

- New Applicant Application Renewal
 \$25 application fee (renew every 2 years).

Therapeutic Swim and Aquatic Exercise Application:

Date: _____

Personal Information:

Name (first & last): _____ Date of Birth: _____

Address: _____ City: _____ Zip: _____

Phone: _____ email: _____

Emergency Contact Information:

Name: _____ Relationship: _____
(of person *not* swimming with applicant)

Address: _____ City: _____ Zip: _____

Phone: (day) _____ (evening) _____

Please read and sign the following waivers:

Release and Waiver of Liability and Indemnity Agreement

The undersigned hereby acknowledges to have read, understand and agree to abide by the Pomeroy Recreation & Rehabilitation Center facility rules and regulations. The undersigned further agrees to assume full responsibility, risk of bodily injury, death or property damage and to indemnify, save and hold harmless The JPC, its directors, officers, employees, and agents from all liability and claim, cause of action obligation and/or damages arising out of accident, injury or death suffered while using any facility or equipment in, upon, or about the premises of the Pomeroy Recreation & Rehabilitation Center. The undersigned further states that the information provided on this application is complete and updated to the best of his/her knowledge. I have read and agree to follow the Pomeroy Recreation & Rehabilitation Center Swimming Pool Rules.

Release of Medical Information

I hereby give permission to my treating physician, to provide the medical information to the Pomeroy Recreation & Rehabilitation Center and emergency medical personnel. I understand that this information is confidential. I understand that this information will become part of my permanent record at Pomeroy Recreation & Rehabilitation Center.

Signature: _____ Date: _____

To be completed by Applicant's Physician (valid for 2 years)

Swimmers First and Last Name: _____.

Is this participant a minor? _____. Disability _____.

Can swimmer enter and exit the pool independently. (we have a ramp) YES NO

Does swimmer currently have any communicable illness that we should be aware of? YES NO

Does swimmer have any medications that emergency personnel should be aware of? YES NO

Medications: _____.

Treating Physician (Please print legibly): _____

Physicians Phone: _____

Physician's Signature: _____ Date: _____

***Physician Referral:**

Alternative to having your physician complete this form, you may attach a referral from your physician. If attaching a referral please complete the following:

I acknowledge that my referring physician has been provided the information on this form and has approved me for use of the Pomeroy Recreation and Rehabilitation Center therapeutic pool.

Signature: _____ Date: _____

***** Please read before authorizing patient to use our facilities. *****

Our program is designed to provide aquatic exercise and recreation time for individuals recovering from illness or injury, or who would benefit from movement in a warm water environment.

* Please Note: We do not have physical therapists or doctors on staff.

**No aides are provided to assist persons into, out of, or within the water or dressing rooms!!!*

If assistance will be needed swimmers are required to bring an aide. *An aide is a responsible adult who will accompany the client one on one, in the dressing room and within arms reach in the pool at all times.* There is no charge for the aide to use our facilities but an additional aide application is required.

The wheelchair ramp, ladders, and graduated steps provide access to the pool.

The pool temperature is kept between 90-93°; the warm water and air provide a comfortable environment for our swimmers.

Some specialized water equipment is available including water wheelchairs. We provide dressing rooms with showers and co-ed dressing rooms.

If you have any questions about the application or the program, please contact the Therapeutic Swim and Exercise Coordinator, at **(415) 665-4241**. Feel free to leave a message; your call will be returned.

Pomeroy Recreation & Rehabilitation Center Swimming Pool Rules

1. **All decisions from the Lifeguard are final.**
2. No one is to be on the pool deck or in the swimming pool without a lifeguard on duty.
3. Leave your valuables at home, we are not responsible for lost or stolen articles.
4. All swimmers must check in at the front desk before swimming.
5. Before entering the pool- remove all band-aids, jewelry, hairpins and gum.
6. **Everyone must shower fully before entering the pool-** this means hair, too! Please take a brief (2 minute) shower after swimming.
*The locker rooms close 30 minutes after the last program. If you need more time to change, please arrange to get out of the water earlier.
7. Do not leave personal items in the dressing or shower rooms! You must bring everything out to the pool deck. If needed, utilize the pool clothes basket and hang items in the appropriate pool area. **Please do not obstruct walkways with personal property.**
8. Any swimmers who has a history of seizures or other serious medical conditions are strongly encouraged to inform the lifeguard before swimming.
9. No food, drink or smoking on the pool deck or in the dressing rooms.
10. **NO DIVING!! NO RUNNING!**
11. Do not allow children to play on, under, or crawl through handrails. No standing or sitting on the bulkhead.
12. Please report any incidents or injury to the Aquatics Staff, no matter how minor.
13. **Do not enter the pool until your designated time.** Swim times are run by the pool deck clock. Please exit promptly after the Lifeguard signals.
14. Please do not sit or stand in front of the lifeguard, any emergency equipment, or the office door. We need immediate access to these areas in case of an emergency.
15. We evacuate the pool area in case of earthquake and fire. Please follow lifeguard's directions for pool and facility evacuation.
16. **Lifeguard whistles:** *1 short blow- look to the lifeguard.*
1 long blow (or signal from air horn)- clear the pool and follow any directions given.
17. All swimmers must supply their own bathing suit, towel, swim diapers or any other needs for swimming, including an aide in the water, and dressing room.
18. No Lap swimming during any open swim time

Lap Swimming Rules

1. **All decisions from the Lifeguard are final.**
2. There are 2 lane lines in the pool making 2 lanes for lap swimming and 1 lane for exercising.
The far lane is a slow speed lane, closest to the wall.
The middle lane is a slow-medium speed lane.
The closed lane is only used for walking and exercise, located near the ramp.
3. Always swim down on the right side and come back on the right side.
4. When swimming, choose a lane that fits your ability and speed. If directed by the Lifeguard, please change lanes as needed.
5. If you have to rest please rest at the end of the pool, and to the side of the lane.
6. Please do not pass anyone in your lane while swimming. You cannot turn around in the middle of the lane and cut in front of other swimmers.
7. Please do not hang on the lane lines.
8. For your safety and comfort follow all the rules. If not, you may be asked to leave the pool.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8am - 8:55am Lap Swim	8am - 8:55am Lap Swim	8am - 8:55am Lap Swim	8am - 8:55am Lap Swim	8am-8:55am Lap Swim
	9am - 9:55 am Open Swim	9am - 9:55am Open Swim	9am - 9:55am Open Swim	9am - 9:55am Open Swim	9am-9:55am Open Swim
11am - 11:55am Lap Swim					
12pm - 12:55pm Exercise Class	12pm - 12:55pm Exercise Class				
1pm - 2:55pm Open Swim	1pm - 2:55pm Open Swim	1pm - 1:55pm Exercise Class	1pm - 1:55pm Exercise Class	1pm - 1:55pm Exercise Class	1pm - 1:55pm Exercise Class
		2pm - 2:55pm Open Swim			
				5pm - 5:55pm Lap Swim	
			6pm - 6:55pm Lap Swim		

Therapeutic Swim / Aquatic Exercise Schedule

Schedule and prices subject to change at any time!

Therapeutic Swim Fees

1-Swim Pass \$10.00

10-Swim Pass \$95.00

- **LAP SWIM** - Lane Lines divide the pool into a slow swimming lane, a medium swimming lane, and an open lane for general resting and exercising.
- **OPEN SWIM** - No Lane Lines are provided during this time. People are encouraged to do their own exercise.

Aquatic Exercise Class Fees

1 -Class Pass \$12.00

10-Class Pass \$115.00

• **Aquatic Exercise Class:**

Low-intensity, low-impact instructor led exercise program. Classes are 30 minutes long.
Exercise instruction begins 15 minutes after the hour.

Annual Pass \$750.00

6 Month Pass \$465.00

Annual and 6 Month passes are good for unlimited pool use during the above Scheduled, Therapeutic Swim and Exercise class times.