

DDRC will provide:

- A clean safe swimming environment
- Adaptive Basic Water Safety and/or Community Water Safety trained staff who are certified in first aid and CPR during all swimming sessions.
- Personal flotation devices. Any special or adaptive equipment must be provided by the individual or agency.
- Staff to supervise their participants in the locker room and pool area.
- Assistance from pool deck into water and vice versa.

The Agency/Organization purchasing swimming services from DDRC must provide:

- Staff to accompany participants in the water with at least a ratio of one staff to four participants.
- One on one staff for any participant that is not water safe or wearing a personal flotation device.
- Staff to remain in the pool area to assist DDRC/TLC staff when needed during emergency situations.
- Staff are responsible for assisting/supervising participants in the locker room.
- Swim diapers, cloth diapers and plastic pants when necessary. NO DISPOSABLE DIAPERS (they clog the pool filters).

DDRC POOL FACTS

- Water temperature 92-94 degrees
- Depth 0-4 feet 6 inches
- Ramp with safety rail
- Hydraulic lift for non-ambulatory individuals
- Water wheelchair
- Reasonable rates
- Trained and certified staff during all swimming sessions
- Mineral Sanitizing System (salt)
- Open to general public for therapy during open swim times:

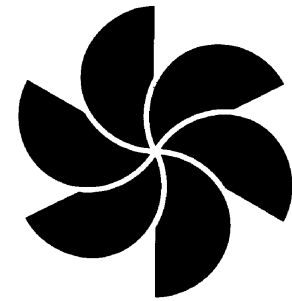
*Inspected and certified quarterly by
Jefferson County Health Department*

**Tuesday and Thursday 3:00-4:00 p.m.
Wednesday and Friday 8:30-9:30 a.m.**

DDRC POOL FEE SCHEDULE

Open Pool/per visit.....\$5.00
10 punch card.....\$47.50

**DDRC/THERAPEUTIC LEARNING
CONNECTIONS (TLC)
12665 W. 52ND AVENUE
ARVADA, CO 80002
720-544-8150 (FAX) 303-420-8467**



DDRC WARM WATER THERAPY POOL



DDRC/Therapeutic Learning Connections (TLC)

DDRC serves people with intellectual disabilities who live in Jefferson, Clear Creek, Gilpin, and Summit Counties.

Services are designed and individualized to provide positive choices which enhance quality of life and enable people to live fully.

Therapeutic Recreation services are designed to restore, remediate, and rehabilitate a person's level of functioning and independence in life activities. Therapeutic Recreation reduces or eliminates the activity limitations or restrictions, while promoting health and wellness.

DDRC expands partnerships with individuals we serve, providers, advocates, and community resources enabling services to become an integral part of our community.



Benefits of Water Therapy:

- Water provides an environment which reduces body weight by 90% when standing in shoulder deep water.
- Water is 12 times more viscous than air. Therefore, providing greater resistance to movement when compared to land. The result is that the muscles involved receive a more comprehensive workout.

Benefits of Warm Water Therapy:

- Warm water reduces spasticity and relaxes muscles allowing individuals to move with greater mobility and with less pain.
- Warm water increases strength in muscles and joints while helping with flexibility.
- Warm water feels good and promotes relaxation. It increases respiration, circulation, balance, strength, coordination and endurance.

