

## 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.

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

**REQUIREMENTS:** A completed registration form and a completed JCC physician consent form submitted prior to attending.

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

With receipt of forms, we will notify you when you are eligible to join the program. Proof of COVID vaccination required upon entering the JCC.

**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.

Effective 1/1/2022:

- \$15 Single Visit
- \$60 5-Class Card
- \$100 10-Class Card

Payment can be made at the main desk by cash, personal check, VISA or Mastercard. Checks should be made payable to *Osher Marin JCC*; please include "Arthritis" in the memo line.

*\*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.*