



# Pool Program Descriptions

**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.

**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 those with mild to moderate health challenges.

Ladies class

Men's class

**Calm Water:** Work independently with exercises prescribed by your doctor or ask staff for a starter program.

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

**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.

## Suites/LTC Swim

Exclusive time for the Fairview Suites and long term care Residents.



**Come, enjoy the best you**