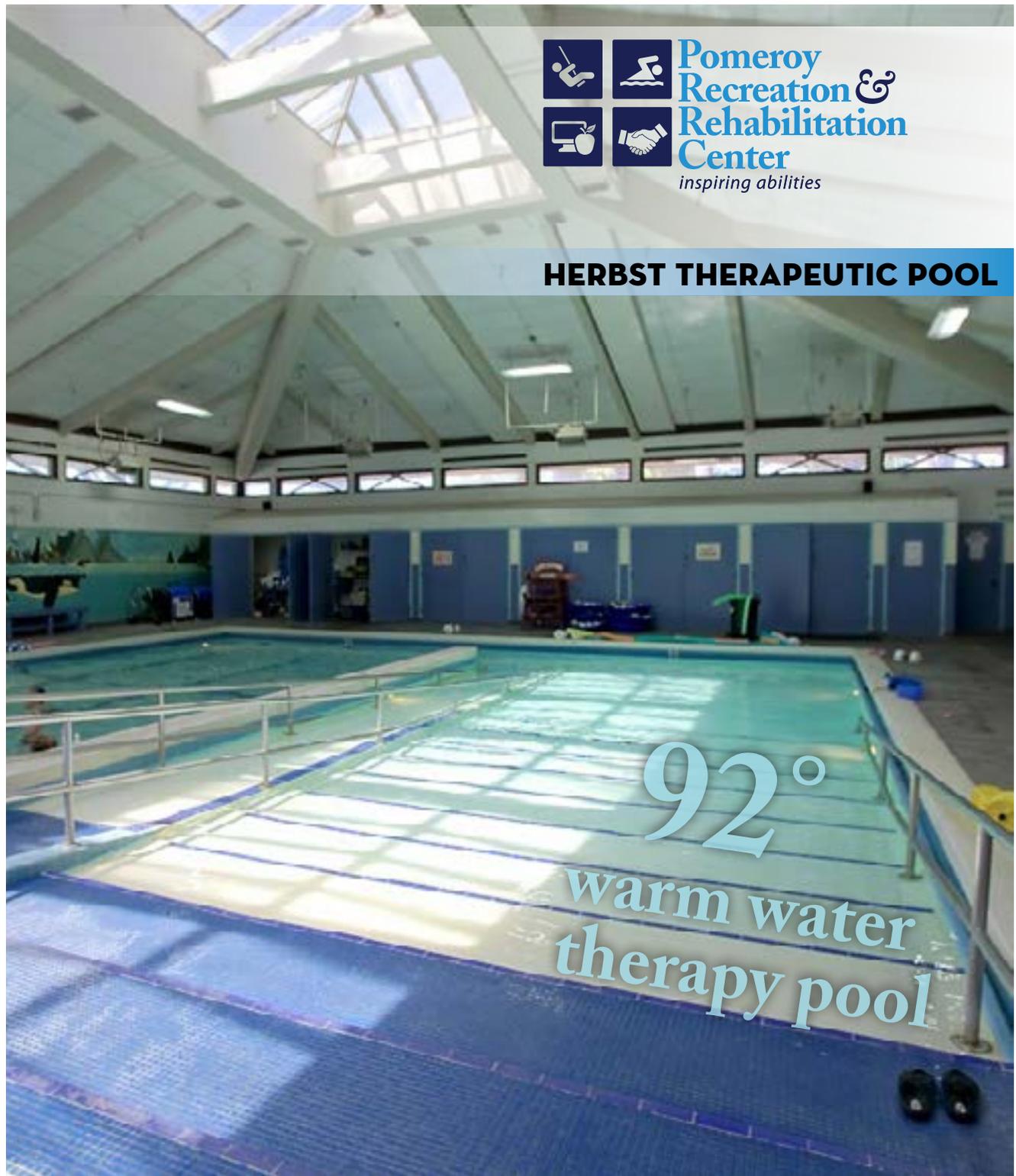


The Herbst Therapeutic Pool at Pomeroy Recreation & Rehabilitation Center serves nearly 2,000 people a month with its full calendar of group classes, private lessons, and recreational swim times. Heated to approximately 92 degrees, PRRC's pool is the only publicly accessible warm water pool in a 40-mile radius.

Therapeutic exercise and swim lessons are offered to community members aged six months through adult and for clients enrolled at the Pomeroy Recreation & Rehabilitation Center. Staff is certified in Lifeguarding, Water Safety Instruction, Arthritis Instruction, First Aid and CPR-FPR (CPR for the Professional Rescuer).



HERBST THERAPEUTIC POOL

92°
warm water
therapy pool



Therapeutic classes are ideal for individuals of all ages with chronic health conditions, for recovery and rehabilitation from injuries and medical procedures.

POOL CONTACT INFORMATION

415.665.4241 or 415.665.4100 x542
 aquatics@prrcsf.org
 www.prrcsf.org/therapeutic-swim

207 Skyline Blvd. in San Francisco
 Between Lake Merced & SF Zoo
 Plenty of free parking
 MUNI #57 stops here, #23 & L-Taraval nearby



AQUATICS AT POMEROY THERAPEUTIC SWIM

Various aquatics programs for individuals seeking aquatic therapy or gentle aquatic exercise. Ideal for seniors or those with limited mobility.

LAP SWIM

Mon. - Sat. 8:00 – 8:55AM

Three lanes available:

SLOW LANE for taking a break between laps

MEDIUM LANE for continuous lap swimming

CLOSED LANE: for in place aquatic exercising

OPEN SWIM (self exercise)

Mon. – Sat. 9:00 – 9:55AM

During these swim times there are no lane lines in the pool; individuals may do self-directed aquatic exercise. There is a variety of equipment available including kickboards, aqua belts, and aquatic resistance equipment.

INSTRUCTOR-LED AQUATIC EXERCISE CLASS

Instructor-led exercise including cardio, muscle strengthening, stretching, and exercise to increase range of motion. Ideal for individuals with arthritis or for those seeking pre-surgery strengthening or post-surgery rehabilitation. Classes are one hour long with 30 minutes of instruction time and 30 minutes of warm-up and cool-down time.

POMEROY THERAPEUTIC POOL TIMES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am - 8:55 am Lap Swim	8 am - 8:55 am Lap Swim	8 am - 8:55 am Lap Swim	8 am - 8:55 am Lap Swim	8 am - 8:55am Lap Swim	8am-8:55am Lap Swim
9 am - 9:55 am Open Swim	9 am - 9:55 am Open Swim	9 am - 9:55 am Open Swim	9 am - 9:55 am Open Swim	9 am - 9:55 am Open Swim	9am-9:55am Open Swim
11-11:55 am Open Swim	12 - 12:55 pm Aquatic Exercise Class				1pm-1:55pm Aquatic Exercise Class
1 pm - 1:55 pm Aquatic Exercise Class	1 pm - 2:55 pm Open Swim	1 pm - 1:55 pm Aquatic Exercise Class	1 pm - 1:55 pm Aquatic Exercise Class		
		2 pm - 3:55 pm Open Swim		2pm -2:55pm Aquatics Exercise Class	
	5 pm - 5:55 pm Lap Swim			5 pm - 5:55 pm Lap Swim	
		6 pm - 6:55 pm Lap Swim	6 pm - 6:55 pm Lap Swim		