

FEES

ALL 1:1 SESSIONS ARE 30-MINS.	WMA Y MEMBERS	COMMUNITY MEMBERS
1-Session	\$59	\$81
5-Sessions	\$265	\$385
10-Sessions	\$510	\$740

For more information and to schedule your initial appointment, please contact Colleen M. at colleen@wmaymca.org.

Please visit our website www.wmaymca.org

MEET JUAN



"After my accident, I knew I would do whatever I needed to recover. I like to be pushed. I will always try. I may not be able to do this yet, but it will come. You must be positive." Through his dedication and Aquatic Rehab, Juan has progressed from a wheelchair to using crutches, which he hopes to be able to "throw away and someday return to driving a truck." Juan also volunteers at the Y's Welcome Center Desk.

MEET OUR AQUATIC REHABILITATION TEAM!

Our highly trained staff are certified in Aquatic Rehabilitation and/or Aquatic Fitness and Land Fitness. Aquatic rehabilitation specialists are ATRI (Aquatic Therapy and Rehab Institute) certified and AEA (Aquatic Exercise Association) certified.

ANN MARIE PETERSON
BRENDA DENURE
COLLEEN MARSILIO



WEST MORRIS AREA YMCA
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wmaymca.org



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

LOW IMPACT, HIGH RESULTS!

**Aquatic Rehabilitation
 & Personal Training**
WEST MORRIS AREA YMCA



WHY CHOOSE WATER?

Water provides a soothing environment where clients are able to exercise safely and effectively. Research has shown that aquatic exercise can benefit individuals diagnosed with chronic conditions such as Multiple Sclerosis and Parkinson's.

HERE'S WHY...

- Improves Strength, Cardio Endurance, and Flexibility
- Decreases Inflammation/Edema
- Lowers Blood Pressure and Heart Rate
- Prevents Injury
- Increases circulation
- Less joint impact
- Greater caloric expenditure
- Reduces stress & promotes relaxation



Two-Time recipient of the prestigious International **Best of Aquatics** Award-recognized for expertise in aquatic rehabilitation.

WE CAN HELP!

- Joint Replacement
- Prehab for Upcoming Surgery
- Post Surgical Rehabilitation
- Musculoskeletal Disorders
- Osteoarthritis & Rheumatoid Arthritis
- Stroke Recovery
- Cancer Care
- Parkinson's
- Multiple Sclerosis
- Cerebral Palsy
- Fibromyalgia
- Complex Regional Pain Syndrome
- Weight Loss
- Personal Training
- Sports-Specific Training

MEET NOREEN



"My aqua rehabilitation specialist makes the world better for me. I have Cervical Dystonia that makes my neck muscles twitch so much, it made my head rest on my neck. After a few sessions in the pool, my head slowly started going back up. Before coming to the Y, I couldn't drive, work, or even wash my own hair."

OUR FACILITY

All of our aquatic rehabilitation programs are designed with personalized goals in mind. Our aquatic rehabilitation specialists work 1:1 with clients to customize programs aimed at achieving personalized goals.

Our Warm Water Pool is maintained at **88°**, **3.5'-5'** in depth with easy entry steps, parallel and therapeutic exercise bars, underwater bikes, boxing bags, trampolines & more!

The Main Pool is maintained at **82°**, **3.5'-10'** in depth for deep water training & for conditions that require cooler temperatures

Both pools have chairlifts for easier access.

We also offer an ADA accessible locker room with dressing, bathroom and shower facilities.

