



Self-pay Aquatic Exercise Program

at Towson Sports Medicine



Experience the Benefits of Aquatic Exercise at Our Towson/Bellona Location

Therapeutic Pool Sessions

Towson Sports Medicine at Bellona offers pool sessions for those interested in self-pay aquatic exercise.

This program is ideal for those who are:

- Interested in practicing independently with pool-based exercises
- Suffering from chronic pain
- Looking to gain fitness or lose weight

Sessions are supervised by staff who can answer questions, and a variety of aquatic equipment is available.



About the Pool

The pool at our Bellona location is 26 feet by 14 feet, ranging in depth from 3 feet 6 inches to 7 feet with wall-mounted safety rails. It is heated to approximately 92 degrees and has stairs to enter and exit.

Important Note: For health and safety reasons, aquatics is NOT recommended for those with open sores, bowel/bladder incontinence, or uncontrolled hypertension (high blood pressure). We require written medical clearance for those with Multiple Sclerosis.

Reserve a Space Today

Please call for availability and to reserve your space at the pool - 410-337-8847

Hours: Monday, Wednesday, Friday
11-12 p.m., 12-1 p.m.

Tuesday, Thursday
11-12 p.m.

Cost: \$10.00/session
\$60.00/month (2 visits/week, 8 total)
\$84.00/month (3 visits/week, 12 total)

Bellona location only
8322 Bellona Avenue, Suite 100
Towson, MD 21204