AQUABILITY SESSIONS 2012

Aquability, a structured water exercise class designed to increase range of motion and muscle strength, and improve flexibility. The class meets twice a week for 8 weeks. The pool temperature is maintained at 92-96 degrees. Four gradual steps lead into the pool; a hoyer is available if needed. Class is designed for participants who can move independently while in the water.

NOTE: Medical Clearance Form must be completed for all NEW participants, prior to participation.

EVENING SESSIONS

Program Name: Aquability Eve 1
January 9-February 29, 2012
Mondays and Wednesdays 5:30-6:30PM
Closing Date: 1/2/12
Fee: $65.00

Program Name: Aquability Eve 2
January 12-March 1, 2012
Thursdays ONLY 5:30-6:30PM
Closing Date: 1/5/12
Fee: $32.50

Program Name: Aquability Eve 3
March 12-May 2, 2012
Mondays and Wednesdays 5:30-6:30PM
Closing Date: 3/5/12
Fee: $65.00

Program Name: Aquability Eve 4
March 15-May 3, 2012
Thursdays ONLY 5:30-6:30PM
Closing Date: 3/8/12
Fee: $32.50

Program Name: Aquability Eve 5
May 14-June 18, 2012 (10 classes) No Class May 28.
Mondays and Wednesdays 5:30-6:30PM
Closing Date: 5/7/12
Fee: $42.00

Program Name: Aquability Eve 6
May 17-June 14 (5 classes)
THURSDAYS ONLY 5:30-6:30PM
Closing Date: 5/10/12
Fee: $21.00

Program Name: Aquability Eve 7
September 17- November 14, 2012
Mondays and Wednesdays 5:30-6:30PM
No class 10/29-10/31
Closing Date: 9/10/12
Fee: $65.00

Program Name: Aquability Eve 8
September 20-November 15, 2012
THURSDAYS ONLY 5:30-6:30PM
No class 11/1
Closing Date: 9/13/12
Fee: $32.50

Program Name: Aquability Eve 9
November 26-December 19, 2012 (4 weeks)
Mondays and Wednesdays 5:30-6:30PM
Closing Date: 11/19/12
Fee: $32.50

Program Name: Aquability Eve 10
November 29-December 20, 2012 (4 weeks)
THURSDAYS ONLY 5:30-6:30PM
Closing Date: 11/22/12
Fee: $16.25

NOON SESSIONS

Program Name: Aquability Noon 1
January 10-March 8, 2012
12:00-1:00PM
No class week of 2/13-2/17
Closing Date: 1/3/12
Fee: $65.00

Program Name: Aquability Noon 2
March 20-May 17, 2012
12:30-1:30PM ← **NEW TIME!**
No class week of 4/9-4/13
Closing Date: 3/13/12
Fee: $65.00

Program Name: Aquability Noon 3
June5-July 26, 2012
Tuesdays and Thursdays
12:30-1:30PM ← **NEW TIME!**
Closing Date: 5/29/12
Fee: $65.00

Program Name: Aquability Noon 4
August 7 – September 27, 2012
12:00-1:00PM
Closing Date: 7/31/12
Fee: $65.00

Program Name: Aquability Noon 5
October 9- December 13, 2012
12:00-1:00PM
No class 10/30, 11/1, 11/20, or 11/22
Closing Date: 10/2/12
Fee: $65.00

Contact us: info@sportsnetny.org ; or Anita O'Brien, SportsNet Manager, aobrien@rochesterrehab.org, 585-271-1894, ext 1742.

All pool sessions are held in the pool at 1000 Elmwood, Door #6

PLEASE NOTE! Please complete all the information on your Registration Form and submit with your payment by the closing date of the first session you are registering for.