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The Commonwealth of Massachusetts

Executive Office of Health & Human Services
Department of Developmental Services

Metro Region

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Marylou Sudders
Secretary

Elin M. Howe
Commissioner

Gail Gillespie
Regional Director

June 12, 2015

Dear Greene Pool User:

I am writing to you as a user of the Greene Pool located on the former campus of Fernald Developmental Center. As the pool is closing, I am offering this guide to assist you in finding alternative pool options. You will find information about locations of pools, hours of operation, water temperature, and user fees. Included are options within the DDS system including pools at the Hogan Regional Center and the Wrentham Developmental Center.

I hope that you will find this guide helpful in choosing another pool option.

Sincerely,

A handwritten signature in blue ink, appearing to read "Gail Gillespie".

Gail Gillespie
Regional Director
Metro Region

**Pool
Resources
For the
Greater Waltham Area**

**Department of
Developmental Services**

June 2015

Hogan

The Hogan Regional Center in Hathorne, MA houses two semi-private, handicapped accessible indoor pools in its Recreational Building. Access to the pools is through scheduled use arranged through the Hogan Regional Center Recreation Department at 978-774-5000, ext. 526. The Hogan Regional Center is located within a mile of two major highways and offers free parking and scenic farmland views.

- Pool open Monday thru Thursday- 9am to 8pm and Friday 9-5pm. We have a contracted Lifeguard to do special weekend events / hours as requested.
- The pool is used by families, providers and now is open to individuals with ABI
- Early Intervention Program from the NSARC occurs here.

Pool Descriptions:

The Recreation Building offers one large, full-sized pool and one smaller therapeutic warm pool. Male and female locker rooms with showers are attached to the pool area, and swimmers can bring their own locks as desired to secure a locker for use. One American Red Cross certified lifeguard is provided during all of the pool hours listed above. A variety of adapted floats, water toys and pool exercise equipment is offered for swimmers' use. Lifejackets are available for use as well.

Specifics:

Large Pool:

- Dimensions= 65 feet x 36 feet; depth= 4 feet in shallow end slopes to 10 feet in deep end.
- Temperature = 89 degrees F.
- Accessibility = Mechanical lift with chair, walk- in ramp, and pool ladders.

Small Therapeutic Pool:

- Dimensions = 24 feet x 12 feet; depth = 1. 5 feet in shallow end slopes to 2 feet.
- Temperature = 98 degrees F.
- Accessibility = mechanical lift with sling.

Directions to the Hogan Regional Center:

FROM 495

Northbound and Southbound exit onto 114 South towards Middleton.

At Middleton Square take a left onto Route 62 toward Danvers.

Go 1 mile to intersection (Getty station on left, Howe Station on right); turn right at intersection onto Gregory Street.

Continue until crossroads at bottom of hill.

Take a left and head towards Hogan (now visible).

Park in parking lot next to your destination.

FROM 95/ 128 NORTHBOUND

Exit Route 1 North in Peabody (Signs will be for Danvers and N.H.).

Continue on Route 1 North past exits for Lowell Street, Route 114, and Center Street.

The next exits will be for Route 62.

Take second exit for Route 62 West / Middleton. (will pass by Putnam Pantry on right before exit).

Continue on Route 62 West, in left lane, for 1/4 mile.

Turn left at lights in median strip and follow signs to Hogan.

FROM 95/ ROUTE 1 SOUTHBOUND

Exit 95 South at Route 1/ Route 62 exit.

Continue on off-ramp on right-hand side as it merges with Route 1 South.

Pass turn-off for North Shore Community College and Sheraton Tara on right.

Take next exit onto Route 62 West (almost immediately follows above turn-off road.)

At end of exit ramp, merge to left lane and take first left at yellow flashing light in median strip.

Follow signs for Hogan.

The Wrentham Developmental Center Therapeutic Aquatic Facility

This is a therapeutic aquatic facility, with water temperature kept at 90°F. Adapted ramp, stair entries and pool lift provide ease of access to everyone. Half of the 25' by 60' pool is at a constant depth of 4 ft making it ideal for adapted exercise programs. The rest of the pool depth ranges from 3' to 5'. The warm water temperatures, ease of entry and relatively shallow depths make the WDC pool an ideal environment for individuals with a wide range of special needs. Those normally restricted by mobility, range of motion, and other physical cognitive or emotional issues, can enjoy the benefits and freedom of a warm, safe, supportive and relatively weightless environment.

The pool is open Monday – Friday by appointment, with the goal to being as open and flexible as possible to accommodate busy and complicated schedules.

Hours:

Mon: 2pm-4pm 6pm-8pm
Tue: 9am-12pm 1pm-3pm
Wed: 1pm-3pm 6pm-8pm
Thur: 9am-12pm 1pm-4pm
Fri: 930am-12pm

For more information, please contact Carol Pino (508)-384-3114 ext. 2592

Waltham YMCA:
Jennifer Weller
781-894-5295

Mission

The YMCA of Greater Boston is dedicated to improving the health of mind, body, and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.

Facilities & Services

Indoor pool kept at 83 degrees

Outdoor Heated Pool

Spacious Exercise/Cardiovascular area

Strength training center - including Strive & Nautilus

Children's locker rooms

Coed Whirlpool on pool deck

Facility Hours

Monday-Friday 5:30am – 10:00pm

Saturday/Sunday 7:00am – 8:00pm

Kid Stop Rates

Family Members: FREE

Individual Adult Members: \$3 daily visit (max 2 hours) or \$25 for 10 visit card.

Program Pass / Community: \$5 daily visit (max 2 hours) or \$45 for 10 visit card.

*parents/guardians must remain on site while using Kids Stop.

*hours & availability are subject to change based on usage & staff ratios.

Adaptive Swim Program Ages 3-12

The adaptive program is designed for children that have physical and or learning disabilities. The course is designed to be a one hour structured free swim with instruction.

Sat 2:00-3:00 PM

Family: \$54 Program pass: \$81 Non-member: \$108

Prorated Membership Rates by Income

Individual above \$37K: \$64 month

Individual below \$37K \$40 month

Family above \$57K: \$88 month

Family below \$57K: \$66 month

Boston Sports Club- Waltham:

Tionne Talbot
781-522-2004

Address

840 Winter Street
Waltham, MA 02451
781.522.2222

Pool Hours

Monday-Friday 5:30am-10:15pm
Saturday-Sunday 7:00am-6:45pm

Club Hours

Monday-Friday 5:30am-10:30pm
Saturday-Sunday 7:00am-7:00pm

Off-Peak Hours

Must have premium membership to
use club at anytime

Pool(s)

Indoor pool facilities:

- 2 pools:
 - 25-meter main pool kept at 84 degree;
 - therapy pool kept at 94 degree
- Lap lanes (6), lessons and aquacise available
- Masters swim program available
- Whirlpools in locker rooms
- Swim accessories/gear available for purchase

Membership Fees

\$72 monthly for nonmembers

\$64 monthly for members

Leventhal-Sidman Jewish Community Center
333 Nahanton Street • Newton, MA 02459
617-558-6522 • www.lsjcc.org • info@jccgb.org

A branch of the Jewish Community Centers of Greater Boston • www.jccgb.org
Empowered and enriched. Independent and inspired. The JCC is a community partner in enhancing the social, emotional and physical development needs of children, teens and adults with physical, developmental, neurological, learning and mental health challenges.

We encourage all to participate in our social, educational, cultural and recreational programs – designed to facilitate a sense of empowerment and independence.

For a detailed listing of classes, and for more information on the Special Needs Program at the Leventhal-Sidman JCC, please visit us at www.jccgbspecialneeds.org, or contact Judy Pearl or Janice Robins at 617-558-6507/6508 or email specialneeds@jccgb.org.

The Ledgewood Special Needs Program at JCC Preschools

The Ledgewood Special Needs Program provides supportive services to JCC preschool students who have a variety of learning differences. Ledgewood specialists consult with classroom teachers to help adapt the classroom and learning environment to meet each child's needs, and work with families on general developmental issues such as adjustment to a new sibling, sleep, moving, or family crises. Evaluation and referrals to outside services are also available, if needed.

Water temperature is kept at 83 degree.

Fees:

- A one time fee registration of \$150
- \$102 monthly for family
- Non members \$25 per person per visit

Regular Building Hours (Holiday hours may vary)	Mon- Thurs	Friday	Saturday	Sunday
Sept	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
Oct	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
Nov	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
Dec	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
Jan	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
Feb	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm

Mar	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
Apr	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
May	5:30am - 10:00pm	5:30am - 6:00pm	7am - 7pm	7:00am - 8:30pm
June	5:30am - 10:00pm	5:30am - 6:00pm	7am - 5pm	7:00am - 4:30pm
July	5:30am - 10:00pm	5:30am - 6:00pm	7am - 5pm	7:00am - 5:00pm
Aug	5:30am - 10:00pm	5:30am - 6:00pm	7am - 5pm	7:00am - 5:00pm

SATURDAY SWIM PROGRAM

MASSACHUSETTS HOSPITAL SCHOOL
3 Randolph Street, Canton, MA 02021

DESCRIPTION:

The Saturday Swim Program at the Massachusetts Hospital School is an opportunity for children and adults with disabilities to enjoy a lifetime leisure activity, in a recreational swim setting. At this time, no instruction or therapy is provided. Instead, an “open swim” is available for 1.5 hours for your enjoyment. Please note, each swimmer is required to have a one-to-one assistance in the pool with him/her at all times. Certified lifeguards are on duty to provide supervision and safety.

PROGRAM GUIDELINES & POOL RULES:

- Every swimmer must sign-in at the front desk prior to entering the pool.
- Each swimmer must have a one-to-one (18yrs of age or older) with them in the water, and stay within arms distance of the swimmer when deemed necessary by lifeguard.
- Swimmers must provide their own personal care assistance if needed in the locker room.
- Anyone having a communicable disease or open wounds is not permitted in pool.
- Swimmers with incontinence issues must wear swim “diapers”, or plastic briefs with elastic leg openings over a diaper. Bathing suits must still be worn over the diaper.
- Floatation and adaptive equipment are allowed for those requiring assistance. Parent/Guardian must be familiar and comfortable with these adaptations.
- Siblings, friends or other participants are not allowed in the pool, unless they are assisting the swimmer with the activities or with personal care in the locker room.
- Towels and personal care items are the responsibility of the swimmer.
- Transportation to and from the facility is the responsibility of the participant.
- The lifeguard(s)-on-duty and/or the Aquatics Director reserve the right to prohibit persons from the program who possess aggressive, abusive, unsafe or inappropriate behavior, as it is a safety risk to the swimmer and those who participate in the swim.

The program will restart in September 2015. All program descriptions, registration forms, policies and procedures, and information regarding schedules and fees can be found at www.mhsf.us

Swymfit
90 Swanson Road | Boxborough, MA 01719
www.swymfit.com

Swymfit – Low to No Impact, Joint Friendly Exercise programs. Our unique programs combine deep water exercise with traditional strength training and functional training to help you: achieve Better Fitness and Better Health. Increase your energy, move with confidence and athleticism, improve your general health and fitness and reach your athletic potential with Swymfit.

To learn more about the following, call Elena Kosenko (978) 635-0500 or stop in. Dr. Steven Victorson or one of our staff will be happy to give you a tour. For more information email info@swymfit.com

- Memberships
- Swimming Lessons
- Personal training
- Specialty Programs for injury prevention, injury recovery, general health and fitness and all levels of sports training
- Burdenko Method

Membership Fee:

Individual Member: \$75 monthly	Non Individual member: \$90 monthly
Day fee: \$12 per person (use of pool/gym)	Individual Punch card 10 visit: \$100

Club Hours:

Mon.-Thurs.: 6am-9pm

Fri.: 6am-8pm

Sat.: 7am-6pm

Sun.: 8am-5pm

Swimming Pool

- 25 yard lap pool with deep end
- 4 Lanes
- Heated to 83 F
- State-of-the-art air filtering system

Back On Track Physical Therapy

www.backontrackpt.com

Put Your Trust in Boston's Largest Aquatic Therapy Group | 1-877-GET BACK

Back On Track Physical Therapy is an outpatient practice serving the rehabilitative needs of the greater Boston area for over 12 years. Since our inception, we have grown from a single practice to a network of care with seven locations. We have established professional relationships with the Wellbridge Athletic Clubs, the Waltham Athletic Club, the Boston Sports Club, Atlantis Sports Clubs, and the Burdenko Water and Sports Therapy Institute.

Back On Track therapists blend traditional physical therapy treatments with holistic programs to provide a full continuum of care. We stay on top of the newest physical therapy tools, resources and treatment methods to offer you the most cutting edge modalities of care.

We offer one-on-one personal care with appointments in private treatment rooms, our centers' gyms, and aquatic settings. Back On Track physical therapists are certified and highly trained in many specialties, enabling us to offer a diverse selection of programs and treatment techniques. Each patient receives an individualized treatment plan that is the result of a comprehensive evaluation and assessment. Back On Track can also coordinate care with personal trainers, nutritionists, dietitians, and massage therapists to create a program that works, just for you.

At Back On Track, we pride ourselves on providing a caring, understanding, and comfortable environment for healing. Our mission is to help make life better for the patients referred to our care. We want you to get "Back on Track" and free from pain and disability. We utilize a variety of methods to restore flexibility, strength, endurance, balance, coordination, functional mobility, and activities of daily living. We see appreciation for our top quality services in the form of new referrals from former patients and respected physicians across the state. It is this positive feedback that helps us to continually grow, and let us know that we are on the right track with our patients.

Insurance

Back on Track currently participates with the following insurance companies. Insurance information changes periodically so please contact our office if you do not see your insurance carrier listed below.

Aetna	Neighborhood Health Plan
Blue Cross / Blue Shield - All Plans	Tricare
Chickering (Aetna)	Tufts - All Plans
First Health / Coventry	Unicare / GIC
Harvard Pilgrim Health Care	US Dept of labor (WC)
Harvard Pilgrim First Seniority	Motor Vehicle Accidents
Health Care Value Management	Worker's Compensation
Medicare	<i>NO MassHealth</i>

We also are accepted by many other insurance companies through your out-of-network benefits.

Self-Payment Options:

Back on Track also offers private pay options to our patients. Patients can select to pay on a per-visit basis or can select to purchase a cost-saving prepaid package. Our self-pay packages are available in sets of 5 or 10 money saving visits.

Please contact Paul Salvi, Clinical Director via email at psalvi@backontrackpt.com

Aquatic Therapy

Aquatic therapy is the use of buoyancy, hydrostatic pressure, and joint unloading, to offer the patient a safe and therapeutic environment. By relying on the properties of water the client can safely increase their strength, endurance, flexibility, and range-of-motion. The Burdenko therapy incorporates aquatic exercises geared towards utilizing buoyancy and weights for physical training resulting in recovered function caused by injury.

"Developing proper movement is essential for the recovery and prevention of re-injury." Affirms Dr. Igor Burdenko, "Teaching patients to move involves more than just teaching proper body mechanics, but includes endurance, balance and coordination."

Water teaches movement because it requires internal stabilization of the spine and pelvis making it a perfect location for therapy. This stabilization is the groundwork for effective movement. Water has the capacity to support, assist, or resist movements. Water also allows for non-weight bearing as well as partial-weight bearing therapy. Aquatic therapy can enhance the client's overall conditioning as well as work to benefit the entire body.

The client can be suspended in water without touching the bottom of the pool by the use of buoyancy equipment. This allows for the client to move freely about with little or no impact on the musculoskeletal system. Back On Track offers a program to teach patients how to eliminate or minimize pain while moving in a healthy, non-weightbearing environment.

One of the most effective aquatic therapy treatments for patients with physical disabilities is warm water therapy. Water resistance and the warm temperatures of warm water therapy ease muscles, in turn alleviating spasms and pain. For patients with orthopedic, neurological, and musculoskeletal conditions, warm water therapy can provide many benefits.

The benefits that a client can achieve from warm water therapy include endurance, flexibility, range of motion, mobility, increased strength, decreased pain and joint stress, and improved balance and circulation. Warm water therapy also relaxes the entire mind and body, creating a sense of overall peacefulness which will reduce pain and speed up the recovery process.

The Burdenko Method

The Burdenko Method is a practical application of water and land exercises founded on a holistic healing style of rehabilitation, conditioning, and training. The Burdenko Method of water and sports therapy was created by Igor N. Burdenko Ph.D. The theory behind the Burdenko method is that water

is a wonderful healer and an ideal medium for treatment of all kinds of physical ailments and conditions. The properties in water present an excellent environment for gentle and efficient therapy and conditioning. With minimal weight bearing in the water, the client is able to exercise with little or no stress, this in turn will enable them to return to their everyday activities promptly and safely. The Burdenko Method is based on a scientific approach and more than 40 years of extensive experience working with a large base of people. It is not just a set of exercises, it is a system.

At Back On Track, our therapists will employ the Burdenko method by teaching our clients how to exercise in the water. We will set up a regimen of exercises that will help condition and promote better health. We will focus on the following areas during the therapy: balance, flexibility, coordination, speed, strength, and endurance. The Burdenko Method is optimal in water temperatures of 86 to 88 degrees, but can also be very successful in temperatures of 92 to 94 degrees. At Back On Track we offer group classes or individual classes.

Warm Water Therapy

Warm water therapy, or hydrotherapy, incorporates three key ingredients: buoyancy, heat, and massage. This combination provides an environment that is both relaxing and healing. The therapeutic benefits that can be experienced from warm water therapy are numerous. Warm water therapy allows the body temperature to rise, which in turn stimulates the blood vessels to dilate. When the blood vessels are dilated this assists the muscles in relaxing and allows for better circulation. The warm water also provides an excellent atmosphere in which to exercise. It allows the patient to move freely and the water resistance aids in the increasing of muscle strength. Warm water therapy provides a safe medium in which to exercise.

At Back On Track our warm water therapy classes include a combination of relaxation routines, range of motion exercises, and endurance workouts. Warm water therapy has proven to be a great treatment for many conditions including arthritis, fibromyalgia, stress, muscle aches, chronic pain, insomnia and even diabetes. Warm water therapy can help our clients to resume their everyday activities in a much shorter period of time.

Cambridge

5 Bennett Street; Harvard Sq.
Cambridge, MA 02138
Phone: 617-730-5337
Fax: 617-730-5461

- *Handicap Accessible/Pool Temp 85-87'*
- *Located at the Charles Hotel in the Wellbridge Athletic Club.*
- *Accessible by MBTA on the Red Line at the Harvard Square stop.*
- *Parking located in garage under Charles Hotel for discounted fee with validation stamp or in meters on surrounding streets.*
- *Full gym and pool available.*

Danvers

50 Ferncroft Road
Danvers, MA 01923
Phone: 617-730-5337
Fax: 617-730-5461

- *Handicap Accessible/ Pool Temp 86'.*
- *Located at the Crowne Plaza in the Atlantis Sports Club.*
- *Full gym and pool available.*

Newton

135 Wells Avenue
Newton, MA 02459
Phone: 617-730-5337
Fax: 617-730-5461

- *Handicap Accessible/Pool Temp 86'.*

Waltham

249 Lexington Street
Waltham, MA 02452
Phone: 617-730-5337
Fax: 617-730-5461

- *Handicap Accessible/Pool Temp 83-85'.*

- *Located at the Boston Sports Club.*
- *Free parking is available on site.*
- *Full gym and pool available.*

- *Located at the Waltham Athletic Club.*
- *Free parking is available on site.*
- *Full gym and pool available.*

Waltham Boys and Girls Club
20 Exchange Street
Waltham, MA 02451

Water temperature is kept at 86°

Contact:

Scarlet LeBlanc, Aquatics Director at 781-893-6620 ext. 17

Membership Fee:

\$15 a year (classes have additional fees – see below)

Member Fun Swim

Tues-Thurs 3:30-4:30 September- December & Mid February-June

Tues-Thurs 4:00-4:30 November-Mid February

Must be a current Waltham Boys & Girls Club member

Red Cross Swim Lessons

Waltham Boys & Girls Club offers Red Cross Learn to Swim Lesson

Level's 1-6 and Parent and Child classes.

Parent and Child:

Ages: 6 months-5years old

Limit: None

Price: \$55.00 for 6, 30 minute classes

In this class we focus on getting children used to the water. It is essentially an organized play session where we sing songs which introduce them to simple swimming skills. Such as blowing bubbles, kicking feet, and moving arms and overall having fun in the water.

Preschool

Ages: 3-5

Limit: 5 (unless approved by the Aquatics Director)

Price: \$55.00 for 6, 30 minute classes

This class is built for children who are ready to start learning the basic skills but aren't quite old enough to participate in our lesson program. We start learning how to float, blow bubbles, kick, arm movement and work on dunking our heads. There are also games that we play which incorporate important swimming skills allowing them to learn and have fun at the same time.

P.A.L.Swim

P.A.L.Swim(Physical And Learning Support) is a group of peer buddies who befriend youth with disabilities, participate alongside them in aquatic activities. Classes are thirty minutes once a week for six weeks and service preschool and school aged children separately. The youth volunteers help children with disabilities learn swimming skills as well as help to increase their verbal and auditory skills.

Classes are held on Wednesday evenings from 5:30-6:00pm.

Cost:\$55.00 ages 3-5 \$40.00 ages 6-18