

Sign me up!

Please talk to your physical therapist for further information.

Physical Therapist

Sessions:

These will be offered in 6-8 week sessions.

Thursdays:

Nov. 3rd, 2011 - Dec 8th, 2011
10:00 - 12:00

Thursdays:

Feb 9th, 2012 - March 29th, 2012
10:00 - 12:00

The pool is located at Luther Care Home, one block away from KCC at 1212 Osler Street.

**It is fun &
motivating
for the child!**



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

To learn more

Alvin Buckwold Child Development Program

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AQUATIC PHYSICAL THERAPY



*Alvin Buckwold Child
Development Program*



We're here to help

There are many benefits to providing Physical Therapy in an aquatic environment, relevant to the paediatric population. These include:

*A pool is a great place to work Physical Therapy goals! It provides the body with different opportunities to move due to buoyancy, resistance, and the warmth of the water.

*Aquatic Physical Therapy interventions can also improve or maintain: function, aerobic capacity/endurance conditioning, balance, coordination and agility, body mechanics and postural stabilization, flexibility, gait and locomotion, relaxation, muscle strength, power, and endurance.

What can I expect?

The children will participate in play based aquatic Physical Therapy designed to work towards their individual goals. Activities in the pool will be focused on strengthening, stretching and motor skill development.

Approximately 5-6 children will participate in each session.

Leadership & support will be provided by 2 Physical Therapy staff.

To provide optimal care and safety for the child, a caregiver must be present and participate in the therapy group in order to allow 1 on 1 supervision.

How does the group work?

This initiative is designed as an enhancement to the Physical Therapy services that already exist at the Kinsmen Children's Centre.

Children, ages 3-18, who have been assessed by an ABCDP Physical Therapist and are currently receiving active therapy would be considered.

The pool program will run on Thursday mornings from 10 am – 12 pm and will be offered in 6-8 week sessions. Sessions will start November 2011 and February 2012.

Pool time will consist of 1 hour, with adequate time before and after to change.



**Let's go
swimming!**

