mar. 25 th to June 10 th	9:30-10:30 am	Deep Water (no impact)	12	Donnamarie	\$120.00
Thurs	April 1 st to June 10 th	7:30-8:15 pm	Active II	11	Aida	\$110.00
Fri	Mar. 26 th to June 11 th <i>(no class April 2nd)</i>	12:05-1:05 pm	Active II	11	Aida	\$110.00
Fri	"	1:10-2:10 pm	Active I	11	Aida	\$110.00
Sun	Mar. 28 th to June 13 th <i>(no class April 4th or May 23rd)</i>	9:15-10:15 am	Deep Water (no impact)	10	Donnamarie	\$80.00
Tues	Mar. 30 th to June 8 th	8:20-9:05 pm	Active II	11	Aida	\$110.00

AND OUR SPECIALTY CLASSES (in our smaller therapy pool) . . .

Day	Dates	Time	Type of Class	# of classes	Instructor	Cost
Thurs	Mar. 25 th to June 10 th	10:35-11:35	Balance	12	Donnamarie	\$144.00
Thurs	April 1 st to June 10 th	8:20-9:05 pm	Tai Chi	11	Aida	\$132.00
Fri	Mar. 26 th to June 11 th <i>(no class April 2nd)</i>	11:15-12:00 pm	Tai Chi	11	Aida	\$132.00
Tues	Mar. 30 th to June 8 th	7:30-8:15 pm	Tai Chi	11	Aida	\$132.00

You must complete an Activity Readiness Questionnaire prior to the first class, which may require a doctor's signature. You will be asked to re-sign your form each session indicating that your information has not changed. A new form and doctor's note will only be required if your medical condition has changed since your last session with us.

Please contact the pool office if you have any questions, or to register. Payment must be received *prior* to the first class in order to reserve your spot.

For opportunities to use our warm-water pool *without* instruction please visit our website at www.bloorview.ca/swim to see our 'Quiet Swim' program information and schedule. If you do not have internet access, please contact the pool office at (416) 425-6220, extension 3539, press #3.