

MEADOWVALE COMMUNITY CENTRE - Therapeutic Schedule

(905) 615-4710    activemississauga.ca

Effective: Summer 2017 (Sunday July 2<sup>nd</sup>- Tuesday September 5<sup>th</sup>)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Leisure Swim 7:00-8:55 am	Adult Leisure Swim 7:00-8:55 am	Adult Leisure Swim 7:00-8:55 am	Adult Leisure Swim 7:00-8:55 am			
Oh My Aching Body 9:00 am	Oh My Aching Body 9:00 am	Oh My Aching Body 9:00 am	Oh My Aching Body 9:00 am	Oh My Aching Body 9:00 am	Oh My Aching Body - Advanced 9:30 am	
Hip & Knee 10:00 am	Oh My Aching Body - Advanced 10:00 am	Shoulder, Posture & Core 10:00 am	Oh My Aching Body - Advanced 10:00 am		Oh My Aching Body 10:30 am	
	Therapeutic Swim Time 11:05am-12:00pm		Therapeutic Swim Time 11:05am-12:00pm			Adult Leisure Swim 12:05-1:00 pm
	Yoga Therapeutic 11:30 am LAND (Prog Rm 1)				<b>LAND</b> – denotes land therapeutic programs. All others are water.  <b>Program Room 1</b> – is located on the upper level <b>Studio</b> – is located on the lower level in the Fitness Centre  <i>Classes are 60 min in length unless otherwise noted. Class times include any set-up and take down.</i>  Please check online at <a href="http://activemississauga.ca">activemississauga.ca</a> under “details” for program exception dates.  <b>Therapeutic Class Access:</b> <i>Participation is on a first come, first served basis. Participants can <b>check in at the Front Desk up to 65 minutes prior</b> to class start time (individual check in only). Class capacity varies based on the format. <b>Wrist band policy is in effect.</b></i>	
Adult Leisure Swim 12:05-1:00 pm	Adult Leisure Swim 12:05-1:00 pm	Adult Leisure Swim 12:05-1:00 pm	Adult Leisure Swim 12:05-1:00 pm	Adult Leisure Swim 12:05-1:00 pm		
		Stronger & Steadier 1 12:30 pm LAND (Prog Rm 1)		Stronger & Steadier 1 12:15 pm LAND (Studio)		
Shoulder, Posture & Core 1:00 pm		Hip & Knee 1:00 pm		Better Backs H2O 1:00 pm		
Strong & Steady H2O 2:00 pm	Oh My Aching Body 2:00 pm	Better Backs H2O 2:00 pm	Shoulder, Posture & Core 2:00 pm	Warm Water Fibromyalgia 2:00 pm		
Instructed Therapeutic Time 6:30 pm	Oh My Aching Body 6:30 pm	Therapeutic Swim Time 6:30-7:25 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	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.

**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.*

**BETTER BACKS H2O** – Exercise progressions to address muscle imbalance, core stability, muscle strength and range of motion.

**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](https://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](https://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>
• <b>Adult</b> (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
• <b>Youth</b> (10-17 yrs)* • <b>Student</b> (with ID)* • <b>Person with Disability*</b> • <b>Older Adult</b> (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.

<b>Personal Training</b> 60-min session <b>LAND:</b>	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.
	1-3 sessions	\$51.50/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.
	4 + sessions	\$41.20/ session	
<b>AQUATIC:</b>	1-4 sessions	\$54.00/session	
	5 + sessions	\$45.00/session	