



Try It!

Aquability

Aquability is a type of movement class held in a warm water pool (94-96 degrees). Led by a trained facilitator, each session includes a warm up, followed by focused routines and then a cool-down.

Aquability exercises are designed to increase range of motion and flexibility. Such activities promote improving and maintaining positive joint movements, increasing joint lubrication, reducing pain, and combating stiffness caused by a range of issues.

Back aches? Arthritis? Sports injuries? Joint pain? Don't like high impact activities? Want to remain flexible and in good health? **Aquability is for you!**

Sign up for one of our Try It Clinics.

Spend 30 minutes with the instructor in the pool and get a feel for what the water feels like and what the Aquability will be like.

April 27, 2010 ___ 5:30-6:00PM
 ___ 6:00-6:30PM

***RSVP by April 21st**

May 18, 2010 ___ 5:30-6:00PM
 ___ 6:00-6:30PM

***RSVP by May 10th**

Aquability clinics are held in the Rochester Rehabilitation Pool – Door 6, 1000 Elmwood Ave, 14620.

Try It Clinic cost is \$3.00.

Please choose a date and time, and complete the following information to register.

April 27 ___ 5:30-6:00PM

Name: _____

 ___ 6:00-6:30PM

Email: _____

***RSVP by April 21st**

May 18 ___ 5:30-6:00PM

Address: _____

 ___ 6:00-6:30PM

Phone #: _____

***RSVP by May 10th**

Please return this portion along with your payment to: SportsNet Supervisor, Rochester Rehabilitation, 1000 Elmwood Ave, Rochester NY 14620. 585.271.1894 ext 742. Fax: 585.442.6883.

aobrien@rochesterrehab.org