

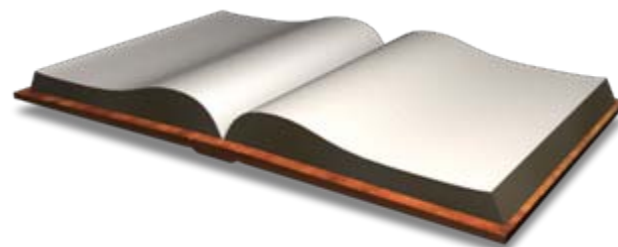


Durham Warm Water
Aquatic Program



Today's Agenda:

- History of Durham Warm Water Program (DWWAP) and its beginnings
- Benefits of Warm Water
- Exercise type
- Exercise leaders
- Population demographics and individual requirements
- Classes- number and size
- Funding
- Participants' costs
- How you can help





DWWAP History and Roots:

Originally initiated by Arthritis Society to improve the quality of life of people with similar painful health conditions

1996- two original participants started the Durham group by renting the pool at Ontario Shores Centre for Mental Health Sciences (formerly Whitby Mental Health Centre)

Instructors were recruited from existing programs

May 2002- Arthritis Society program was discontinued due to restructuring

September 2002- DWWAP partners with Durham Access to Care





November 2002- DWWAP is incorporated and registered as a Non-Profit Organization

June 2003- DWWAP partnered with Grandview Children's Centre- more classes initiated

April 2004- DWWAP received charitable status

June 2005- DWWAP received 2 year grant from Trillium Foundation

The DWWAP program has always been developed and administered by a volunteer Board of Directors- Chairperson, President, Secretary, Treasurer, Marketing and Public Relations, Lifeguard Coordinator, Instructor Coordinator and Fundraising Coordinator



So What Is It?

It is a reduced impact exercise program in warm water. The pool temperature is between 32°C to 35.5°C (90-95° F) in a pool with a consistent depth of 1.16 m

Developed for participants of any age who have been referred by a doctor and are physically challenged with or as a result of: Rheumatoid and Osteoarthritis, Fibromyalgia, Joint Replacements, Degenerative Disc Disease, Ankylosing Spondylitis, Chronic Fatigue, Motor Vehicle Accident Recovery, Chronic Pain.





Why Water Exercises?

Blends the properties of water and the techniques of land exercise in a user-friendly way

Provides greater freedom of movement and buoyancy assistance

Provides security; fear of falling and causing any further injury is reduced

Increases blood supply to muscles which improves oxygen delivery

Decreases swelling

Massages the body which may lessen the affect of delayed muscle soreness





Why Water Exercises?- Continued

Can improve posture with a subjective feeling of support and lightness

Creates confidence in one's ability to move and perform on land

Participants get same benefits as on land but with fewer reps due to the resistance provided by the water





A Unique Program

Classes are in warm water, which aid in relaxing and massaging sore muscles while exercising, as the buoyancy of water relieve joints from the weight of the body and permits increased movement with less pain





Individuals are encouraged to move at their own pace safely while engaging in specific exercises geared to increasing daily living functions, unlike other aquatic programs which stress choreography and fast pace





Classes address a large variety of disabilities by providing specialized exercises to enhance balance, vertical strength, increased muscle strength, performance and aid in preventing acquired disorders due to poor posture and habit





The social aspect of the program validates participants who feel isolated with their disability





Excellence in our instructors and lifeguards is evident in the safe, enjoyable, purposeful and effective classes they lead; evidence of this is supported by a recent user survey and testimonials

In 2005, WaterART honored the leaders with the *“Arthritis Instructors of the Year Award”*

Lifeguards are certified and assist the leaders on deck demonstrating exercise movements





Our compassionate volunteer instructors, originally program participants, are trained, certified and participate in ongoing training throughout the year with WaterART Fitness International, a highly respected organization





Population Demographics

DWWAP accepts clients living with:

Arthritis, Osteoarthritis, Rheumatoid, Psoriatic, Ankylosing Spondylitis, Fibromyalgia, Joint replacements, Lupus, MS, Parkinson's, Stroke Recovery, Chronic Pain, Motor Vehicle Accident recovery

All musculo-skeletal difficulties or illnesses your doctor believes will benefit from warm water exercises





Individual Requirements:

Participants must be able to work independently without the assistance of others

Doctor's referral

Par- Q

Waiver

All forms are available
on-line





Classes- Number and Size

There are currently 19 classes being held Monday through Saturday

Classes are held during the day and evening and are 40 minutes in length

Classes are Beginner and Intermediate

You must 'graduate' from a Beginner class to move on to an intermediate class

The classes consist of walking, stretching, cardio-vascular and cool down exercises





Classes- continued

Class size depends on the pool in which they are being held- Grandview Children's Centre pool holds 8-10 participants and is the 'beginner' pool and Ontario Shores holds a maximum of 20-24 participants





Funding

Participants pay \$40 per 10 week session per 40 minute class

DWWAP assists in keeping costs low by:

fundraising through raffles

DWWAP shirt sales

A partnership with Class Act Dinner Theater

A 2 year grant from The Ontario

Trillium Foundation

Donations and gifts





HOW YOU CAN HELP

Look for opportunities in your community to advocate about the benefits of warm water pools

Need to get municipal councilors support to build warm water pools in municipalities

Need to network with physicians, physiotherapists, Chiropractors to make them aware of warm water benefits and needs

Volunteer your time as a life guard at one of the pools





Thank you for your precious time!

If you would like further information....
Contact DWWAP by phone or email at

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www.dwwap.com



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