

Aquatic (Pool) Physical Therapy at the YMCA in Hastings

Set Up Your Appointment

Call Courage Kenny Sports & Physical Therapy – Hastings at 651-404-1002 to schedule your aquatic physical therapy.

Your session will be at the YMCA pool that is located at 85 Pleasant Drive, Hastings. Park in front of the building.

What To Bring to the Pool

- photo ID**
The staff at the YMCA front desk may ask to see your ID when you check in. Bring ID with you every time.
- swimsuit**
If you do not have a swimsuit, you may wear shorts or fitness tights and a dark T-shirt. Note: light-colored clothing will become see-through when wet.
- non-slip shoes**
You will need to wear these through the locker room and on the pool deck to prevent you from slipping. Aquatic shoes are the best for use in the pool.
- towel**
- water bottle (non-breakable)**
- assistive device (if you use one)**
- snack, glucose tabs or gel, juice (if needed)**
- medicines**
Bring any medicines you need (including a glucose meter) and keep them in a bag on the pool deck.

- padlock** for a locker or a **bag** to bring your items onto the pool deck.

When to Arrive at the Pool

Arrive 15 minutes early so you have enough time to change clothes and be on the pool deck for your appointment.

What To Expect at Your Appointment

- Check in at the Courage Kenny Sports & Physical Therapy desk, then check in at the YMCA desk down the hall.
- Go to the locker rooms at the end of the main hallway.
- Change into your swimsuit and go to the pool area. Sit on the bench near the large windows at the shallow end of the pool.
- Your physical therapist will meet you there at your scheduled appointment time.
- All of your sessions will be one-on-one with the physical therapist at the depth of water that is most comfortable. The water depth ranges from 0 to 4 feet. The temperature is 86 F.
- The average session lasts 30 minutes.

Whom To Call With Questions

Call 651-404-1002 if you have questions, need to reschedule or have any health concerns.