

## Pilgrim Place Residents

### Welcome

to the many positive health benefits of  
water therapy



## Aquatic Fitness Center at Pilgrim Place

Hours:  
Daily  
5:30 a.m. to 12:00 noon  
2:00 p.m. to 9:00 p.m.  
Monitors on duty 3-5 p.m. daily

## Why Aquatic Fitness?

Pilgrim Place's Aquatic Fitness Center provides residents the many positive benefits of water therapy.

Mounting evidence shows water-therapy exercise improves the health of seniors physically and psychologically.

The AFC lets residents take advantage of water therapy for:

- \* Keeping arthritis joints flexible;
- \* Maintaining muscle strength and rehabilitation;
- \* Improving cardiovascular and respiratory systems;
- \* Reducing pain and depression;
- \* Building overall stamina.

The AFC includes a pool with three lap lanes and one walking lane. The spa includes warm-water jets and benches. Hydraulic lifts for both pool and spa.

This facility is a key element in Pilgrim Place's mission to keep residents as independent and healthy as possible.

## Health and Safety Procedures

\*No lifeguard is on duty. Each person is responsible for his/her conduct and safety, as well as abiding by the rules.

\*Never swim alone. Two people must always be in pool area. When one uses lift, two others must be in pool area.

\*No jumping or diving in pool. No running in pool area. Use steps to enter pool.

\*Do not use facilities with an open cut or sore.

\*Do not stay in spa longer than 20 minutes.

\*Guests must be accompanied by a resident and must adhere to all regulations.

\*Visiting children must be toilet trained and strictly supervised.

\*Children under 5 years of age should not use spa.

\*Nonswimmers and children under 18 years of age must be accompanied by a responsible adult.

**Fire Safety:** If fire alarm sounds, people in pool area or Scrooby Lounge exit immediately by nearest door.

**Earthquake:** Swimmers go to side of pool and hold on until shaking stops; then, get out of water and leave building immediately. For those not in the pool, "duck and cover" until shaking stops; then leave building immediately.

## Regulations for Use of Pools

\* First time at the AFC, please fill out *Swimmers Release Form*.

\* Upon entering AFC, sign in at desk. Remember to sign out when leaving.

\* Shower before entering pool. Bring your own towel.

\* No food or drink inside the AFC.

\* Put away any equipment when leaving pool area.

\* Swimming attire is not permitted in Scrooby.

### \* Guest Arrangements:

- Guests of residents may swim with a designated resident at any time there is not a scheduled activity – or at scheduled open swim time.

- When residents have several guests, we encourage swimming during "off hours" – when no activities are scheduled and not during monitor hours.

- Tickets for guests may be purchased at Reception Desk in Administration during regular office hours. Tickets are \$1 each or 10 for \$8. Deposit tickets in designated receptacle on desk at AFC.

- Guests sign in and out in Guest Book on desk.

- **Do not give out door code to nonresidents.**