



**Hendrick**  
CENTER FOR  
REHABILITATION

## Pool Schedule

### Monday, Wednesday & Friday

6:00 AM *Aerobics – Level 3*  
7:00 AM *Sr. Splash – Level 1*  
8:00 AM  
9:00 AM  
11:00 AM  
12:00 PM *Fit Ladies – Level 2*  
1:00 PM *Aerobics – Level 3*  
2:00 PM  
3:00 PM  
4:00 PM  
5:00 PM *Aerobics – Level 3*

### Tuesday & Thursday

8:00 AM  
9:00 AM  
10:00 AM *Sr. Splash – Level 1*  
11:00 AM  
12:00 PM *Closed*  
1:15 PM *Sr. Splash – Level 1*  
2:00 PM  
3:00 PM  
4:00 PM  
5:00 PM *Aerobics – Level 3*

Level 1: Low Intensity Water Exercises

Level 2: Moderate Intensity Water Exercises

Level 3: High Intensity Water Exercises

\*\*Pool closes at 5:00 PM for all Rehab Advantage Patients

\*\***ALL Participants MUST have a doctor's release**

\*\*Proper Attire (Women - one piece suit, Men - suitable swim trunks)

\*\*All participants must shower off before entering pool or hot tub



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**Aquatic Program**

Physician's Form

Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Does participant have your endorsement to participate in the Hendrick Center for Rehabilitation Aquatic Program?

YES \_\_\_\_ NO \_\_\_\_

Are any restrictions recommended?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 Physician's Signature

\_\_\_\_\_  
 Name Printed

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 Date

\* Please fax this form to 325.670.6021, Attn: Aquatics Specialist.

