

DURHAM WARM WATER AQUATIC PROGRAM

Dear Applicant:

Thank you for your interest in the Durham Warm Water Aquatic Program, an arthritis friendly program. In order to attend participants must be independently mobile and do not require assistance.

Beginners classes are held at Grandview Children's Centre (located on the corner of Townline and Bloor St. in Oshawa). Classes are conducted by trained volunteers and given in therapeutic water temperature. Fees are very reasonable and do not, therefore allow for any make-up classes or any refunds to be given for classes missed by a participant, or if classes are cancelled due to pool malfunction, bad weather, or other situations beyond our control. If a holiday falls during the session or you join a class after the session has started, the cost will be pro-rated. Each session runs for 10 weeks at a cost of \$40.

Once you have completed a session of beginner's classes you can then move to a regular class at the Ontario Shores Centre for Mental Health Sciences - formerly WMHC (700 Gordon St. Whitby). Once you are in the program you can register for as many subsequent sessions as you wish. You may also attend more than once a week, space permitting.

Enclosed with this letter are three registration forms which must be completed as soon as possible:

1. The Participant Health Questionnaire and ParQ
2. The Participant Waiver and Release Form
3. The Physician's Consent Form. This is to be completed by your doctor and his signature, as well as his official stamp are required.

When all forms have been completed please forward them with your cheque to the
Durham Warm Water Aquatic Program
P.O. Box 10042
910 Dundas St. W.
Whitby, Ontario
L1P 1P7
ATTENTION: Registrar.

You will be advised as soon as a space becomes available.

Please make cheque payable to: Durham Warm Water Aquatic Program (DWWAP)**

If you have any further questions, please contact the Registrar at:
Phone: (905) 430-1665

**Please remember to bring your own towel and swimsuit to your class.*

(Please keep this information for your reference. If at any time you do not wish to continue in the program, please notify the registrar.)