

AQUATIC THERAPEUTIC PROGRAMS AT THE MARIN JCC

PROVIDING AQUATIC THERAPEUTIC SERVICES FOR OVER 25 YEARS

MARINJCC.ORG/FITNESS-AQUATICS/THERAPEUTIC-PROGRAMS

THERAPEUTIC POOL AT OSHER MARIN JCC

- 90-degree indoor pool open year-round.
- Mechanized chair lift and stairs with handrails to allow easy access.
- Adjacent hot tub heated to 102-degrees.
- Professionally trained staff to provide participants with expert instruction and guidance in a superb and safe setting.



HYDROTHERAPY PROGRAM

An individualized, self-directed exercise program within a group structure. Each candidate will be given a 1-hour evaluation and a specified exercise program will be created and provided to the participant. Specifically trained instructors are available during program times to monitor participants' progress.

- Designed to improve pre- and post- surgical outcomes.
- Improve/maintain strength and range of motion for post-stroke patients and individuals with chronic diseases.



AQUATIC ARTHRITIS/JOINT MOBILITY CLASS

A group aquatic exercise class designed to reduce pain and stiffness associated with arthritis and other related diseases. This 1-hour class is conducted by a trained instructor and held in shallow water (the ability to swim is not required).



ONE-ON-ONE SPECIALIZED AQUATICS

After an initial 1-hour evaluation by a licensed Physical Therapist, additional one-on-one appointments can be scheduled with a licensed Physical Therapist or with an Aquatic Therapeutic Specialist.

- Appropriate for adults and/or children with specialized needs who are limited in their movement on land.
- Highly individualized program performed one-on-one.

PLEASE NOTE

- We are not a medical facility or an intensive rehab center able to address significant medical issues.
- Physician Consent form required prior to participating.
- Candidate must either be ambulatory, able to work independently, or be accompanied by a personal assistant.
- Marin JCC does not participate in government programs or bill insurance.

FOR MORE INFORMATION CALL 415.444.8034 | EMAIL: AQUATICTHERAPY@MARINJCC.ORG