

## **Instructions for New Aquatic Therapy Participants at Tamarack Wellness Center**

This wonderful 92°F, UV/salt disinfected pool is rarely available for therapy sessions so your appointment time is precious. Please be ready to get into the pool on time and leave yourself breathing room for getting ready. Thank you!

You don't have to wear a conventional bathing suit if you prefer not to but your clothes shouldn't float loosely in the water and should, of course, be clean. Everyone needs to shower before getting into the pool and non-skid slippers are strongly recommended. Please bring earplugs if you need/want to keep water out of your ears. Tamarack Aquatic Center has it's own short form to fill out and they will put you into their computer. I encourage you get this done before the day of your first appointment if you have time. You can familiarize yourself with the facility and the staff is very helpful.

Valuables including jewelry and watches should be left at home, in a bag poolside, or locked up in the locker room. You would need to bring your own lock.

For people coming with attendants/caregivers, no fee is charged for these people to get into the water. The facility is very accessible and there are several options of places to change, to shower and of ways of getting in/out of the water. Let me know if you have any concerns.

The pool is located at 3575 Donald St, Eugene OR 97405

Their phone is 686- 9290

Directions are on their website at [www.tamarackwellness.com](http://www.tamarackwellness.com)

Parking is available in the lower lot