



## Aquatic Physical Therapy Information Sheet

| <b>Pool Locations:</b>       | <b>Newton*</b><br>Boston Sports Club<br>135 Wells Ave<br><i>* Two Pools Available</i> |                                  | <b>Cambridge</b><br>Wellbridge Athletic Club<br>in Charles Hotel<br>5 Bennett St   | <b>Waltham</b><br>Waltham Athletic Club<br>249 Lexington St                          | <b>Danvers</b><br>Atlantis Sports Club<br>50 Ferncroft Rd                    |
|------------------------------|---|----------------------------------|--|--|--|
| <b>Temperature</b>           | 86 degrees  | 86 degrees                       | 85-87 degrees  | 83-85 degrees  | 86 degrees   |
| <b>Depth</b>                 | 4ft-4.5ft   | 6ft                              | 4ft full length<br>No Gradient   | 3.5ft-6ft  | 3ft-5.25ft   |
| <b>Pool Access</b>           | Ramp entrance for handicap  | (2) 3 step ladders with railings | On 3 <sup>rd</sup> Floor<br>Must enter through hotel to get to pool without using stairs<br><br>(2) 4 step ladders   | Down 2 flights of stairs or self-operated elevator with key<br><br>(1) 5 step ladder | Ramp to pool area and lockers<br><br>Steps and railing into pool             |
| <b>Size</b>                  | 50 ft long<br>4 lanes   | 30 ft long<br>4 lanes            | 45ft long<br>3 lanes wide  | 54ft long<br>4 lanes wide  | 50ft long<br>4 lanes wide  |
| <b>Special Consideration</b> | Full compliment of locker room, showers, and towels<br><br>NO LOCKS PROVIDED          |                                  | Full compliment of locker room, showers, and towels<br><br>Locks available, see Wellbridge front desk  | Full compliment of locker room and showers<br><br>NO TOWEL OR LOCKS                  | Full compliment of locker room, showers, and towels<br><br>NO LOCKS PROVIDED |
| <b>Parking</b>               | Plenty of free parking  |                                  | a) Parking garage under Charles hotel – discounted price with validated stamp from Wellbridge (approx \$8).<br>b) 2 hour free parking on Mt. Auburn St.<br>c) Metered parking around hotel | Plenty of free parking   | Plenty of free parking   |

***Making life better...one patient at a time***

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