

Hospital for Special Care is working in partnership with Southern Connecticut State University to provide opportunities for Veterans to improve their independence, well-being, and quality of life through adaptive fitness and therapeutic programs. Funded by the VA Adaptive Sports Grant, Veterans and members of the Armed Forces living with a disability will have the opportunity to participate in adaptive fitness activities at the Aquatic and Fitness Center and equine-assisted services at Manes & Motions Therapeutic Riding Center.

Programs include:

Aquatic and Fitness Center, 2150 Corbin Avenue, New Britain

- Aquatic fitness classes offered in the lap pool and warm water pool.
- Community Membership - Access to our fully accessible 27,000 square foot facility that features two indoor pools, a fitness center and strength training room.
- Swim Clinics - Group swim instruction by a trained Red Cross Water Safety Instructor open to all levels, ages and abilities.

For more information, please call 877-472-7665 or visit www.hfsc.org

Manes & Motions, 874 Millbrook Road, Middletown,

- Therapeutic Riding - Instruction of basic riding skills while learning proper body alignment, coordination and balance.
- Unmounted Lessons (on the ground, no riding)- Learning safe horsemanship skills including horse communication, safe horse handling, and the basics of care including grooming, first aid, and feeding.

For more information, please email scastellani@hfsc.org or visit www.hfsc.org

HOSPITAL FOR SPECIAL CARE



Aquatics & Fitness Center

AQUATIC FITNESS CLASSES

November 7, - December 23, 2022 (7- weeks)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am – 7:45am	Deep Aqua Fit Fitness Pool		Cardio/Strength Fitness Pool		Aqua Surprise Fitness Pool
9:00am – 9:45am					Water Tai Chi Therapy Pool
9:30am–10:15am		Mindful Moves Therapy Pool	Mobility & Flexibility Therapy Pool	Aqua Surprise Fitness Pool	
3:00pm – 3:45pm			Cardio Intervals Fitness Pool	Aquatic Yoga Therapy Pool	

THERAPY POOL

Mobility & Flexibility - This will be a class that gently moves muscles and joints from head to toe. We will work on movements that help with daily activities and increase range of motion, giving you freedom to continue things you enjoy. Practicing stationary, walking, and flowing moves

Aquatic Yoga - Release stress and rebalance the body utilizing ancient techniques of Yoga. Learn breathing techniques to progressive relaxation, along with yoga poses to improve your strength and balance.

Mindful Moves - Increase self- awareness of your movement through exercises that promote balance, coordination, flexibility and range-of-motion. Some elements of Yoga and Tai Chi are included.

Water Tai Chi – Embrace the mind, body spirit through a series of gentle exercises that will improve balance, strength, agility, flexibility, coordination, posture and mental focus.

LAP/FITNESS POOL

Cardio/Interval - This self-paced class alternates low-intensity exercises with short bursts of high intensity exercises to create a more challenging workout. Suitable for those looking to increase aerobic endurance.

Cardio/Strength - You will be surprised by a different workout every time! This highly motivating class gives you cardio and strength training all in one. The class is taught in deep and shallow water.

Deep Aqua Fit - A non-impact, deep water aerobics class that works a variety of muscle groups as well as the cardiovascular system. The class utilizes buoyancy belts, gloves and hand buoys

Aqua Surprise -You will be surprised by a different aerobic exercise experience every time! This highly motivating class gives you cardio and strength training all in one. The class is taught in both deep and shallow water and includes the use of noodles, gloves, belts and resistance equipment.

For more information and to register, please call 877-472-7665