



# THE WESLEY COMMUNITY

J. Brian Nealon, CEO

## OUTPATIENT THERAPIES

[www.thewesleycommunity.org](http://www.thewesleycommunity.org)

### INDEPENDENT AQUATIC PROGRAM PARTICIPANT INFORMATION SHEET

Welcome to the **Independent Aquatic Program**. This program has been designed to meet the needs of those who will benefit from exercise in an aquatic environment where the water temperature is maintained at therapeutic levels, i.e., between 92-94 degrees. The following outlines the specifics of the program including changes effective **JULY 2023**.

**Cost:** Payment is due at time of class. Please stop at the front desk and pay with cash, check or credit card.

\$20/ class

**Scheduling:** Participants will sign up for a class at the front desk. You may sign up for classes up to 1 month ahead of time. There will be a maximum of 6 participants in each session; each session is 45-minutes in length. The Outpatient Department will make every effort to reschedule pool sessions that the Department cancels (due to weather, scheduling conflict, etc).

- You can sign-up with our receptionist, either in person or by telephone at #691-1451.
- Prompt arrival to your session is appreciated and will allow you the most time in the water. You are required to bring your own towel and to rinse off prior to entering the pool. Showers after the pool must be limited to 2-minutes and participants are not to remove their bathing suit while showering.
- If you are unable to attend a session that you previously signed up for, please call to let us know, as there may be a waitlist for the class.

**Payment:** Payment is due, in full, at each pool session. Payment can be made by cash, check or credit card. These payments will be accepted by the receptionist at the front desk, when you check in.

We truly value your patronage in the Independent Aquatic Program over the years and look forward to continuing with you in the future. If you have any questions regarding the above information, please do not hesitate to contact me either in person or by phone (#518-691-1451).

Sincerely,  
Jennifer Runkel, MSPT  
Director of Outpatient Therapy at The Wesley Community

131 Lawrence Street | Saratoga Springs | New York 12866 | Tel 518.691.1451 | Fax 518.691.1460

*Affiliated with:* Wesley Health Care Center | Wesley Senior Solutions  
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