



*Fairview*  
SENIORS COMMUNITY

515 Langs Drive Cambridge N3H 5E4

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pool@fairviewmh.com

## 2019 Therapy Pool Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:30 - 9:00	Lane swim	8:30 - 9:15	AquaBility	8:30 - 9:00	Lane swim	8:30 - 9:15	AquaBility	8:30 - 9:00	Lane swim
9:00 - 9:45	Ladies' class	9:15 - 9:45	CALM water	9:00 - 9:45	Ladies' class	9:15 - 9:45	CALM water	9:00 - 9:45	Ladies' class
9:45 - 10:30	CALM water	9:45 - 10:30	Ladies' class	9:45 - 10:30	CALM water	9:45 - 10:30	Ladies' class	9:45 - 10:30	CALM water
10:30 - 11:15	AquaBility	10:30 - 11:15	Men's class	10:30 - 11:15	AquaBility	10:30 - 11:15	Men's class	10:30 - 11:15	AquaBility
11:15 - 12:00	CALM water	11:15 - 12:00	AquaBility	11:15 - 12:00	CALM water	11:15 - 12:00	AquaBility	11:15 - 12:00	CALM water
1:00 - 2:00	Lane swim	1:00 - 2:00	CALM water	1:00 - 1:45	Lane swim	1:00 - 2:00	CALM water	1:00 - 2:00	Lane swim
2:00 - 2:45	AquaBility	1:45 - 2:30	CALM water	1:45 - 2:30	Community Living	1:45 - 2:30	CALM water	2:00 - 2:45	AquaBility
2:45 - 3:15	CALM water	2:30 - 3:00	Allan Reuter class	2:30 - 3:15	4W class	2:30 - 3:15	Float Fit	2:45 - 4:00	Friendly Float *PD day swim
3:15 - 4:15	Friendly Float	3:00 - 4:00	Friendly Float	3:15 - 4:00	Allan Reuter class	3:15 - 4:15	Friendly Float		
4:15 - 5:15	Lane swim	4:00 - 4:45	Grandkids' swim	4:15 - 5:15	Friendly Float	4:15 - 5:15	Lane swim		
5:30 - 6:15	AquaBility	4:45 - 5:30	Lane swim	5:30 - 6:15	AquaBility	5:30 - 6:15	AquaBility		
6:15 - 6:45	Ai Chi	5:30 - 6:15	AquaBility	6:15 - 6:45	Ai Chi	6:15 - 6:45	Friendly Float		
		6:15 - 6:45	Friendly Float						

# Pool Program Descriptions

**Ai Chi** - This class focuses on the importance of connecting the mind, body and spirit with breathing. Experience the deep relaxing effect of warm water, while challenging core stability, balance, coordination and flexibility.

**AquaBility class**- This class is suitable for individuals comfortable moving in water without assistance. Class focuses on enhancing balance, posture, functional range of motion and muscular strength. Mindful movement designed for participants with mild to moderate health challenges

**Ladies' AquaBility Class**

**Men's AquaBility Class**

**Friendly Float** - Enjoy non-structured time. Take this opportunity to try the pool equipment, socialize, laugh and have fun!



come, enjoy the best you

**Lane Swim** - For individuals who want to swim lengths to build strength and endurance. Participants must be able to swim one length of the pool.

**CALM water**- Work independently with exercises prescribed by your doctor or ask staff for a starter program. A PSW is available in the change rooms Tuesdays & Thursdays, 1-3pm.

**Grandkids' Swim** - This is a great opportunity for Grandparents to bring in their Grandchildren, splash around, play games and enjoy the water together.  
**4W class** Registered program, see staff  
**FloatFit** Registered program, see staff

**Private Rentals** - Pool session is not available to members

**Note: Children are only permitted in the pool during the allotted "kids welcome" timeslots.**

**Children swim free.**

**Parents and non-members \$6.**

\*PA DAY Swim Schedule

Friday April 25, 2019

Friday May 31, 2019