



THE ATHLETICS CENTRE
AT THE TRENT COMMUNITY SPORT & RECREATION CENTRE

Warm Therapy Pool

A New League for Aquatic Training and Rehabilitation

Much more than a therapeutic hot tub, the new state-of-the-art Swimex therapy pool in the Trent Community Sport & Recreation Centre is the only one of its kind in the region.

This versatile aquatic therapy system allows the TCSRC to extend the range of therapy and sports medicine treatments to a broader range of clients. In the resistance swimming pool, a powerful and consistent wall-of-water is created to provide resistance for swimming, exercise or therapy. At the touch of a button, a swimmer, coach or therapist is able to change the pool counter-current from inside or outside the pool to allow for a personalized training or rehabilitation experience.



The 10 foot by 14 foot pool with 95°F water is equipped with a series of mechanisms to allow members to move freely in the therapy process, including:

- underwater paddle wheel and jets provide significant thrust to jog or swim against the water flow
- wheelchair lift to move participants in and out of the water easily and comfortably
- underwater treadmill and stationary bike
- different depths to assist in the progress of exercise or therapy
- direct access between Trent Health in Motion and the main deck of the pool
- full-time, qualified staff person dedicated and qualified in water therapy

Offering a complete aquatic therapy workout, the therapy pool is used by a variety of groups and members of all ages and abilities in both the community and within the University. Clients of Trent Health in Motion in the expanded Centre for Health Excellence have access to the pool and are able to benefit from a full-range of aquatic training possibilities.

Elite varsity athletes both at the University or visiting during national championships hosted by Trent are also be able to seek effective treatment in the facility to help them return to the competition more quickly.

State-of-the-Art. Accessible. One of a Kind.