

Service First of Northern California
Aquatic Therapy & Wellness
Class/Pool Schedule

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Hours

M-W-F: 8:15am - 6:45pm & **T-TH**: 8:15pm - 4:45pm (by appointment only)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00am - 8:15am	Client Open Swim	•Physical Therapy •Assessments •In-pool orientations •1 on 1's •Swim Lessons •Special Sessions**	Client Open Swim	•Physical Therapy •Assessments •In-pool orientations •1 on 1's •Swim Lessons •Special Sessions**	Client Open Swim	
8:15am - 9:00am	Arthritis		Arthritis		Arthritis	
9:00am - 9:30am	Client Open Swim		Client Open Swim		Client Open Swim	
9:30am - 10:15am	Core		Core		Core	
10:15am - 10:45am	Client Open Swim		Client Open Swim		Client Open Swim	
10:45am - 11:30am	Level 1-2		Level 1-2		Level 1-2	
11:30am - 11:45am	Client Open Swim		Client Open Swim		Client Open Swim	
11:45am - 1:00pm	Individual Programs Physical Therapy		Individual Programs Physical Therapy		Individual Programs Physical Therapy	Individual Programs Physical Therapy
1:00pm - 1:15pm	Client Open Swim		Client Open Swim		Client Open Swim	Client Open Swim
1:15pm - 2:00pm	Level 1		Level 1		Level 1	Level 1
2:00pm - 2:15pm	Client Open Swim	Client Open Swim	Client Open Swim	Client Open Swim		
2:15pm - 5:15pm	*Physical Therapy/Swim Lessons (POOL CLOSED)	*Physical Therapy/Swim Lessons (POOL CLOSED)	*Physical Therapy/Swim Lessons (POOL CLOSED)	*Physical Therapy/Swim Lessons (POOL CLOSED)		
5:15pm - 5:30pm	Client Open Swim	Client Open Swim	Client Open Swim	Client Open Swim		
5:30pm - 6:15pm	Level 3	Level 3	Level 3	Level 3		
6:15pm - 6:30pm	Client Open Swim	Client Open Swim	Client Open Swim	Client Open Swim		

*During physical therapy/swim lessons, pool use is restricted to patients and swim lesson participants only.

**Special sessions are services not normally offered. Any special sessions as well as cost will be determined by Physical Therapist or Program Manager.

Class Descriptions

Arthritis: A slow-paced, low-intensity class emphasizing range of motion, balance, coordination, mild strengthening, and endurance.

Core: A class emphasizing strength of the abdominals, mid/lower back, and the importance of balance and posture (a decreased focus on cardio).

Level 1: Low-impact class: Aqua aerobics including light jogging and exercises to increase strength, endurance, and flexibility.

Level 2: A Moderate-impact class: Aqua aerobics including jogging, jumping, and exercises to increase strength, endurance, and flexibility.

Level 3: A Moderate to High-impact class: Aqua aerobics including running, jumping and exercises to increase strength, endurance, and flexibility.

Individual Exercise Program: To be eligible, it must be specified on your prescription or suggested by Aquatic Specialist/Physical Therapist after in-pool orientation (IPO) has been completed.

PLEASE NOTE: The pool closes promptly at 6:30pm and the facility closes at 6:45pm.