

DWWAP exercises are done in a warm water pool. The program is designed to improve joint mobility, range of motion, and a general feeling of well-being.

- *Buoyancy decreases the stress on weight bearing joints*
- *Many participants report significant improvement since joining the program*
- *Exercises executed are recommended for arthritis elated conditions*
- *Instructors are certified through WaterART Fitness International*
- *Classes are recreational in nature*

Benefits of water exercising:

- Improved independence
- Improved sleep
- Improved general sense of well being
- Improved daily functionality
- Stress reduction
- Peer support
- Refocusing of pain

NOTE: You do NOT have to be able to swim to participate



For people 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 you may benefit from water exercise



Cost of Program

\$40.00* for a 10 week session. Classes run consecutively during the year and are 40 minutes in length.

*Fees are non refundable and may be subject to change

Class Times* and Locations

(*Times may be subject to change)

DAYTIME

Mon & Fri:

11:00 AM; 1:00 & 2:00 PM

Fri: 10:00 AM & Wed: 4:00 PM

Sat: 10:00 AM & 11:00 AM

EVENINGS

Mon, Wed, & Thurs:

6:00 & 7:00 PM

Tues: 6:00, 7:00 & 8:00 PM

Whitby Mental Health Centre

700 Gordon St. Whitby

and

Oshawa Site

(For beginners only)



Durham Warm Water Aquatic Program is a non profit registered charity. Donations are greatly appreciated and tax deductible receipts are issued. Funds donated are applied to operational costs and instrumental in keeping the cost of the program to a minimum. For further information contact us at **(905) 430-1665 • www.DWWAP.com**

DWWAP is run by dedicated volunteers and is administered by a Board of volunteer Directors



The DWWAP Board gratefully acknowledges the support received from:

- Central Community Care Access Centre
- The Central Community Care Access Centre Foundation
- Whitby Mental Health Centre
- The Ontario Trillium Foundation



Member of the Whitby Chamber of Commerce

Registration Information

For registration forms (Including Doctor's form), contact us:

Registrar
(905) 430-1665

www.DWWAP.com

E-mail:
registrar@dwwap.com

**“PLEASE DO NOT CALL
THE FACILITIES DIRECTLY”**

Individual Requirements:

- A Doctor's referral is required (please contact us for the form)
- Participants must be able to work independently without assistance from others



Durham Warm Water Aquatic Program

(Registered Charity No. 89646 8303 RR0001)



**A warm water
“arthritis friendly”
program**

* Logo design by Marc Ribaudou, Epinau sur Seine, France.

Last Revised 13/03/2008