

At the Mack E. Mickelson Arthritis and Rehabilitation Center pool, Mills-Peninsula offers a community aquatics program and a variety of aquatic classes for adults and children.

## Community Aquatics Program

A physician's approval, orientation session and membership fee are required to participate. Dressing rooms, showers, lockers and towels are available. After obtaining a medical clearance note from your doctor, the next step is making an appointment for a pool orientation by calling [\(650\) 696-4319](tel:6506964319). If you are a returning member who has been absent from the pool for more than one year, a new medical clearance note is required.

### Location

Mack E. Mickelson Arthritis and Rehabilitation Center  
100 S. San Mateo Drive, San Mateo, CA 94401

### Hours of Operation

Monday, Wednesday and Friday — 6:30 am to 7:30 pm  
Tuesday and Thursday — 6:30 am to 8:30 pm  
Weekday Lap Swimming — 6:30 am to 7:15 am  
Saturday — 9:00 am to 2:00 pm

### Closed for Aquatic Therapy Treatment

Mondays, Wednesdays and Fridays — 9:15 am to 12:15 pm and 2:30 pm to 5:15 pm

## Aquatic Classes

Aquatic conditioning increases endurance, strength and flexibility. Our classes benefit people progressing from individual or small group aquatic therapy, or who are ready for a new fitness challenge. Call [\(650\) 696-4319](tel:6506964319) for fees and more information.

### Mondays, Wednesdays and Fridays

**Aqualite** — This low to moderate intensity exercise program can be modified for those desiring a more intense workout. The focus is on range of motion for strengthening and flexibility of muscles and joints. Aquatic exercise equipment is used for resistance and buoyancy. Class is from 1 pm to 1:50 pm.

**Water Exercise Training (WET)** — This moderate to high intensity water aerobics class exercises all the large muscle groups. Aquatic exercise equipment is used for resistance and buoyancy. Class is from 6:00 pm to 6:50 pm.

## **Tuesdays and Thursdays**

**Water Workout** — A complete body workout employing all the major muscle groups. This class includes aerobic, toning and stretching exercises. Hydro-fit buoys and pool noodles are used. Class is from 9:30 am to 10:20 am.

**Arthritis Foundation Aquatic Program** — A low intensity, low impact program ideal for individuals with arthritis. Helps to relieve pain, decrease stiffness and increase range of motion. Class is from 10:30 am to 11:20 am.

**Smooth Moves** — A workout with moderate impact and intensity, using all the major muscle groups. The focus is on flexibility, balance and coordination. Class is from 11:30 am to 12:20 pm.

**Water Exercise Training (WET)** — Same class that is taught on Mondays, Wednesdays and Fridays. Class is from 5:00 pm to 5:50 pm on Tuesdays and Thursdays.

**Aquatic Body and Condition (ABC)** — A moderate to high intensity workout that incorporates cardio segments and muscle conditioning followed by stretching. The class alternates between aerobic intervals and active recovery, providing a great calorie-burning workout. Class is from 6:30 pm to 7:20 pm.

**Stretch and Tone** — A lower intensity program for those who prefer less strenuous, but balanced exercise. Emphasis on range of motion maintenance and improvement through stretching, isolated muscle strengthening and reduced-impact water walking. This class is ideal for individuals with muscle or joint difficulties, pregnant women, new mothers, or anyone wishing to improve flexibility. Class is from 7:30 pm to 8:20 pm.

## **Additional Aquatic Classes**

**Water Comfort** — This class is for people who are uncomfortable in the pool or uneasy in the water.

**Adaptive Aquatics for Kids** — This class offers guided water play for children so they can learn to be comfortable and enjoy the pool safely. A good class for a child who loves the water, needs to maintain gains made in therapy sessions, or needs to learn how to better move and control their body.

**WATSU** — This class offers a combination of ancient Zen shiatsu massage techniques and water stretching to produce a uniquely stress-reducing and therapeutic experience.