

## **Adapted Aquatics Volunteers**

### **Chimo Pool and Fitness Centre – Coquitlam**

**Tuesdays and Thursdays from 10:30 – 11:30 a.m.**

The Adapted Aquatics Program is an aquatic exercise program designed for people with varying abilities including post/pre op, post stroke, MS, arthritis and people who are new to aquatic exercise. Adaptive aids are used to suit the participants and their needs. Some of the duties include assisting patrons in the water as well as entering and exiting.

Karen Gray, the Therapeutic Recreation specialist, is currently the only one leading the program. She would really like some TR students as assistants. If you can help, please call Karen at 778-773-9293.