

Edith Ball Adaptive Recreation Center



★ Sun Tran stop at 22nd/Randolph accessible route to the Edith Ball Adaptive Recreation Center

ADAPTIVE RECREATION CENTER AQUATICS FACILITY



Center Supervisor: Beth Lucas
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Come experience the benefits of water fitness in our award winning facility. The **Recreation Pool** offers a variety of fitness classes as well as open swim times.

The indoor warm water **Therapy Pool** provides individuals an opportunity to experience the benefits of warm water fitness. Some of the benefits include increased range of motion and flexibility, relief of pain due to arthritis or other conditions and overall relaxation.

Featured Classes:

- Adaptive Swim - All Disabilities
- Aquatic Bootcamp
- Shallow Water Fitness
- Arthritis Aquatic Exercise
- Deep Water Fitness
- Aqualates
- Homeschool Swim
- New Way
- Lives in Balance
- Swimming Playtime

We also offer:

- Rental space is available to licensed therapists.
 - Private and semi-private lessons - \$45 for five lessons.
- Please call 791-5643 for more information on private lessons for children, adults and individuals with disabilities.**

See the leisure class sections under Adaptive Aquatics, Aquatics and Aquatic Fitness for descriptions of classes offered at the A.R.C.

**3455 E. Zoo Court
791-5643**

Hours:

Monday- Friday	7am-8pm
Saturday	Noon-4pm
Sunday	Closed

Holidays Closed:

Nov. 11, 26-27, Dec. 25,
Jan. 1, 15, 18, Feb. 15,
and April 9.

*(Hours are
subject to
change.)*

Adult Lap Swim:

Mon.-Fri., 6-9am, Mon.-Thurs., 11:30am-4:30pm,
6-8pm; Fri. 11:30am-7pm; Sat., Noon-4pm

Recreational Swim:

Mon.-Thurs., 11:30am-4:30pm, 6-8pm;
Fri., 11:30am-7pm; Sat., Noon-4pm

Therapy Pool Open Swim:

Mon.-Fri., 7-9am; Mon.-Thurs., 2-4:45pm;
Fri., 2-6pm; Sat., Noon-4pm

