



JUDGES' COMMENTS:

"This is a great facility that is marching down the road of creative programming to increase membership activity in the aquatics program."

BEST WELLNESS/REHAB CENTER/FITNESS CLUB (Class 19)

LifeCenter Plus, Hudson, Ohio

There's nothing like a little healthy competition. By "little," think 4-to-6-year-olds, also known as Bubblers, the youngest members of the swim team at LifeCenter Plus in Hudson, Ohio. These tots learn competitive swimming techniques and swim the first event of every home meet (25 meters). Some of them struggle halfway across the pool and get a little help from their coaches, but all get to the end feeling like big winners.

It's this kind of attitude that perseveres throughout LifeCenter Plus among its patrons and employees. The staff encourages members to use new tools and techniques that are long-lasting and different when crafting their exercise routines. Such programs sometimes take place on the sun deck and include Aquaqi, calisthenics and multiple exercise stations. The center offers swim lessons for children and adults to promote skill-building; arthritic classes in the warm-water therapy pool allow others to continue a high level of movement and healthy lifestyle.

Adaptive aquatics swimmers have programs specially designed for them as well. LifeCenter Plus even has certified a diver with multiple sclerosis through its Adaptive Scuba classes. It also offers a unique SPLASH program. SPLASH stands for Swim, Persevere, Learn, Achieve, Socialize and Have fun. The group swim lessons for children and teens with disabilities teach socialization along with individually tailored swim skills. The program is so popular that participants come from miles away. Talk about making a SPLASH in the community. — *Rin-rin Yu*

FACILITY HIGHLIGHTS: 4-to-6-year-old "Bubblers" are full members of the competitive swim team • Adaptive Scuba classes for disabled patrons wishing to become certified divers • SPLASH program targeted at adaptive aquatics audience

FEATURES: 1 outdoor pool • 1 indoor pool • 1 leisure pool • 1 therapy pool • 3 hot tubs • 1 lazy river • 2 water slides • 2 water toys

PROGRAMMING: Learn-to-swim • Lifesaving • Water aerobics • Water yoga • Water therapy • Competitive swimming • Synchronized swimming • Scuba • Snorkeling • Adaptive aquatics

