



## ***Ai Chi for Health!***

**Ai Chi** is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in flowing continuous patterns. Body-mind techniques such as Ai Chi have proven to reap many health benefits, such as decreased heart rate and blood pressure, increased metabolism and blood circulation, increased relaxation and decreased muscular tension. In addition, Ai Chi has proven to result in increased range-of-motion and improved balance. Ai Chi is held in a warm water pool (92-94 degrees). *Note: This class is designed for students who are ambulatory*

### **Session Dates/ Time:**

**Class:** Fridays 5:30 - 6:30 p.m.

**Dates:** August 27 - October 15, 2010

**Cost:** \$40.00

**Location:** Al Sigi Community of Agencies pool - **Door #1 Golisano Building**  
1000 Elmwood Ave. Rochester, NY 14620

**Note:** All new participants must obtain physician consent before enrolling in this class. Registration cannot be processed without a medical clearance form completed.

**Please return by August 13, 2010**

### **AI CHI CLASS REGISTRATION – 2010**

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

How did you hear of Ai Chi? \_\_\_\_\_

Payment enclosed: \$ \_\_\_\_\_

**Return to:** SportsNet Supervisor Rochester Rehabilitation 1000 Elmwood Ave. Rochester, NY 14620

**Questions?** Please contact **Anita O'Brien** at **585.271.1894** ext. **1742** or email:  
**aobrien@rochesterrehab.org**

FOR OFFICE USE ONLY