

Benefits of Aquatic Therapy

Our warm-water pools provide HOPE!

Hope to move without pain and discomfort. Hope to recover from an injury. Hope to maintain good health.

Pools of Hope offers a safe, comfortable environment. Compared to land exercise, aquatic therapy provides less stress on joints. The buoyancy of the water allows you to move freely, strengthen muscles, increase mobility, and improve circulation. Aquatic therapy is great for total body conditioning.

Aquatic therapy is known to be beneficial for preventing and treatment of:

- ▶ Heart disease
- ▶ Stroke
- ▶ Obesity
- ▶ Orthopedic conditions
- ▶ Spinal-cord injuries
- ▶ Paralysis
- ▶ Spina bifida
- ▶ Cerebral palsy
- ▶ Autism Spectrum Disorder
- ▶ Asthma

And much more...

Aquatic therapy provides freedom to live your best life!



Veterans Program

Pools of Hope is dedicated to providing access to our therapeutic warm water for veterans and military. Our Veterans Program offers aquatic exercise, in-house physical aquatic therapy, adaptive sports, and swim lessons to improve their health and wellness.



Contact us for more information!

(310) 537-2224
(310) 537-2255 (fax)
pools@caaquatictherapy.com

6801 Long Beach Boulevard,
Long Beach, CA 90805
www.caaquatictherapy.com



Pools of Hope

Warm Water Rehabilitation & Wellness



Visit www.caaquatictherapy.com
or call (310) 537-2224
for current program hours.



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About Us

Our mission is to provide a warm-water facility promoting whole life wellness in our community.

We are dedicated to providing accessible and affordable aquatic therapy and wellness programs.

Pools of Hope services provide individuals with rehabilitation and exercise activities to improve their health and quality of life in an aquatic therapeutic environment.

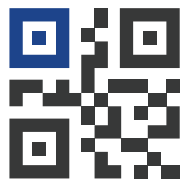


Aquatic Wellness is for Everyone

We provide access to several types of aquatic exercise classes for:

- ▶ Seniors
- ▶ Veterans
- ▶ Children and adults with a developmental or physical disability
- ▶ Individuals with an injury or chronic condition
- ▶ General public

Pools of Hope's facility is ADA approved with access ramps, hydrophilic lifts and water wheelchairs providing for safe and easy access for individuals with limited mobility. The water is kept heated to an ideal 91-94 degrees in our 4.5 ft and 8 ft deep pools used for exercise and intensive therapy.



Contact us for more information!



Youth Wellness Program

Pools of Hope offers aquatic and wellness programs to support youth development and well-being.

- ▶ **Therapeutic Swim Lessons (TSL)**
One-on-one lessons for children and youth with developmental or physical disabilities.
- ▶ **Aquatic Physical Therapy**
- ▶ **Summer Swim Camps & Recreational Swim**
- ▶ **Achieving Academic Excellence (AAE)** — Homework assistance and tutoring.
- ▶ **Respiratory Healthy Improvement Project (RHIP)** — Asthma screening and treatment.
- ▶ **Swim lessons** — Taught by certified Water Safety Instructors.

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