Aquatics Class Schedule.

Monday
12 pm - FitAqua
4:30 pm - Fibromyalgia/Aquamoms
5:15 pm - AquaArthritis
8 am - 6:00 pm - Open Pool

Tuesday
9 am - AquaArthritis
12 pm - AquaArthritis
1 pm - ModifiedAqua
5:15 pm - FitAqua
8 am - 6:00 pm - Open Pool

Wednesday
12 pm - FitAqua
4:30 pm - Fibromyalgia/Aquamoms
5:15 pm - AquaArthritis
8 am - 6:00 pm - Open Pool

Thursday
12 pm - AquaArthritis
1 pm - ModifiedAqua
4 pm - AquaKids
5:15 pm - FitAqua
8 am - 6:00 pm - Open Pool

Friday
9 am - AquaArthritis
8 am - 4:30 pm - Open Pool

Therapy sessions and Pool classes are offered at our state-of-the-art facility:

Indiana University Health Ball Memorial Rehabilitation Center
3300 W. Community Drive
Muncie, IN 47304
866.669.0691 or 765.751.2555
What is Aquatic Therapy?
Therapists use water as a tool, like any other piece of medical equipment, to restore function. It allows patients to move easier and with less pain while doing rehabilitative activities.

Benefits of Aquatic Therapy.
Our physical therapists are specially trained to help you achieve the maximum benefits possible in an aquatic environment. Aquatic Therapy provides benefits for patients of all ages, including those with back injuries, arthritis, fibromyalgia, and balance disorders. Our program is designed to accommodate special needs patients. Our pool is heated to 93 degrees to allow for the most therapeutic benefit.

Additional Benefits:
- Buoyancy for decreased loading on the joints
- Allows three dimensional resistance for strengthening
- Allows for treatment of multiple body parts at the same time
- Decreases the risk or fear of falling
- Improved circulation

Getting Started.
Ask your physician if Aquatic Therapy may be beneficial for you. Once you have been referred to our program, our physical therapists will design a therapy program specific for your needs. For more information, call 765.751.2555.

Accessible Facility.
To better accommodate patients with disabilities there is a gradual ramp into the pool. If the patients needs more help into the pool, our therapists can assist patients in and out of the water by using water wheelchairs or a hydraulic chair lift.

More than therapy.
The Aquatics program at Indiana University Health Ball Memorial Rehabilitation Center also offers aquatic classes and open pool times. There is a fee required for these services. No referral necessary. For program details, call 765.751.2555.

Aquatic classes.

Open Pool
These times are intended for you to be able to access the pool to do your own exercise routine on an individual basis.

FitAqua class (High Impact)
- 45 minute sessions
This class is designed to challenge the individual with a strengthening and cardio workout with shallow and deep water exercises.

ModifiedAqua class (Medium Impact)
- 45 minute sessions
This class is designed for stretching and endurance workout with a small emphasis on strengthening. It will challenge balance, coordination, and flexibility with shallow and some deep water exercises.

AquaArthritis class (Low Impact)
- 45 minute sessions
This class is designed to help increase movements of joints to allow for more activity with daily living. The focus is on joint relief, muscle relaxation, and stretching.

AquaKids class (for special needs kids)
- 45 minute sessions
This class is geared for kids with special needs between the ages of 4 and 13 with a focus on relaxation, stretching, and fun. This class requires one child and one parent to participate.

Fibromyalgia class
- 45 minute session
This class is focused on gentle stretching, balance, and relaxation.

Aqua one-on-one class (warm water workouts for individuals with disabilities)
These workouts are tailored to meet the individual’s needs when one-on-one assistance is required.