

## ONE ON ONE SPECIALIZED AQUATICS AN AQUATIC THERAPY PROGRAM



These appointments are suitable for adults and/or children who require a highly individualized program to address unique needs. This program is ideal for individuals recovering from illness or injury, or those with limited mobility on land. Private therapy sessions aim to decrease pain symptoms, improve joint and muscular function, and increase overall strength. This program is also beneficial for individuals wishing to work with a private instructor to supplement existing land and/or therapeutic programs.

**REQUIREMENTS:** A completed registration form and a completed JCC physician consent form. One 60 minute intake appointment with a licensed physical therapist.

**TIMES:** BY APPOINTMENT ONLY (Please note that there is a fee for cancelling or rescheduling with less than 24 hours' notice.)

### FEES:

- LICENSED PHYSICAL THERAPIST
  - \*Initial evaluation – 60 minutes (\*REQUIRED)
    - Member: \$125
    - Public: \$135
  - Additional sessions – 40 minutes
    - Member: \$85 (5 pack \$415)
    - Public: \$95 (5 pack \$465)
- AQUATIC THERAPEUTIC SPECIALIST
  - 30 minute sessions
    - Member: \$49 (5 pack \$235)
    - Public: \$59 (5 pack \$285)

*The JCC does not participate in government reimbursement programs or bill insurance companies on participants' behalf. Payment can be made by cash, personal check, VISA or Mastercard. Checks should be made payable to Osher Marin JCC; please include "Aquatic Therapy" in the memo line.*

Completed physician consent and registration forms can be faxed to **(415) 491-1235** or mailed to the following:

Osher Marin JCC  
Attention: Hydrotherapy  
200 N. San Pedro Rd.  
San Rafael, CA 94903

For more information, please call the Aquatic Therapy phone line at 415-444-8034.