

UAMS Therapy and Fitness
Offering New Aqua Moovin & Groovin Class
Especially for Adults (18 & over) with Developmental Disabilities

Tues & Thurs 3:15 – 4:00

Enjoy the healing properties of water and freedom of movement in this fun exercise class. Games and other activities are used to promote physical activity.

Class Components Include:

Aqua Games	3:15 – 3:30
Aqua Aerobics	3:30 – 4:00



Moovin & Groovin class is created for people with developmental disabilities and their caregivers.

The class is designed to enhance:

- Cardio and Respiratory Fitness
- Muscle Strength
- Balance and Flexibility

Orientation is required before beginning the program and is offered

- 1st Tues of each month at 2:00.

Call Kellie or Sheery at (501)526-5779 for more information

Cost: \$35 per month (discount for 6 months)

The pool is located in the Jackson T. Stephens Spine and Neurosciences Institute Basement Therapy Pool at 509 Jack Stephens Drive. Park in Deck #3 at the corner of Cedar and Capitol.

Water Wellness Facility:

- Designed for vertical aquatic training
- 25 yard, 4 lane pool kept at 86 – 88 degrees
- Ramp for handicap accessibility
- Unique walking track in waist-deep water with handrails.

Rules and Regulations:

- Consult with your Doctor before beginning an exercise program.
- An orientation is required for all new members and their caregivers and is offered the 1st Tuesday of each month at 2:00.
- Fill out an Emergency Info and Release form before beginning program and at the beginning of every year.
- Sign in every visit in the black notebook. Check the square that corresponds with your name and date.
- No Lifeguard on Duty. Coast guard approved Personal Floatation Devices (PFD) are strongly recommended for non-swimmers.
- Participants must wear rubber soled at all times on the deck, in the locker room and in the shower shoes to prevent slipping on wet surfaces.
- Class is designed for people 18 or older. No children allowed.
- If you need assistance please bring a caregiver to get in the water with you. We reserve the right to determine who needs caregivers. No cost to caregivers.
- No open wounds or incontinence allowed in the pool.
- Shower before entering the pool or whirlpool.
- Please bring your own towel and locks and remove locks each day.
- Inclement Weather: UAMS Fitness Facilities are CLOSED when Little Rock School District is closed for inclement weather. The pool is cleared during thunderstorms and tornado warnings.
- The facilities are closed for all major holidays.

