

AQUATICS & FITNESS PROGRAM INFORMATION

ST. CROIX CAMPUS

CKActive@allina.com

1460 Curve Crest Blvd, Stillwater, MN 55082

Phone: (612) 775-2400

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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

ST. CROIX 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 Stillwater 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

ST. CROIX CAMPUS

POOL INDEPENDENT THERAPEUTIC EXERCISE (ITE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	7 - 9 am 11 am - Noon	7 - 9 am	7 - 9 am 11 am - Noon	7 - 9 am	7 - 9 am	Closed
Afternoon & Evening	2 - 6 pm	1 - 5 pm 7 - 8:30 pm	2 - 6 pm	2 - 5 pm 7 - 8:30 pm	1 - 5:30 pm	

A lap lane is available during all ITE hours listed above. An additional lap swim hour is Thursday from 1 – 2 pm
Lap swimmers must be able to swim the length of the pool independently and continuously (25 yards).

FITNESS INDEPENDENT CENTER HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am – 5 pm	8 am – 5 pm	7 am – 5 pm	8 am – 5pm	7 am – 3:30 pm	Closed

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

Class availability is subject to change from session to session

Splash Dance 🚶🚶🚶🚶

Enjoy a moderate to vigorous aerobic workout while incorporating a positive, upbeat, and exciting environment. It is a non-choreographed rhythmic dance class that incorporates a variety of aerobic exercises while following along to music.

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

Days/times: Fri, 10-11 am

Ai Chi Relaxation

A relaxation progression with sequenced moves using deep breathing and slow, flowing body movements. Similar to Tai Chi, but performed in shoulder-depth warm water. Open to people of all abilities.

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

Days/times: Tues & Fri, 12-12:45 pm

Arthritis Exercise 🚶🚶

For people with arthritis who want a 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: \$130 for a 10-week session, 2 days/week or \$65 for a 10-week session 1 day/week

Days/times: Mon & Wed 9-10 am or Noon-1pm.
Tues & Thur, 9-10 am

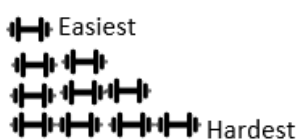
Fibro-cize 🚶🚶

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

Cost: \$130 for a 10-week session, 2 days/week or \$65 for a 10-week session 1 day/week

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

Intensity scale: (Based on rating of perceived exertion)



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: \$130 for a 10-week session 2 days/week or \$65 for a 10-week session 1 day/week

Days/times: Mon & Wed, 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 Water Aerobics class.

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

Days/times: Tues & Thur, 5-6 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: \$130 for a 10-week session, 2 days/week or \$65 for a 10-week session 1 day/week

Days/times: Tues & Thur, 5-6 pm

Whole Body Conditioning 🚶🚶🚶🚶

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

Cost: \$130 for a 10-week session, 2 days/week \$65 for a 10-week session 1 day/week

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

Advanced Whole-Body Conditioning 🚶🚶🚶🚶🚶

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

Cost: \$130 for a 10-week session 2 days/week or \$65 for 1 day/week

Days/times: Mon & Wed, 1-2 pm

ONE-TO-ONE AQUATIC PROGRAMS

Contact: Paula.Simpson@allina.com - 651-241-3340

These programs are by appointment only.

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.

Cost: \$210 for a 10-week session (30 minutes - once / week)

Personal Training

A one-to-one consultation with an aquatic recreational specialist that will plan a customized exercise program to match your aquatic activity needs and goals.

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.

Stay Fit

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

Cost: \$240 for a 10-week session (30 minutes - once/week)
\$480 for a 10-week session (60 minutes - once/week)

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.

Cost: \$875 for a 10-week session (60 minutes- once/week)

GROUP FITNESS CLASSES

Team Fitness Club

Join an energetic group of teens and young adults who work on their wellness goals during our exciting Team Fitness class! Stretch, lift weights, and do aerobics on a variety of fitness equipment. First-time participants must schedule an initial assessment and orientation.

Cost: \$130 for a 10-week session 2 days/week or \$65 for 1 day/week

Contact: Emily.Ekholm@Allina.com

Days/times: Tues & Thur, 5-6pm

Stretch and Flow

Increase strength, flexibility, balance, and the ability to focus inward through the active practice of postures. Discover a deeper connection between mind and body, one that fosters a sense of wholeness and well-being

Cost: \$85 for one class a week for 10-weeks

Contact: Jared.Linder@allina.com, 651-241-3346

Days/times: Wednesday 10-10:45am

ONE-TO-ONE FITNESS PROGRAMS

Contact: Paula.Simpson@allina.com - 651-241-3340

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.

Cost: \$240 for 30 minutes/once a week or \$480 for 60 minutes/once a week for a 10-week session.

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.

Cost: \$875 for a 10-week session (60 minutes- one/week)

EKSO Skeleton

EKSO Skeleton is a robot-assisted external, wearable walking device that assists you in standing and forward walking. Participants must have completed a physical therapy assessment and training to ensure proper device fit and that the individual is medically appropriate for use of the EKSO skeleton prior to an EKSO fitness program.

Cost: \$875 for 10-week session (60 mins once per week)

Stay Fit FES Bike

For those people whose fitness routine includes use of a Functional Electrical Stimulation (FES) bike

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).

Beyond Balance (Focusing on Fall Prevention)

This individualized, one-to-one exercise program focuses on fall prevention. Individuals will work on balance, general health, and wellness. Benefits include increased strength, flexibility, endurance, confidence, and muscle balance. An initial assessment is required.

Cost: \$45 for a 60-minute session; \$25 for a 30-minute session.

Personal Training

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

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.

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: \$40 for one 30-minute session, or \$330 for a 10-week session (30 minutes once per week)

LEARN TO SWIM

Community Swimming Lessons

Contact: Taylor McLean

Taylor.McLean@allina.com - 651-241-3345

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 those who are not quite ready to be independent in Level 1. Parents/guardians assist children with swimming skills such as floating, kicking, blowing bubbles, and increasing their comfort in water.

Cost: \$130 for a 10-week session

Level 1: Water Exploration

This is the first class where children are in the pool without a parent. 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.

Adaptive Swim Team

Work on stroke development, endurance, teamwork as well as socializing with your friends.

Cost: \$170 for a 10-week session, 1 day/week

Days/times: Thursday 6-7pm

Contact: Dawn.Burdette2@allina.com, 651-241-3375

Must sign up by calling Dawn

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: \$120 for a 10-week session.

Days/times: Tue, 6-7pm