

# Therapeutic Pool



## Open Pool Hours:

Mondays - 8-9:30am, 10:30am-12pm, 1-5:30pm

Wednesdays - 8-9:30am, 10:30am-12pm, 1-5:30pm

Fridays - 8-9:30am, 10:30am-12pm, 1-3pm

## Pool Specifications:

- Water temperature: 89-91° F
- Pool Depth: 3'6" to 5'6"
- Hoyer lift available
- Assisted changing room
- Two propulsion jets for resisted swimming and water running
- Wonderful Relaxed Atmosphere

## Cost:

### *Electronic Fund Transfer Rate*

(Paid from checking or savings account on the 1st or 15th of each month.)

**\*\*You must provide a 30 day notice to stop payment**

Adult (49 and under):	\$35
Senior (50+) and Students:	\$30
Double (2 people related, same household):	\$50
Family (3 or more, same household):	\$65

### *Out Of Pocket Rate*

**Entire Year Paid for in One Installment**

Adult (49 and under):	\$29 (\$348)
Senior (50+) and Students:	\$26 (\$312)
Double (2 people related, same household):	\$45 (\$540)
Family (3 or more, same household):	\$60 (\$720)

**Add use of the fitness center for additional \$15 per month, per person**

## Separate Fees

\$7: Day Pass/Guest Pass

\$20: Membership Card

**Call 715-684-1646 for  
more information.**

**wwhealth.org**

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# New Classes Coming Soon!

## Ai Chi

Enhance your range of motion, balance and mobility through a series of relaxation movements and deep breathing. 8-week session.

*Time:* 12:30 - 1:15 pm Thursday

*Cost:* \$25 for members, \$37.50 for non-members

- **Must pre-register**

## AquaCise

Increase flexibility, range-of-motion, cardio endurance, and overall physical condition. 6-week session.

*Time:* 4:30 - 5:30 pm Thursday

*Cost:* \$25 for members, \$37.50 for non-members

- **Must pre-register**

## Aqua Circuit

An energizing, fun and effective way to burn calories and tone muscles. 8-week session.

*Time:* 5:30 - 6:15 pm M, W

*Cost:* \$50 for members, \$75 for non-members

- **Must pre-register**

## Twinges In Your Hinges

A supporting warm-water exercise program to ease joint discomforts, muscle aches and pains.

*Time:* 9:30 - 10:30 am M, W & F

*Cost:* Free for members,  
\$7 drop-in rate for non-members

## Prenatal Aquatics

Gentle stretching, aerobic exercise and strength training tailored to the needs of expectant mothers. *Class times vary throughout the year.*

## Therapeutic Water Massage

Enhance relaxation and reduce muscle tension with this one-on-one gentle form of Aquatic Bodywork. *By appointment only.*

**Registration and liability materials will need to be completed and signed before participating.**

**For more information and class availability, please call 715-684-1646 or visit [wwhealth.org](http://wwhealth.org).**



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