



### **Aquatic Therapy Information at the Jewish Community Center**

Welcome to ProAction Physical Therapy. To ensure you have a great experience with us, we want to share with you important details of your aquatic therapy. Please read carefully:

- Please leave enough time to walk through the JCC and change into your bathing suit to make it to your treatment session on time. Before your first visit, it is recommended you arrive 15-20 minutes before your scheduled therapy session.
- Locker rooms are available for your use. Directions to the pool and the locker rooms are included on separate sheet. Please bring your own lock to safely keep your belongings during the treatment session.
- Bring a bathing suit and towel to the session. You may choose to wear a tee shirt and shorts instead of a bathing suit into the pool.
- Pool shoes can be worn in the session, but are not required.
- Before your treatment session, check your skin for any cuts or open wounds. These areas are a risk for infection and you should not use the pool if present.
- The JCC's pool policy requires that it close if there is thunder and lightning in the area. The pool will remain closed for 30 minutes after the last sound of thunder. If the weather forecast is questionable please call our office at [301-348-3854](tel:301-348-3854) . If you do not receive an answer, please call the JCC's main desk at 301-881-0100 before coming to your appointment.
- Expect to be in the pool from 45-60 minutes for each session.
- Shower facilities will be available for you to use if you choose.

Please see attached informational sheets about how to get down to the pool once inside the JCC.



## **Directions driving to the JCC**

### **From Gaithersburg and other points North:**

270 South to Montrose Road (Exit 4). When Montrose Road splits, bear Left (St. Elizabeth's school on your left). When you get to the traffic light at Montrose Road and Executive/East Jefferson Rd, make a left. Then immediately get into the right lane on East Jefferson and make a right at first traffic light into the JCC parking lot. Once in the parking lot, go to the right and follow around to the front of the JCC- you will see a black fence and a statue. Park anywhere- it is free.

### **From Bethesda and other points South:**

Take Old Georgetown Road North towards Rockville. At the traffic light at Executive Blvd, make a Left. Keep driving and you will encounter Montrose Pkwy. Stay on Executive and then you will encounter Montrose Road and see the JCC in front of you on the right-hand side. Just after you pass the intersection of Executive and Montrose Road, you make a right at the traffic light, into the JCC parking lot. Once in the parking lot, go to the right and follow around to the front of the JCC- you will see a black fence and a statue. Park anywhere - it is free.

### **From Silver Spring and other points West:**

Take Randolph Road East. Pass under Rockville Pike and at the first traffic light after you drive under the overpass, make a right. Then make an immediate left at the next traffic light, onto Montrose Road. Once on Montrose Road, you will pass one traffic light. After the traffic light, make a right into the parking lot of the JCC (no light there). Once you make a right, you will see a black iron fence and statue in front of you. Make a left at that point and park anywhere- it is free.



## **Directions to the Locker Room and Pool once inside the JCC**

The JCC is attached to other buildings on its campus. The building you need to go to has a black fence around a grassy area and statue located directly in front of the JCC building and main entrance.

1. Enter the front of the building. Once inside the JCC, you will encounter the security desk. Tell them you are here for Physical Therapy.
2. Then walk past the security desk, you will see the information desk on the right. You will be issued a security badge in exchange for your car keys or driver's license. As you walk past the information desk you will see the following on the right:
  - a. Small coffee shop
  - b. Art gallery
  - c. Subway food shop
  - d. Wall of plaques (Sports Hall of Fame)
3. Keep going and above you will be a blue wall that has a Health & Fitness Center sign. Walk under the sign.
4. You will then pass the gymnasium.
5. Immediately past the gymnasium, there are double doors on your right, as well as big double doors in front of you.
  - a. If you would like to **take the stairs**, go through the double doors on the right:
    - i. To do this, press your security badge against the black box to the right of the doors to unlock them.
    - ii. Go down the stairs and turn right.
    - iii. Go through brown double doors into the fitness area.
    - iv. The Men's and Women's locker rooms are on your right just before entering the weight machine area. Press your security badge against the black box. Bring your own lock and use any locker to store your items. The JCC and ProAction Physical Therapy are not responsible for items taken from lockers that have not been properly locked. Walk to the end of the locker room near the shower area. There is a door that leads directly to the pool area.
  - b. To **take the elevator**, proceed through double doors in front of you:
    - i. To do this, press your security badge against the black box to the right of the doors to unlock them.
    - ii. Walk 40 feet and take the elevator on the right down one floor to Basement.
    - iii. Turn left out of the elevator.
    - iv. Go through brown double doors into the fitness area.
    - v. The Men's and Women's locker rooms are on your right just before entering the weight machine area. Press your security badge against the black box. Bring your own lock and use any locker to store your items. The JCC and ProAction Physical Therapy are not responsible for items taken from lockers that have not been properly locked. Walk to the end of the locker room near the shower area. There is a door that leads directly to the pool area.

**Once done with therapy, return to the security desk to retrieve your keys/identification.**