

**Program Cost**  
\$85

Visit our website at  
[www.stjohnsrehab.com/out\\_aqua.htm](http://www.stjohnsrehab.com/out_aqua.htm)  
or call to receive your application form  
**416-226-6780, Ext. 7299**

### Registration Checklist

In order to participate in the program, the following three steps must be completed prior to the start date of the program.

Please ensure that you have completed all three steps.

1. Application forms must be completed and signed by the applicant.
2. A signed doctor's referral indicating the type of arthritic-related condition you have.
3. Payment of \$85.00 payable by cheque (receipt will be issued)

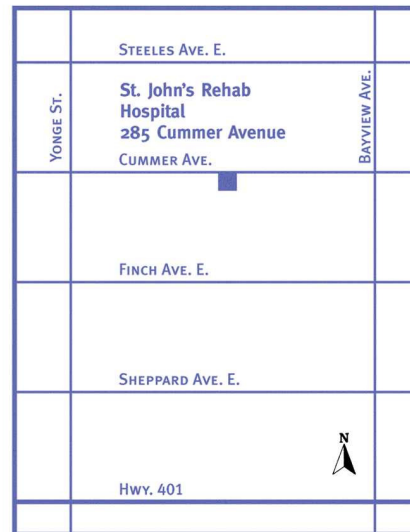
Your application, signed doctor's referral and payment can either be mailed or dropped off at the Outpatient Office, Monday to Friday between 8:00 a.m. and 4:00 p.m. Parking is free for Hospital visits less than 15 minutes.

**Mailing Address**  
**Arthritis Aquatic Program**  
**St. John's Rehab Hospital**  
**285 Cummer Ave**  
**Toronto, ON M2M 2G1**

Join our 8-week warm water program to soothe arthritis-related pain.

Aquatic series are offered Tuesday or Thursday from 3:30 to 4:15 p.m. or Tuesdays from 8:15 to 9 a.m. in the Hospital's Outpatient Rehabilitation Area (Beatty Wing)

Participants must have an arthritis-related disorder and their physician's consent to participate in the program.



# Arthritis Aquatic Program



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**Toronto, ON M2M 2G1**  
**Tel: 416-226-6780, Ext. 7299**  
**[www.stjohnsrehab.com](http://www.stjohnsrehab.com)**

# Arthritis Aquatic Program

St. John's Rehab Hospital's Arthritis Aquatic Program includes exercises for the whole body performed in a warm water pool led by a trained instructor.

## Who Can Join the Class?

Anyone with an arthritic-related disorder and who is independently mobile:

Rheumatoid Arthritis  
Osteoarthritis  
Ankylosing Spondylitis  
Fibromyalgia/Fibrositis  
Psoriatic Arthritis

## Benefits Of Aquatic Exercise

**Improved mobility** – by maintaining or restoring joint movement.

**Improved conditioning** – by restoring muscle strength.

**Improved independence** – by improving your physical fitness you are better able to independently carry out your activities of daily living.

**Improved sleep** – regular exercise helps promote a more natural and restorative sleep.

**Improved sense of well being** – through improved fitness and endurance.

**Stress Reduction** – increasing the heart rate improves the natural painkillers in the blood.

**Peer Support** – Exercising in a class with others coping with similar conditions helps refocus thoughts outward and away from pain.

## Commonly Asked Questions by Aquatic Program Participants

**Are these classes covered by insurance?** No. These classes are considered recreational. The classes are not intended to replace any program or treatment recommended by your doctor or therapist. The specific exercises, however, are recommended by The Arthritis Society and many participants are reporting significant improvement since joining the program.

**Do I have to shower, change and enter the pool by myself?** All participants must be able to independently change, shower and enter and exit the pool via stairs with railings.

**Do I have to know how to swim?** No, all exercises are performed with your feet firmly on the pool bottom. The water level goes from waist-height to a maximum of five feet. There are balance bars on the sides of the pool.

**What if I miss a class and can I sign up for another series of classes?** Unfortunately, if you miss a class due to illness or other personal matters, make-up classes are not possible. However, if there are no other people on the waiting list you can sign up for another series of classes.

**What is the class size and pool temperature?** Class sizes will vary but our minimum number is five and maximum number is nine. The pool temperature ranges between 34°-36° C (93°-96°F).

**What do I need to know before my first class?** If travelling by car, park in the **Outpatient Rehabilitation** parking area on the West Side of the Hospital and enter the **Beatty Wing** entrance. Check in at the **Outpatient Clinics Desk** located just inside the entrance. The pool is located on the Ground Floor of Beatty Wing. If travelling by TTC, take the Number 42 bus from Finch station and the bus will drop you off at the end of the Hospital driveway. Use the entrance at the end the driveway and turn right to get to the Outpatient Rehabilitation Area.

There are change and shower areas available. Bring your own towel and swimsuit. If you have pool shoes, they are helpful in keeping your balance but not necessary.

Arrive at least 15 minutes prior to the start of the class to ensure you have enough time to change and prepare for the class that starts promptly at 3:30 p.m. The class is 45 minutes long.