



**Turnstone**

Creating possibilities.

## HEALTH & WELLNESS CENTER AQUATICS:

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The eligibility requirement for persons 12 years of age and older to join the Aquatic or Fitness program is as follows...

- Physical impairment due to orthopedic or neurological medical conditions OR with moderate to severe mobility limitations
- Able to actively participate in independent or supervised land or aquatic exercises and cleared by physician release.
- Free from harmful or disruptive behaviors (verbal and non-verbal) that interferes with their ability to benefit, or with the ability of others to benefit.
- Aquatics - demonstrate potential to attain greater benefit from aquatic versus land-based exercise programs due to severity of pain and or mobility limitations; must be free from contraindications/precautions (must be continent, no open wounds, etc.); persons greater than 450 pounds must be able to access the pool using the stairs; if under 14 years of age, must be accompanied by a parent or guardian.

For more information on the Health & Wellness Center, please contact a fitness specialist at 260-483-2100.

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