

FEES

ALL SESSIONS ARE 30-MINS.	RANDOLPH Y MEMBERS	COMMUNITY MEMBERS
1-Session	\$58	\$79
5-Sessions	\$260	\$375
10-Sessions	\$500	\$720

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

Please visit our website
www.randolphymca.org



AQUATIC REHABILITATION SPECIALISTS

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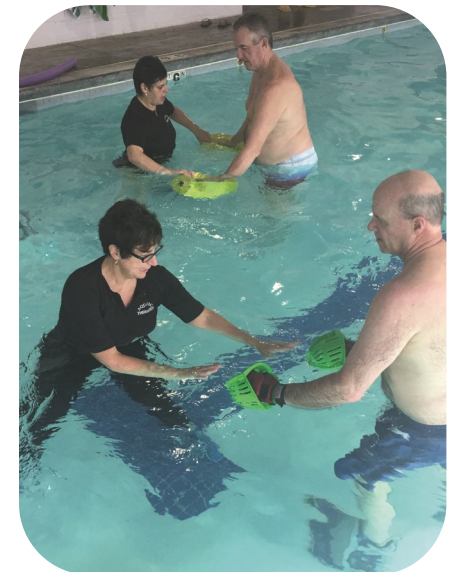


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOW IMPACT, HIGH RESULTS!

FOR HEALTHY LIVING
Aquatic Rehabilitation
& Personal Training

RANDOLPH 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...

- Greater range of motion
- Greater flexibility
- Decreased inflammation
- Increased circulation
- Decreased blood pressure
- Lower heart rate
- Less joint impact
- Improved toning
- Greater caloric expenditure



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Two-Time Recipient of the prestigious International **Best of Aquatics** Award—most recently recognized for expertise in aquatic rehabilitation.

WE CAN HELP!

- Joint Replacement
- Post Surgical Rehabilitation
- Weight Loss
- Musculoskeletal Problems
- Arthritis
- Stroke Recovery
- Cancer Care
- Cerebral Palsy
- Multiple Sclerosis
- Complex Regional Pain Syndrome
- Fibromyalgia
- Parkinson's Disease
- Personal Training
- Improve Strength, Cardio Endurance and Flexibility
- Sports Specific Training
- Injury Prevention
- Prehab for Upcoming Surgery

MEET KEVIN

"Prior to my surgery, both physical therapists said that the Aqua Rehab Specialists at the YMCA did an outstanding job preparing me for my hip replacement.

They said they have never had a patient so ahead of schedule or as strong."



Our Aquatic Rehab Specialists are able to **"bridge the gap"** and partner with doctors and therapists to establish and ensure the **best care possible.**

OUR FACILITY

All of our therapy programs are designed with personalized goals in mind. With therapeutic equipment and modalities, a warm water pool, and dedicated staff, we can get you on the right path to a healthy lifestyle.

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 into our pools.

OUR STAFF

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