

Kootenai Health
Outpatient Rehabilitation Services
Aquatic Exercise

2003 Kootenai Health Way
 Coeur d'Alene, ID 83814
 (208) 625-5311
 www.kh.org/rehab

Class Schedule October-November-December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Instructor- <i>Gina</i>	Instructor- <i>Letana</i>	Instructor- <i>Gina</i>	Instructor- <i>Letana</i>	Instructor- <i>Gina</i>
7:00-7:45 Cardio/Yoga/Pilates		7:00-7:45 Cardio/Yoga/Pilates		7:00-7:45 Cardio/Yoga/Pilates
8:15-9:00 Cardio	8:15-9:00 Cardio	8:15-9:00 Cardio	8:15-9:00 Cardio	8:15-9:00 Cardio
11:00-11:45 Cardio	11:00-11:45 Cardio	11:00-11:45 Cardio	11:00-11:45 Cardio	11:00-11:45 Cardio
	12:00-12:45 Yoga/Pilates		12:00-12:45 Yoga/Pilates	
	1:00-1:45 AEA-Arthritis foundation		1:00-1:45 AEA-Arthritis Foundation	
Start date 11/26/18 2:00-2:45 Total Joint Knee/Hip		Start date 11/26/18 2:00-2:45 Total Joint Knee/Hip		Start date 11/26/18 2:00-2:45 Total Joint Knee/Hip
4:00-4:45 Yoga/Pilates	5:30-6:15 Cardio/Yoga/Pilates	4:00-4:45 Yoga/Pilates	5:30-6:15 Cardio Yoga/Pilates	4:00-4:45 Yoga/Pilates

Independent Schedule October-November-December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Unavailable	7:00-8:00	Unavailable	7:00-8:00	Unavailable
9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00
10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00
12:00-1:00	2:00-3:00	12:00-1:00	2:00-3:00	12:00-1:00
1:00-2:00	3:00-4:00	1:00-2:00	3:00-4:00	1:00-2:00
3:00-4:00	4:00-5:00	3:00-4:00	4:00-5:00	3:00-4:00

Recorded Pool Message: Regarding operating hours, changes to the normal schedule and unexpected pool closures. (208) 625-5359



Aquatic Exercise Benefits:

- **Buoyancy:** Buoyancy reduces the effects of gravity allowing for increased range of motion. Affected body parts float, making it easier and less painful to move. Buoyancy and the warmth of the water can help relax muscles and connective tissues that are sore and tight by decreasing compression forces and stress on them, ultimately making exercises easier to perform.
- **Resistance:** Water provides continual resistance to your muscles with every move you make; it's a liquid weight room. More muscle fibers are recruited when moving against the water, so it's actually strengthening muscles in pairs. When more muscles are used, more cardiac output is gained.
- **Hydrostatic Pressure:** Water provides a constant, gently pressure or squeeze against your entire body which forces the heart and lungs to work harder, this increases venous blood flow to your heart and body which can positively affect healing. This gently compression can also help decrease pain and edema, and increase joint range of motion and movement.

Aquatic Program Descriptions:

Pre/Post Natal

1st time free: Call (208) 625-5313 for a one-on-one appointment. Water is an effective way to prepare for childbirth, delivery and recovery. A Certified Instructor prenatal will guide you safely through the independent exercise packet.



Class is suitable for individuals with arthritis, fibromyalgia, after therapy patients and those who enjoy a social slower pace.

Yoga/Pilates

Warm Water is perfect for integrating Yoga & Pilates. The fluid resistance adapts seamlessly to the movements, patterns, and poses. ***Let's breathe deep, focus our mind on our body, improve our balance, increase our muscular strength, stamina and reduce our stress.*** The instructor may include Aichi, ballet and relaxation techniques.

Cardio Class

Get Wet and Get Moving with our cardio endurance class. Melt off calories with a variety of music and formats which include circuits, intervals, kickboxing, dancing and more. The (AEA) Aquatic Exercise Association Certified instructors' make it their personal goal to provide every class with a "Fun-Safe-Effective" water workout experience.

Cardio/Yoga/Pilates

We have combined this class to give you a unique water experience. Cardiovascular endurance, with the music thumping and the energy elevated, then ***"We switch halfway"*** to a peaceful, quiet, selection for stretching and relaxing.

Total Joint Replacement Knee/Hip

The natural buoyancy, resistance, and support of the water make the pool a great choice to prepare your body for total joint replacement surgery and rehabilitation following surgery. The Instructor is ***"Committed to your success!"*** Aquatic Therapy Rehab Institute Certified (ATRI, the Gold Standard for Aquatic Therapy).

Payment Methods and Fees:

We accept Cash, Check or Credit Card (Visa, MasterCard, & Discover)

Swipe cards do not expire; Independent and group aquatic classes are drop-in basis for participation.

Community: \$6 single visit or \$50 swipe card = 12 visits

Military Veterans: \$5 single visit or \$40 swipe card with Identification = 12 visits

Employee/Auxiliary: \$2.50 single visit or \$30 swipe card = 12 visits

Senior Discount: \$3.00 single visit or \$35 swipe card- 70 years and over= 12 visits

Cancer Survivor: \$25 swipe card = 12 visits

Prescheduled Pool Closures:

October 22nd thru November 16th Pool Deck Project & Maintenance

November 22nd Thanksgiving Day

November 23rd McGrane Center Closing early at Noon

December 24th Christmas Eve & December 25th Christmas Day