

OSF Saint Francis

ARTHRITIS & MULTIPLE SCLEROSIS AQUATIC PROGRAMS

at the RiverPlex



 **OSF**
SAINT FRANCIS
MEDICAL CENTER

RIVERPLEX
RECREATION AND WELLNESS CENTER

WELCOME

to the Arthritis & Multiple Sclerosis Aquatic Programs

CLASSES

Arthritis Warm Water Classes

OSF Saint Francis Arthritis Services offers group warm water classes that are designed to help you decrease pain and stiffness, improve range of motion, and strengthen muscles. A workout in the water is one of the most efficient ways to exercise. The buoyancy of the water eliminates pressure from your joints allowing freedom to maximize the intensity of your workout for a greater benefit. You do not have to know how to swim. Classes are offered morning, afternoon, or early evenings and last 50 minutes. A whirlpool, sauna, and shower room with lockers are conveniently located. If needed, a chair lift can assist your entry into the warm water pool.

To sign up for a class or to learn more, phone 309-282-1605.

A physician's consent is required prior to your participation in classes and will be obtained by OSF Saint Francis staff. An OSF orientation is required.

Multiple Sclerosis Cool Water Classes

In collaboration with the National Multiple Sclerosis Society, we offer safe exercise classes in a fun, relaxing and friendly environment. Classes are held during mornings in a cool water pool which you can easily access using a double handrail stairway or a chair lift. Exercises focus on stretching, strengthening, balance, coordination, increasing circulation and reducing spasticity.

Wellness class scholarships provided by the National Multiple Sclerosis Society call 1-800-344-4867.

MEMBERSHIP TYPES

OSF Saint Francis Medical Exercise or Full RiverPlex Membership

- Participation in arthritis or multiple sclerosis classes is included with your full membership.
- If you have an Aquatics membership or RiverPlex punch card, you are required to pay an additional fee to participate in OSF programs.

6-Week Session Card

- The 6-week session card is for arthritis and multiple sclerosis classes only. It does not give full access to the facility or any other pools or classes.
- Payments for a 6-week session are made at the OSF office on the 2nd floor of the RiverPlex. When the office is closed, payment may be given to the OSF instructor at the pool.
- Payments must be paid the week before or week of each 6-week session.
- Payment will be pro-rated for participants beginning classes after a 6-week session has started.
- We do not bill insurance companies.



6-week Session Cost

1 class /week	\$24
2 classes /week	\$45
3 classes /week	\$63

Please make checks payable to:
OSF Arthritis Services

Credit

- No credit will be given for classes missed because of weather, vacation or holidays. However, classes missed for these reasons may be made up during the 6-week session.
- Credit *will* be allowed for missed classes when a participant has a medical condition and has a signed note from their physician stating that he/she is unable to exercise.

Make-up for Missed Classes

- It is not necessary to notify the office if you are unable to attend class or need to make up a class.
- You may attend any regularly scheduled class as long as pool space allows (instructor's discretion). Please inform the class instructor of your usual class day and time.
- Session participants are expected to make-up classes within the 6-week session.
- If you need to change your class day or time or if you are discontinuing class, contact the Arthritis office at 309-282-1605.

Pool Rules

- Aquatic participants may enter the pool **5 minutes before** class. If you arrive too early, please be considerate of other participants listening to the instructor.
- Aquatic classes are 50 minutes in duration. When your class is over, exit the pool promptly.
- All participants must wear regulation swimwear. It is designed not to clog the pool filters.
- No leotards, jeans or shirts are permitted in the pools. Swim attire must be clean. Water shoes are recommended.
- Please refrain from wearing jewelry in the pool.
- Mandatory to shower prior to entering the pool and refrain from wearing scented perfumes and lotions as some participants may have allergies.
- Only class participants allowed in pool during class time.
- No standing, swinging, hanging, or playing on the bars in the pool.
- Swimming and or jumping into the warm water pool is prohibited.
- Locker rooms are available. Participants are required to bring a towel and lock.
- Towels are provided for an additional cost by the RiverPlex.
- Entry into the pool will be prohibited to all persons who have a contagious disease such as, colds, fevers, ringworm, foot infections, skin lesions, diarrhea, vomiting, inflamed eyes, ear discharge, or any other condition which has the appearance of being infectious.
- Only clean equipment, such as, footwear, baby strollers, walkers, wheelchairs, etc. will be permitted in the pool area.

Cancellations

- For your safety, the pool will close if there is lightning or thunder. The pool will reopen 30 minutes after the last sighting of lightning or the sound of thunder.
- In the event of class cancellations due to poor weather, please refer to local TV channels for postings.
- If you are in doubt about class cancellations call the RiverPlex front desk 309-282-1700.



Exercise Reminders

- Do not exercise inflamed joints.
- Do not force joints into a desired position.
- Perform exercises slowly and carefully. If needed stop and rest.
- Avoid exercise that causes discomfort.
- Be aware that warm water combined with exercise may make you feel weak. Only moderate aerobic activity is permitted in warm water.
- Pain that lasts more than 2 hours after exercise class may indicate overuse. Do less next time then gradually increase exercise time based on how you feel.

Skin Care

Skin care is important for aquatic participants. Here are some basic facts about skin and some simple steps to protect it. Skin problems are often blamed on the chemicals in the water. The pool director closely monitors pool chemicals so the water is well balanced. Dry skin may occur from therapeutic pools because of the higher water temperatures. Heat and exertion make the pores of the skin dilate allowing natural skin moisture to rapidly escape. Some recommendations are to shower after class and use gentle non-deodorant soap. Using cool water to rinse off will allow the pores of the skin to close. Seal the moisture in the skin with lotion while the skin is damp.

CLASS SCHEDULE

Arthritis Warm Water Classes

Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9	8-9	8-9	8-9	8-9	8-9
9-10	9-10	9-10	9-10	9-10	—
10-11	10-11	10-11	10-11	10-11	—
11-12	11-12	11-12	11-12	11-12	—

Afternoon & Evening

—	1-2	—	1-2	—	—
4:30-5:30	4:30-5:30	—	4:30-5:30	—	—
5:30-6:30	—	—	5:30-6:30	—	—

Multiple Sclerosis Cool Water Classes

Monday & Thursday
10:30 - 11:30 am

What Our Participants Have to Say...

"No matter how bad I feel when I get to class, I always feel 100% better when I get done exercising."

"The aquatic exercise classes are a real positive experience. I wish I had begun years ago."

"I'm having fun with exercise for the first time in my life."

"Besides the exercise, the people in my classes have as much to do with my emotional well-being as the exercises do for my physical."

"The consistent professionalism and quality of the instructors, makes the exercise classes so beneficial. I appreciate their dedication to the job of helping us to improve our quality of life."

Join OSF Saint Francis Arthritis Services for

One Complimentary Class

To register, please call 309-282-1605.

(One free arthritis class per person.)



Name _____ Date Used _____