

MEADOWVALE COMMUNITY CENTRE - Therapeutic Schedule

(905) 615-4710 activemississauga.ca

Effective: Spring 2017 (Saturday, April 1st - Friday, June 30th)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Leisure Swim 7:00-9:00 am	Adult Leisure Swim 7:00-8:30 am	Adult Leisure Swim 7:00-9:00 am	Adult Leisure Swim 7:00-8:30 am			
	Oh My Aching Body - Advanced 8:30 am		Ai Chi 8:30 am		Oh My Aching Body - Advanced 9:30 am	Instructed Therapeutic Time 9:30 am
Oh My Aching Body 9:30 am	Oh My Aching Body 9:30 am	Oh My Aching Body 9:30 am	Oh My Aching Body 9:30 am	Oh My Aching Body 9:45 am	Oh My Aching Body 10:30 am	Adult Leisure Swim 12:05-1:00 pm
Hip & Knee 10:30 am	Yoga Therapeutic 11:30 am LAND (Auditorium)	Shoulder, Posture & Core 10:30 am				
Adult Leisure Swim 11:35am-1:00pm	Adult Leisure Swim 11:35am-1:00pm	Adult Leisure Swim 11:35am-1:00pm	Adult Leisure Swim 11:35am-1:00pm	Adult Leisure Swim 11:35am-1:00pm	<p>LAND - denotes land therapeutic programs. All others are water.</p> <p>Auditorium - is located on the lower level</p> <p>Classes are 60 min in length unless otherwise noted. Class times include any set-up and take down.</p> <p>Please check online at activemississauga.ca under "details" for program exception dates.</p> <p>Therapeutic Class Access: Participation is on a first come, first served basis. Participants can check in at the Front Desk 65 minutes prior to class start time (individual check in only). Class capacity varies based on the format. Wrist band policy is in effect.</p> <p>Class schedule, formats and instructors are subject to change.</p>	
Shoulder, Posture & Core 1:00 pm	Better Backs H2O 1:00 pm	Stronger & Steadier 1 12:30 pm LAND (Auditorium)		Stronger & Steadier 1 12:30 pm LAND (Auditorium)		
Strong & Steady H2O 2:00 pm	Oh My Aching Body 2:00 pm	Hip & Knee 1:00 pm	Therapeutic Swim Time 3:00-4:30 pm	Better Backs H2O 1:00 pm		
Therapeutic Swim Time 3:00-4:30 pm	Therapeutic Swim Time 3:00-4:30 pm	Stronger & Steadier 2 1:45 pm LAND (Auditorium)	Oh My Aching Body Advanced 4:30 pm	Warm Water Fibromyalgia 2:00 pm		
		Oh My Aching Body 2:00 pm	Yoga Therapeutic H2O 5:30 pm	Therapeutic Swim Time 3:00-4:30 pm		
Instructed Therapeutic Time 7:00 pm	Ai Chi 7:00 pm	Therapeutic Swim Time 3:00-4:30 pm	Therapeutic Swim Time 6:30-8:00 pm			
Adult Leisure Swim 9:05-10:00 pm	Adult Leisure Swim 9:05-10:00 pm	Adult Leisure Swim 9:05-10:00 pm		Adult Leisure Swim 9:05-10:00 pm		

THERAPEUTIC CLASS DESCRIPTIONS

LAND CLASSES:

STRONGER & STEADIER 1 - Focused on improving strength, flexibility, posture and confidence to support fall prevention.

STRONGER & STEADIER 2 - Designed for the individual looking to further improve balance and co-ordination while continuing to work on flexibility and posture.

YOGA THERAPEUTIC: Blends gentle seated/standing yoga postures with breath work and meditation.

WATER CLASSES:

All classes take place in the warm water tank unless otherwise noted.

AI CHI - Gentle exercise in chest-deep water based on 19 movement patterns similar to Tai Chi. Focuses on muscle tone, range of motion and promoting relaxation.

HIP & KNEE - For those with hip and/or knee degeneration/injuries or preparing/recovering from hip or knee surgery. Focused on range of motion for joints, muscle conditioning, balance and posture.

INSTRUCTED THERAPEUTIC TIME - Participants will be given personalized exercises from based on needs. Guidance provided for exercise and execution.

OH MY ACHING BODY - Safe and educational exercise. Suitable for those with Parkinson's, arthritis, fibromyalgia and osteoporosis.

SHOULDER, POSTURE & CORE - Focused on postural alignment and core while working on shoulder stabilization.

STRONGER & STEADIER H2O - Focused on strength, balance, flexibility and confidence to support fall prevention.

WARM WATER FIBROMYALGIA - Gentle, full body workout to build strength and range of motion.

YOGA THERAPEUTIC H2O - Blends gentle yoga postures with strength, flexibility, balance and guided meditation and breathing.

Class schedule, formats and instructors are subject to change.

Your Therapeutic membership includes the walking track and weight room plus additional family fun and lane swims. Please check pool and weight room schedules for additional times.

Meadowvale Community Centre

THERAPEUTIC PROGRAM INFORMATION

6655 Glen Erin Drive
Mississauga, ON L5N 3L4

Phone: 905-615-4710

mississauga.ca/therapeutic

Hours of Operation

Monday - Friday	6:00 am - 10:30 pm
Saturday	7:00 am - 7:00 pm
Sunday	7:00 am - 7:00 pm

Therapeutic Membership Rates

activemississauga.ca

A Therapeutic Membership includes:

- Access to all 12 City of Mississauga Fitness Centre. Therapeutic programs and amenities vary by location.
- **Cardio & Weight Room Equipment**
- **Starter Program:** A complimentary **45-min session** with a trainer providing a basic exercise program to give you a great start. Sign up at the Customer Service Desk.
- **Walking Tracks** - located at Carmen Corbasson and Meadowvale Community Centres.
- **Therapeutic Classes** - both land and water based classes. Programs vary by location.
- **Arenas:** Includes Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18+ yrs).
- **Pools:** Includes therapeutic pool times, public swims, lane swims, hot tubs, saunas.

City of Mississauga Therapeutic Rates *(prices are subject to applicable taxes.)*

	12 Months <i>(Best Buy)</i>	3 Months <i>(full 3-month payment required)</i>	1 Month	Service TP-therapeutic	5+ Visits Pass	Single Visit <i>(pay-as-you go)</i>
• Adult (18+ yrs)	\$42.00/month \$504.00/year	\$54.00/month \$162.00/3 months	\$61.00	TP Time	\$9.00/visit	\$10.00/visit
				Land Classes	\$10.80/visit	\$12.00/visit
				Water Classes	\$13.50/visit	\$15.00/visit
• Youth (10-17 yrs)* • Student (with ID)* • Person with Disability * • Older Adult (65+ yrs)*	\$33.60/month \$403.20 <i>(20% off adult price)</i>	\$43.20/month \$129.60/3 months	\$48.80	TP Time	\$7.20/visit	\$8.00/visit
				Land Classes	\$8.70/visit	\$9.60/visit
				Water Classes	\$10.50/visit	\$12.00/visit

**denotes appropriate documentation required*

A **12-Month Membership is the best buy** with the lowest monthly payment option and no contract. Cancellations do require formal notification and a \$10.00 administration fee applies.

Family and corporate discounts also available. A \$10 non-resident fee applies for those living outside Mississauga.

Personal Training 60-min session	Private	Semi-private (2 people)	Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences. To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
LAND: 1-3 sessions	\$51.50/session	\$35.00/session pp	
4 + sessions	\$41.20/ session	\$28.00/session pp	
AQUATIC: 1-4 sessions	\$54.00/session	Aquatic Personal Training is also available in 30 and 45 minute sessions. Semi-private available upon request. Please ask an Aquatic Team member for more details.	
5 + sessions	\$45.00/session		