



AI CHI SESSIONS 2011

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 (94-96 degrees). *Note: This class is designed for students who are ambulatory*

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

Session Dates


EVENING SESSIONS

Program Name: Ai Chi 1
January 12-March 9, 2011
5:30-6:30PM
Closing Date: 1/5/11
Fee: \$45.00

Program Name: Ai Chi 2
March 30-May 18, 2011
5:30-6:30PM
Closing Date: 3/25/11
Fee: \$45.00

Program Name: Ai Chi 3
Fridays June 17-Aug 5, 2011
5:30-6:30PM
Closing Date: 6/14/11
Fee: \$45.00

Program Name: Ai Chi 4
Fridays Aug 19 – Oct 7, 2011
5:30-6:30PM
Closing Date: 8/15/11
Fee: \$45.00

Program Name: Ai Chi 5 
Fridays Oct 14, 21, 28; Nov 4, 18
Dec 2, 9, 16
5:30-6:30PM
Closing Date: 8/15/11
Fee: \$45.00

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.

Contact us: info@sportsnetny.org ; or Anita O'Brien, SportsNet Manager
aobrien@rochesterrehab.org, 585-271-1894, ext 1742.
Visit us on the web at www.sportsnetny.org !