



Hendrick
CENTER FOR
REHABILITATION

Pool Schedule

Monday, Wednesday & Friday

6:00 AM *Aerobics – Level 3*
7:00 AM *Sr. Splash – Level 1*
8:00 AM
9:00 AM
11:00 AM
12:00 PM *Fit Ladies – Level 2*
1:00 PM *Aerobics – Level 3*
2:00 PM
3:00 PM
4:00 PM
5:00 PM *Aerobics – Level 3*

Tuesday & Thursday

8:00 AM
9:00 AM
10:00 AM *Sr. Splash – Level 1*
11:00 AM
12:00 PM *Closed*
1:15 PM *Sr. Splash – Level 1*
2:00 PM
3:00 PM
4:00 PM
5:00 PM *Aerobics – Level 3*

Level 1: Low Intensity Water Exercises

Level 2: Moderate Intensity Water Exercises

Level 3: High Intensity Water Exercises

**Pool closes at 5:00 PM for all Rehab Advantage Patients

****ALL Participants MUST have a doctor's release**

**Proper Attire (Women - one piece suit, Men - suitable swim trunks)

**All participants must shower off before entering pool or hot tub



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Aquatic Program

Physician's Form

Name of Participant: _____

Address: _____

Phone #: _____

Diagnosis: _____

Does participant have your endorsement to participate in the Hendrick Center for Rehabilitation Aquatic Program?

YES ____ NO ____

Are any restrictions recommended?

Physician's Signature

Name Printed

Address

Date

* Please fax this form to 325.670.6021, Attn: Aquatics Specialist.

