easterseals Rehabilitation Center

# THERAPEUTIC POOL PROGRAM INFORMATION

### THERAPEUTIC POOL MEMBERSHIP

Independent Swim | Monday to Friday 7:00-8:30 am and 12:00-1:30 pm IndividualFamilyMonthly: \$32Monthly: \$45Quarterly: \$80Quarterly: \$115

Guest fee: \$5/day

### **SWIM LESSONS**

Individual/Group/Special Needs Monday to Friday | Max. 3 kids per group 6 week sessions – 30 minutes each week

Sign Up Form & Class Descriptions on BACK

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## **B.A.T. CLASS**

Buns, Abs, and Thighs | Mon., Wed., Fri. Strengthening and aerobics Light to moderate exercise 6 week sessions – 10:30-11:30am

## T'n'T CLASS



Trim and Tone | Mon., Wed., Fri. Muscle toning and aerobics Moderate to heavy exercise 6 week sessions – 1:30-2:30pm Private lessons: \$120 Group lessons: \$100

Members: \$65 Non-members: \$85

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# THERAPEUTIC POOL



### **GROUP SWIM LESSONS**

**TINY TOTS** – The Caregiver and Me class is a great way for the adult and child to bond and enjoy the water together. Ages: 12 months – 36 months | Once per week for 6 weeks. Monday: 11:30am Tuesday: 9:30am Thursday: 2:30pm

**LEVEL 1** – Introduction to Water Skills. Beginners will learn how to feel comfortable in the water and enjoy it safely. Ages: 3+ | Once per week for 6 weeks.

Monday: 10am Tuesday: 3pm Thursday: 10am

**LEVEL 2** – Fundamentals of Aquatic Skills. Participants will learn basic swimming skills, increase comfort with submerging their face, and practice proper breathing techniques underwater.

Ages: 3+ / Once per week for 6 weeks.

Monday: 2:30pm or 5:30pm Tuesday: 4pm Thursday: 3:30pm / Friday: 9:30am

**LEVEL 3** – Stroke Development. Guided practice will help participants improve their skills by learning basic stroke techniques.

Ages: 3+ | Once per week for 6 weeks.

Monday: 4:30pm Tuesday: 10am Thursday: 2:30pm or 3pm

Individual lessons also available for Level 1, 2, and 3! Days and times vary based on availability.



## **CONTACT US**

Easterseals Rehabilitation Center

3701 Bellemeade Ave., Evansville, IN 47714

812.474.2365

### Swimming Lessons Request Form



#### GIVE, VOLUNTEER, AND SHARE THE MISSION!

eastersealsrehabcenter.com

