

AQUATICS & FITNESS PROGRAM INFORMATION

GOLDEN VALLEY CAMPUS

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2024 Session Dates

Session	Session Dates	Class Registration Date
Winter	January 1 - March 9	December 11, 2023
<i>Break Weeks (Pool Maintenance)</i>	March 11 – March 23	
Spring	March 25 – June 1	March 11
Summer 1	June 3 – August 10	May 20
Summer 2	August 12 – October 19	July 22
Fall	October 21 – December 28	September 30

Registration for each session opens at 8 am on the day indicated above.
Generally, the class schedules are available online 2 weeks before the registration date.

GENERAL INFORMATION

GOLDEN VALLEY CAMPUS

Who can use the fitness center and pool independently? Our fitness center and pool are open to the public for therapeutic exercise. To use the facilities, individuals must complete an assessment/orientation, the required paperwork and waiver. This can be done in one of two ways:

1. Complete physical therapy with a land or pool-based therapist at Courage Kenny in Golden Valley and request a referral for independent use.
2. Call 612-775-2400 to schedule an assessment/orientation with our Aquatics and Fitness Department.

How much does it cost to use the fitness center or pool? Individuals must purchase a pass for access and check-in at the Aquatics & Fitness Center desk for each visit. Pass options are listed on page 3. Classes and one on one prices are listed under each class or one on one throughout the program.

Do you offer any discounts? Yes, the prices listed in this program are at our affordable direct pay rate.

Do PCAs need to pay for a pass? No, PCAs do not need to purchase a pass but must remain within arm's length of the participant and complete assessment/orientation with the participant. PCA's must also complete the required paperwork and waiver, and check-in with the participant upon arrival.

Does the pool ever close? How do I find out? The pool may close for safety reasons. We notify individuals who have elected to receive text or email notifications. Stop by the desk to sign up for these notifications.

Do you have a dress code? Yes, CKRI has dress code guidelines for the pool and fitness center – please see onsite guidelines for additional information.

What is the pool like? Our pools' water temperature is a comfortable 92 degrees. Staircases, handrails, ramps, and special pool wheelchairs provide easy access. A certified lifeguard or instructor is on duty. Locker rooms are available for showering and changing. Participants must provide their own padlock, swimsuit, and towel.

Do you have any special policies that apply? Yes, there are several policies in place for our passes, classes, and one-on-one sessions. These include,

- No make-up sessions are provided.
- Set-up and take-down times included in the session length.
- Enrollment required for class attendance and is non-refundable or transferable.
- One on one fees are due the first week of each session and are non-refundable or transferable.
- Drop-ins class participation is allowed if space permits, with a signed waiver and \$15 fee.
- Participants may receive credit for missed sessions if they are unable to attend for at least two consecutive weeks in a row due to medical reasons with a doctor's note stating the reason and dates.
- Instructors may dismiss disruptive or unsafe participants.

INDEPENDENT THERAPUTIC EXERCISE (ITE) SCHEDULE

GOLDEN VALLEY CAMPUS

POOL INDEPENDENT THERAPEUTIC EXERCISE (ITE) POOL INDEPENDENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	7:30 - 9 am	7:30 - 9 am 11 am - Noon	7:30 - 9 am	7:30 - 9 am 11 am - 1 pm	7:30 - 9 am	7:30 - 9 am 11 am - 12:30 pm
Afternoon & Evening	2 - 4 pm	2 - 4 pm 5 - 7 pm	2 - 5 pm	2 - 4 pm 5 - 7 pm	2 - 4 pm	

LAP SWIM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 8:15 am 3:30 - 4 pm	7:30 - 8:15 am 3 - 4 pm	7:30 - 8:15 am 3:30 - 5 pm	7:30 - 8:15 am 12:15 - 1:00 pm 3 - 4 pm	7:30 - 8:15 am 3 - 4 pm	7:30 - 8:15 am Noon - 12:30 pm

Lap swimmers must be able to swim the length of the pool continuously (25 yards) and independently. The lap lane is first come first served during designated hours, and use is limited to 30 minutes if other members are waiting to use the lane.

FITNESS INDEPENDENT CENTER HOURS THERAPEUTIC EXERCISE (ITE)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am - 5 pm	7 am - 5 pm	7 am - 5 pm	7 am - 5pm	7 am - 4 pm	9 am - Noon

Additional ITE Pass Information

Available Passes

1. 3-month unlimited use pass - \$145
2. 1-month unlimited use pass - \$60
3. 1-time ITE drop in pass - \$10

Does my health insurance cover the cost? This depends on your insurance policy. Insurance policies may have a fitness benefit that covers independent use. Check with your insurance company or log in to their website to find out.

- If your policy includes Silver Sneakers, Silver and Fit, Active and Fit, Renew Active, or One Pass, the full cost of a pass is covered with active enrollment. Provide your program number to the staff.
- If your policy has a reimbursement or Health Club Savings program, you may be reimbursed a certain amount after purchasing the pass and meeting a threshold of visits. Register at <https://clubfinder.nihcarewards.org/>.

Additional Pass Policies

- Passes are non-refundable, non-transferrable, and cannot be pro-rated or extended.
- The length of the pass begins on the date of purchase.
- When the previous pass expires, members may elect to purchase a different kind of pass.

GROUP AQUATIC CLASSES

Arthritis Exercise

For people with arthritis who want more challenging exercise. Walking, warm-ups, strengthening, range of motion of all major joints and low-impact cardio exercise. Participants must be independent in the water.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Mon & Wed, 9-10 am

Aqua Barre

Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially the core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen and improve your range of motion.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Tues & Thur, 9-10 am

Aqua Core

A challenging yet fun aquatic class that will focus on strengthening your stomach, back and shoulder muscles that all make up your Core. Using flotation devices, ankle weights and warm water, we will develop the entirety of your core.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Fri, 1-2 pm

Deep Water Training

For those who are looking for something new and challenging, this class provides a non-impact environment for exercise, reducing the risk of injury and discomfort. Participants use flotation devices.

Cost: \$65 for a 10-week session, 1 day/week

Days/times: Fri, 9-10 am

Fibro-cize

A self-paced stretching, strengthening, endurance training and relaxation for people with fibromyalgia.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Mon & Wed, Noon-1 pm

Neuro Splash

Designed for people who have had a stroke or who are recovering from a variety of neurological health conditions. Focus is on range of motion, seated balance, standing, walking, balance, and core strengthening.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Tues & Fri, 10-11 am

Prenatal Splash

For swimmers of all abilities at any stage of pregnancy. Includes warm-up, stretching, strengthening, aerobic conditioning and cool down. This class is combined with the Whole Body Conditioning class.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Mon, 6-7 pm

Water Aerobics

Join us for a challenging workout in our warm water pool. Class includes warm-up, strengthening, cardiovascular endurance and cool-down.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Mon & Wed, 6:30-7:30 am

Water Yoga

Increase strength, flexibility, balance, and the ability to focus inward through the active practice of postures. Discover a deeper connection between mind and body.

Cost: \$70 for a 10-week session 1 day/week

Days/times: Tues & Thur, 4-5 pm

Whole Body Conditioning

A water exercise program designed to increase flexibility, range-of-motion, cardio endurance, core strengthening and overall physical condition.

Cost: \$65 for a 10-week session 1 class/week

Days/times: Mon, Wed, Fri, 11 am-12 pm or Mon, Wed 6-7 pm

Class availability is subject to change from session to session

GROUP FITNESS CLASSES

Functional Strength & Balance

This land-based class focuses on improving balance, posture, core stability, and strength while utilizing a variety of exercises, brain games, and equipment to keep the class fun and challenging. Secondary benefits include reduction in pain, improved body awareness, and increased cognitive function. Participate from a seated or standing position and is appropriate for anyone with diminished strength and balance.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Tues & Fri 11:00 am - Noon

Adaptive Spin

A 60-minute cardio class where clients are challenged to keep pace using our adaptive cardiovascular equipment. Adaptive equipment includes grip assists, nu-steps, arm bikes, seated recumbent bikes and more! This cardiovascular class will improve your health by increasing your heart and respiratory rate, increasing blood and oxygen flow throughout the entire body, increase strength and range of motion and improve flexibility. Clients ranging in all abilities are welcome. We have the right piece of cardio equipment for you! Come join us as we ride together in a fun, yet challenging cardio class.

Cost: \$65 for a 10-week session 1 day/week

Days/times: Wed 5:00-6:00 pm

Class availability is subject to change from session to session

ABLE

Activity Based Locomotor Exercise

The ABLE Program is an intensive fitness program based on the latest scientific evidence designed to serve people with neurological conditions. The ABLE team will customize a program to meet your individual goals following a thorough functional and physiological assessment.

The ABLE Program is a complete fitness and wellness program that incorporates:

- **Locomotor Training** with over ground activities
- **Neuromuscular Electrical Stimulation (NMES)**
- **Guided Exercise** activities to encourage muscles and movement below the level of injury

Most ABLE Program participants experience improvements in health, fitness, strength, and quality of life.

Physician approval is required for participation.

Contact ABLE@allina.com or 612-775-2200

Adaptive Massage Available at Golden Valley

Massage can release muscle tension, increase circulation, and calm your nervous system. Options include chair or table massage; can be adapted for people in wheelchairs or those with special physical needs.

For more information, and to schedule your massage, contact Julie at 612-314-0025

ONE-TO-ONE PROGRAMS

Contact: 612-775-2713

These programs are by appointment only.

Stay Fit

A supervised/directed exercise-based program. Work on balance, stretching, range of motion, strengthening, coordination, and cardio/endurance.

Available on Land or in the Therapy Pool

Cost: For a 10-week session, once per week.

30 minutes - \$240

45 minutes - \$360

60 minutes - \$480

Stay Fit Max

A directed exercise program utilizing specialty trained staff or two Fitness Specialists. Designed for people who would like more sensory cueing (hands on) while challenging their body to the max.

Available on Land or in the Therapy Pool

Cost: \$875 for a 10-week session 60 minutes once per week

Personal Training

A one-to-one consultation with a fitness professional to plan a customized exercise program to match your fitness needs and goals.

Available on Land or in the Therapy Pool

Cost: \$50 for 30 minutes, \$70 for 45 minutes, \$90 for 60 minutes, a 15% discount is applied if purchasing more than one session at once.

Adapted Swim Lessons

A supervised, directed swimming program. Work on swimming skills such as front/back float or crawl, breaststroke, blowing bubbles, putting your face in the water, etc. Stroke refinement, sensory integration, water adjustment and safety skills are also covered.

This is a Therapy Pool based program

Cost: \$210 for a 10-week session 30 mins once per week

Lokomat

This robot-assisted treadmill supports you in an upright position while you move your legs through a normal walking pattern. The Lokomat is most effective for patients with neurological concerns such as spinal cord injury, post-stroke, cerebral palsy, or a traumatic brain injury. Participants must have completed a physical therapy assessment and Lokomat training prior to a Lokomat fitness program.

Cost: \$710 for a 10-week session 60 minutes once per week

Stay Fit FES Bike

For those people whose fitness routine includes use of a Functional Electrical Stimulation (FES) bike, participants elect for an upper or lower extremity focus for their sessions.

Cost: \$550 for a 10-week session 60 minutes once per week

Stay Fit Xcite

For those people whose fitness routine includes use of Xcite Functional Electrical Stimulation (FES) during exercise.

Cost: \$655 for a 10-week session 60 minutes once per week

Resistance Stretching: technique based upon creating constant strength while moving through entire range of motion. Increases blood flow, range of motion, flexibility, strength, function, and performance. Decreases pain, stress and injury risks.

Cost: \$330 for a 10-week session 30 minutes once per week

LEARN TO SWIM

Community Swimming Lessons

Waterbabies

For Infants ages 6-36 months and their parents
Open to infants with their parents/guardians, regardless of ability. Parents/guardians get in the water and work with their infants on water play, water safety, songs, and various water activities.

Cost: \$130 for a 10-week session

Water Tots

This parent child class is designed for toddlers that are not quite ready for Level 1 but are ready for more than Waterbabies. Parents/guardians assist children with swim skills such as floating, kicking, blowing bubbles, and increasing their comfort in water.

Cost: \$130 for a 10-week session

Level 1: Water Exploration

Some classes are offered with the adult in the water and some without. The class focuses on water exploration and beginning skills including floating, kicking, submerging and breath control. Child must be 3 years old as well as be safe and comfortable with other children and an instructor in a class setting.

Cost: \$130 for a 10-week session

Level 2: Fundamental Aquatic Skills

For children who have passed out of level 1 and can swim independently 10 feet on front and back. This class focuses on improving independent swimming and teaches skills such front crawl, backstroke and flip breathing.

Cost: \$130 for a 10-week session

Level 3: Stroke Development

Focuses on stroke development, front and back crawl, elementary back stroke with whip kick.

Cost: \$130 for a 10-week session

Water Activities

Focus is on water adjustment, basic swimming skills, water games and having fun in the pool. This program is for clients with disabilities.

Cost: \$99 for a 10-week session

Days/times: Wed 7:00-7:45 pm