

## GENERAL FEES

### Hydrotherapy Pool

\$5.00 per person for 1 hour of usage

Memberships are available for purchase with discounts for more frequent usage.

Pool can be rented for private use or for a group function at the rate of \$50.00 per hour.

### Multi-Sensory Room

\$5.00 per person for a half hour session (\$10.00 per hour)

Memberships available with discounts for more frequent usage.

### Physical Assessment & Management with Registered Kinesiologist

\$45.00 per hour

### Activity Sessions

Please contact us for specific pricing for each program.

### Water Fitness

10 week session:  
\$100.00 two classes per week  
\$50.00 one class per week

### General Use of Facility & Equipment

\$5 per hour (excluding the Pool and Multi-Sensory Room)



## Hours of Operation

Monday to Thursday  
9:00 am– 9:00 pm

Friday

9:00 am to 8:00 pm

Saturday

10:00 am to 2:00 pm

Flexible times including weekends, are available for booking the Pool and Multi-Sensory Room .

## Conditions of Use

Prior to use of the facility an orientation to the centre will be provided. You will be required to sign a liability waiver and follow the safety rules. Once orientation is completed participants are asked to schedule their use of equipment or programs through reception or the program supervisor.



For general inquiries or more information contact the Recreation Therapy Centre:

25 Bell Lane, Brantford, ON N3T 1E1

Tel: 519-753-2658

Fax: 519-753-5639

[www.brantwood.ca](http://www.brantwood.ca)



# Recreation

# Therapy

# Centre

*Brantwood empowers  
people of all abilities*

*to have a life of  
their choosing.*

# Recreation Therapy Centre

Our goal at of the Recreation and Therapy Centre is:

- To provide opportunities for people in the community to improve or maintain their physical wellness in a well equipped and fully accessible environment.
- To have opportunities to socialize with others during recreational and educational activities.



## Mobility & Seating Options

Brantwood is dedicated to providing a service that is second-to-none for special mobility and seating needs. At home, office, school, or wherever it is most convenient for you, a Brantwood specialist will custom fit and personalize your wheelchair to meet your lifestyle and functional needs.

## Services

### Hydrotherapy Pool

Our warm water pool provides significant therapeutic benefits to those with joint pain or stiffness as well as providing a soothing medium for an afternoon or evening swim.

- Fully accessible pool with ceiling lifts in pool area and change room.
- 94 degree water temperature to promote muscle relaxation.
- Gentle and Aerobic Water Exercise classes



\*Please note the pool is unsupervised\*

### Multi-Sensory Room

A multi-sensory environment that provides sensory stimulation using lighting effects, colour, sounds, music and scents. The Room can be used both actively for teaching and passively for relaxation.



## Activities

### Kinesiology

In supporting people with mobility issues, alternative positioning is essential in enhancing quality of life. Our Kinesiologist leads the development of physical management plans to increase and maintain mobility and strength. Physical assessments and one-to-one sessions are available. Specialized equipment such as standing frames, floor mats, walkers and bikes are all available for rental.



### General Interest, Recreation & Leisure Activities

Our General Interest, Recreation and Leisure Activities guide details plenty of activities to help you learn a new skill, meet new people and keep active with exercise all year.

To view the current programs being offered in the General Interest, Recreation and Leisure Activity Guide, please visit our website under What We Do: Recreation Therapy Centre and Services at [www.brantwood.ca](http://www.brantwood.ca).