

SITRIN

The Help. The Hope. The Healing.

Sitrin Medical Rehabilitation Center

Wellness Aquatic Classes



February 20 – April 14, 2017

Classes for all ages!

Sitrin Medical Rehabilitation Center

2050 Tilden Avenue

New Hartford, NY 13413

Sitrin Wellness Program

Aquatic Classes

Ai Chi Aquatic Class

This aquatic class uses slow purposeful movements to increase flexibility, balance, and strength. Ai Chi can be especially beneficial for those with Parkinson's disease, multiple sclerosis, fibromyalgia, arthritis, or chronic pain.

Cardio Endurance Aquatic Training

Burn calories and increase lean muscle mass! Designed to relieve stress and improve cardiovascular endurance, this aquatic class will help improve your health and lifestyle. Pool shoes are advisable for maximum performance.

Water Aerobics

Fun for all ages, this aquatic class includes a great cardiovascular workout. The gravity-free environment allows for easier movement of joints, and provides resistance for a more effective strengthening program.



Aqua Tots

Bring your infant or toddler to this class! Together with an adult, children will get social interaction and pool playtime while at the same time getting some exercise in the water.



Arthritis Aquatic Class

This warm-water aquatic class uses slow range of motion exercises designed to improve movement, relieve pain, and increase strength without placing added stress on arthritic joints.

2016-17 Wellness Class Sessions

Dec. 19th — Feb. 10th

Feb. 20th — Apr. 14th

Apr. 24th — Jun. 16th

Jun. 26th — Aug. 18th

Aug. 28th — Oct. 20th

Oct. 30th — Dec. 22th

Class Schedule

February 20 – April 14, 2017

CLASS	TIME	COST	DATES
Ai chi			
▶ Mondays/Fridays	9:00 a.m.	\$60	2/20 – 4/14
Arthritis Aquatic Class			
▶ Mondays/Wednesdays*	5:00 p.m.	\$60*	2/20 – 4/12
▶ Tuesdays/Thursdays*	5:00 p.m.	\$60*	2/21 – 4/13
Cardio Endurance Training			
▶ Mondays/Fridays	10:00 a.m.	\$60	2/20 – 4/14
Aqua Tots (for infants and toddlers <u>under age 4</u>)			
▶ Mondays	6:00 p.m.	\$40	2/20 – 4/12
▶ Wednesdays	6:00 p.m.	\$40	2/22 – 4/14
Water Aerobics			
▶ Mondays/Wednesdays	4:00 p.m.	\$60	2/20 – 4/14
▶ Mondays/Wednesdays	5:00 p.m.	\$60	2/20 – 4/14

Non-Members: Pay for one class and get 1/2 off additional classes of equal or lesser value!

Attention Wellness Members!

You receive a half-price discount when signing up for any class!

Note: A minimum of four people must be registered in a class in order for the class to be held this session.

In some classes, **space is limited and accommodated on a “first-come” basis**, so sign up early! Please note class schedules are subject to change between sessions. Please review the new class schedule **BEFORE** registering to ensure there have been no date and/or time changes.

All classes are non-refundable. No classes scheduled on major holidays.

* First-timers with arthritis are **FREE** with script from Physician stating a diagnosis of “arthritis” and prescribing “Aquatics Class”.

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Medical Rehabilitation Center
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