

# Aquatic Wellness Program

## 2009 Schedule



*Children and adolescents will have fun in the water with the following aquatic exercise programs taught by staff from the Division of Occupational Therapy and Physical Therapy at Cincinnati Children's Hospital Medical Center. All sessions will be held at Outpatient Drake Center, located at 151 W. Galbraith Road.*

Session 1: January 5-February 28

Session 2: March 2-April 25

Session 3: May 4-June 27

Session 4: July 6-August 29

Session 5: August 31-October 24

Session 6: October 26-December 19

We will be closed January 1, 2 and 19, May 25, June 29-July 5, September 7, November 26 and December 20-January 3.



## Aquatic Wellness Programs

### Children's Group

This class focuses on maintaining and increasing range of motion, endurance, balance and coordination, and strength and flexibility while reducing pain, as well as providing aerobic fitness to improve overall health and establish a more physically active lifestyle. This group is for children with conditions such as JRA or weight management issues, and those recovering from illness or injury. Participants must be able to walk in the water without an assistive device, be at least 45 inches tall, able to follow directions, and comfortable in the water.

- Thursdays 5-6 pm

### Teen Group

We will focus on aerobic fitness, endurance, strength, flexibility/range of motion, decreasing pain and socializing to improve overall health and establish a more physically active lifestyle. This group is for adolescents with conditions such as fibromyalgia, JRA, weight management, lupus and hemophilia. Participants must be able to walk in the water without an assistive device and be comfortable participating in deep water activities.

- Thursdays 6-7 pm

### Open Swim for Kids and Parents

This class provides an opportunity for parents and their children to interact in a warm water pool. Staff will be available for consultations and to make recommendations about equipment, range of motion and stretching, overall strengthening, and breathing and relaxation techniques to use in the water. We encourage children who are unable to walk or are neurologically impaired to attend, including those with cerebral palsy, brain injuries or medically controlled seizure disorders. A lifeguard will be present; however, you will be responsible for your child.

- Wednesdays 6-7 pm

### Sensory Processing

This class promotes sensory processing through play and sensory motor experiences. It focuses on sensory processing, awareness of position in space, attention to task, modulation of sensory input, water safety skills, and socializing and interacting with peers. You may be required to get in the pool with your child. Participants must be at least 45 inches tall.

- Mondays 6-7 pm
- Tuesdays 4-5 pm, 5-6 pm and 6-7 pm
- Fridays 3-4 pm (Adolescents)

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### Frequently Asked Questions

#### How long are the classes?

Classes are held once a week for one hour, and each session lasts eight weeks.

#### What forms do I need to complete to enroll my child?

- A physician's referral is **REQUIRED**
- Parent's permission to participate
- Registration form

*Payment is required before the class begins. You may pay by cash or check, payable to Cincinnati Children's.*

#### What should I bring?

- Swimsuit
- Water shoes (don't let your child wear shoes outside, it brings bacteria into the pool)
- Ear plugs (if your child needs them)
- Goggles (if your child needs them)
- For open swim class, parents need a swimsuit and water shoes

*A towel will be provided.*

#### What are the rules of the pool?

You will be provided with a copy of the pool rules.

#### Where do I meet?

- Enter through the West Pavilion doors at the Drake Center
- Take elevators on the right to level A
- Turn left off the elevator and walk down the long hallway
- Cincinnati Children's Outpatient Drake is located just past the pool on the right

#### Are siblings allowed to attend?

Siblings must be supervised by a parent at all times; however, we recommend not bringing siblings if possible. For safety reasons, it is strongly recommended that siblings remain outside the immediate pool area at all times. Seating is available outside the pool area or in the OT/PT waiting area across the hall. Children and adults who remain in the pool area to observe must be seated at ALL times. For the safety of your children, please keep infants and toddlers in their strollers.

#### Are parents allowed to leave the premises while their child is participating in a class?

No, unless your child is 18 or older, you need to stay with your child.

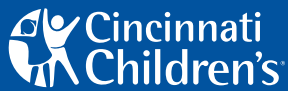
#### How tall does my child need to be to participate?

Height requirements are different for each class. Talk to the instructor about which class time is appropriate.



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