



Joan & Harry A. Mier Center
 8090 Crenshaw Blvd, Inglewood CA 90815
 (323) 753-3101 * FAX (323) 753-5472
www.abilityfirst.org

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 9:00 AM	WATER EXERCISE	INDIVIDUAL EXERCISE	WATER EXERCISE	INDIVIDUAL EXERCISE	WATER EXERCISE
9:00 – 10:00 AM	INDIVIDUAL EXERCISE/LAP SWIM	INDIVIDUAL EXERCISE/LAP SWIM	INDIVIDUAL EXERCISE/LAP SWIM	INDIVIDUAL EXERCISE/LAP SWIM	INDIVIDUAL EXERCISE/LAP SWIM
10:00 – 11:00 AM	WATER EXERCISE	WATER EXERCISE	WATER EXERCISE	WATER EXERCISE	WATER EXERCISE
11:00 – 12:00 AM	MOVE IT -OR- LOSE IT	*PRIVATE SWIM LESSONS	MOVE IT -OR- LOSE IT	CLOSED	MOVE IT -OR- LOSE IT
12:00 – 1:00 PM	*GROUP SWIM LESSONS	*PRIVATE SWIM LESSONS	*GROUP SWIM LESSONS	*PRIVATE SWIM LESSONS	*GROUP SWIM LESSONS
1:00 – 2:00 PM	CLOSED	MOVE IT -OR- LOSE IT	CLOSED	MOVE IT -OR- LOSE IT	CLOSED
5:00 -6:00 PM	CLOSED	WATER EXERCISE	CLOSED	WATER EXERCISE	CLOSED

*Private Swim Lessons and Group Swim Lessons are based on availability.
 Please call and inquire about prices, dates, and times.



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Aqua Fitness Classes: An annual membership fee of \$25 and an application is required to be completed by you and your physician in order to attend.

Day Pass and Monthly Passes:

1 class for \$5.00 (first class is free)

8 classes for \$30.00

12 classes for \$40.00

Unlimited for \$65.00

- **\$5.00 day passes will be accepted until 15 minutes after class session begins. Due to safety regulations, no admittance afterwards.**
- **Unused sessions will not be carried over to the next month**

Swim Lessons: (summer months are the busiest and harder to get into)

Youth Group Swim Lessons (4-13 years of age)

Six lessons @ 45 minutes each = \$50.00/person

Private Swim lessons (all ages)

Six lessons @ 30 minutes each = \$90.00/person

Note:

- All classes are subject to change. Please call for confirmation of dates and times.
- We **DO NOT** provide personal or behavioral care for swimmers in swim lessons.
- Individuals currently in group lessons have first priority if they register and pay the last week of their session. This allows for skill progression for swimmers.

Contact: Wendy Vanegas, Aquatics Supervisor
Direct line: 323-305-7096 or wvanegas@abilityfirst.org



Dear AbilityFirst Swimmer,

Thank-you for choosing the AbilityFirst Aquatics Program. Please read the following carefully:

REGISTRATION: Please submit the following forms prior to or on your first day of class:

- a) Completed application (including release form)
- b) Signed physician's release (Please note – we do not accept prescriptions because we need to make sure your doctor is aware that the water temperature of our pool is between 88 and 90 degrees)

ANNUAL UPDATES: For your safety, please update your physician's release form EVERY YEAR or whenever your medical condition changes (i.e. new surgeries). You will also need to pay \$25.00 for an annual membership.

ABSENCE OR ILLNESS: It is not necessary to call if you will be missing a class or two. We may ask for an updated physical if you have been absent for longer than three (3) months or have changes in your medical condition.

PAYMENT: Swimmers must purchase an annual membership for \$25.00 and an attendance card.

Swim Cards Fees:	\$ 5.00 for an hour class
	\$ 30.00 for a monthly pass good for 8 swim classes
	\$ 40.00 for a monthly pass good for 12 swim classes
	\$ 65.00 for a monthly pass good for unlimited usage.

Payments may be made by cash or checks . Monthly Passes are only good from the first through the last day of the month when they are purchased. **There are NO refunds for unused classes and classes are non-transferable.** Our Aquatics staff will keep your pass on deck and track your attendance for you.

WHAT TO BRING: Please bring appropriate swim attire, your own towel and personal toiletries. We ask that our female swimmers wear one piece suits. Water shoes and swim caps optional.

PERSONAL BELONGINGS: Please note: AbilityFirst does NOT have lockers available for your use. Please do not bring valuables to class. AbilityFirst is NOT responsible for the loss or damage of any of your personal belongings.

CLASS CANCELLATION: In the event we need to cancel scheduled classes, we will attempt to notify you in advance. Cancellations are usually due to one of the two following reasons:

- 1) Attendance – NO one has shown up within the first 10 minutes of class
- 2) Hazards – this includes equipment or chemical issues, Temperature, weather related issues (Lighting, Thunder, etc.). We ask for your patience should it be necessary to cancel. We will re-open as soon as it is safely possible. *You will be given a swim credit if your swim class is canceled.

AbilityFirst is a non-profit organization and we rely a great deal on donations and other support to keep our programs in operation. If you like to make a donation, become a volunteer, or to get more information on other services that AbilityFirst offers, please see our Aquatics Supervisor or Center Director.

The AbilityFirst aquatic staff is here to ensure your overall health and safety. Your cooperation in following their instruction is necessary and appreciated. If you have any problems or concerns, please see the Aquatics Supervisor at the end of class. We will try to resolve any issues as quickly and as professionally as possible. We do reserve the right to refuse service.

*Thank-you for your participation and interest in AbilityFirst.
We look forward to providing you with a quality and fun
Aquatics program! Welcome!*



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Warm Water Arthritis, Water Exercise and Spa Registration Form

- Long Beach Center: 3770 E. Willow Street, Long Beach, CA 90815 (562) 426-6161
Claremont Center: 480 S. Indian Hill Blvd, Claremont, CA 91711 (909) 621-4727
Joan & Harry A. Mier Center: 8090 Crenshaw Blvd, Inglewood, CA 90305 (323) 753-3101

NEW or Renewal - please circle one

Swimmer's Name: Date of Birth:

Phone Number: () E-mail Address:

Address/City/Zip:

Occupation:

Employer:

Employer's Address:

In Case of Emergency Please Contact

Name/Relationship:

Phone Number: Cell Phone Number:

Name/Relationship:

Phone Number: Cell Phone Number:

Community Aquatics Participant Release Form

By signing this form, I understand and agree that AbilityFirst neither has nor will assume any financial responsibility or liability for medical expense or compensation for any injury I may suffer either during or resulting from participation in the AbilityFirst aquatics program.

Signature

Date

THIS PAGE TO BE COMPLETED BY THE SWIMMER'S PHYSICIAN ONLY

Swimmer's Name: _____

Referring Physician: _____

Phone Number: () _____ Physician's Identification # _____

Primary Medical Diagnosis: _____

Secondary Diagnosis or other Medical Conditions: _____
(Please include joint replacements, pacemakers, etc.)

Current Medications Prescribed: _____

Does Patient Have Seizures? [] YES [] NO If yes, please describe: _____

Does Patient Have Allergies? [] YES [] NO If yes, please list: _____

I certify that I have examined the above patient on _____ and found that he/she would benefit from the class marked below: **(date)**

- ARTHRITIS EXERCISE:** This class takes place in water heated to 88-90 degrees. Trained personnel lead participants through a series of specially designed exercises that improve joint flexibility. The warm water and gentle movements relieve pain and stiffness. This patient may attend _____ times per week.

Physician's Signature: _____ Date: _____

- WATER EXERCISE CLASS:** This class uses the natural resistance of the water to develop muscle tone, strength, flexibility and endurance while minimizing trauma to the weight bearing joints. The class is fast paced and very social and takes place in water heated to 88-90 degrees. It is approximately 50 minutes long, which gives participants an opportunity to relax and socialize after class is over. This patient may attend _____ times per week.

Physician's Signature: _____ Date: _____

- SPA Release (Only at the Harry A. Mier Pool):** This spa is kept between 98 to 104 degrees.

This patient may attend ___ times per week. Physician's Signature: _____ Date: _____

This patient may not use the spa. Physician's Signature: _____ Date: _____