

## ARTHRITIS/JOINT MOTION CLASS AN AQUATIC THERAPY PROGRAM



This is a gentle aquatic program designed to reduce the pain and stiffness associated with arthritis and other mobility related conditions. The components of the program include a warm up, range of motion exercises aimed to improve flexibility and strength, and a cool down. Our program is designed to work in conjunction with a prescribed physical therapy regimen.

The JCC's experienced, professionally trained staff provides participants with expert guidance in a superb setting. Classes are held in the indoor pool, which is heated to 89-91°F. The shallow depth and warmth of the therapy pool, the only one of its kind in Marin, is particularly conducive to this type of exercise program.

**REQUIREMENTS:** A completed registration form and a completed JCC physician consent form. Please purchase an Arthritis class card at the Health & Fitness desk prior to attending.

**TIMES:** Tuesdays and Thursdays 2:00-3:00PM

**FEES:** Classes can be paid for individually, or you can purchase a 5- or 10-class punch card to be validated before each class. Punch cards expire one year from the date of purchase.

- \$15 Single Visit
- \$55 5-Class Card
- \$90 10-Class Card

Payment can be made by cash, personal check, VISA or Mastercard. Checks should be made payable to *Osher Marin JCC*; please include "Arthritis" 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: Aquatic Therapy  
200 N. San Pedro Rd.  
San Rafael, CA 94903

*\*Please note this exercise program is not intended as a substitute for prescribed physical therapy.*

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