

Sitrin Medical Rehabilitation Center

# Wellness Program Aquatic Classes



*Classes for all ages!*

**January 2019 – January 2020**

Sitrin Medical Rehabilitation Center  
2050 Tilden Avenue  
New Hartford, NY 13413

## 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.

## 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.



## 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.

## 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.

## 2019-2020 Wellness Class Sessions

Jan. 14th — Mar. 8th  
Mar. 18th — May. 10th  
May. 20th — Jul. 12th  
Jul. 22nd — Sep. 13th  
Sep. 23rd — Nov. 15th  
Nov. 25th — Jan. 17th (2020)

# Sitrin Wellness Program Aquatic Class Schedules

January 14, 2019 — January 17, 2020

CLASS	TIME	COST	JAN-MAR	MAR-MAY	MAY-JUL	JUL-SEP	SEP-NOV	NOV-JAN
<b>Ai Chi</b>								
▶ Mondays/Fridays	9:00 a.m.	\$60	1/14 – 3/8	3/18 – 5/10	5/20 – 7/12	7/22 – 9/13	9/23 – 11/15	11/25 – 1/17
<b>Arthritis Aquatic Class</b>								
▶ Mondays/Wednesdays*	5:00 p.m.	\$60*	1/14 – 3/6	3/18 – 5/8	5/20 – 7/10	7/22 – 9/11	9/23 – 11/13	11/25 – 1/15
▶ Tuesdays/Thursdays*	5:00 p.m.	\$60*	1/15 – 3/7	3/19 – 5/9	5/21 – 7/11	7/23 – 9/12	9/24 – 11/14	11/26 – 1/16
<b>Cardio Endurance Training</b>								
▶ Mondays/Fridays	10:00 a.m.	\$60	1/14 – 3/8	3/18 – 5/10	5/20 – 7/12	7/22 – 9/13	9/23 – 11/15	11/25 – 1/17
<b>Aqua Tots</b> <i>(for infants and toddlers under age 4)</i>								
▶ Mondays	6:00 p.m.	\$40	1/14 – 3/4	3/18 – 5/6	5/20 – 7/8	7/22 – 9/9	9/23 – 11/11	11/25 – 1/13
▶ Wednesdays	6:00 p.m.	\$40	1/16 – 3/6	3/20 – 5/8	5/22 – 7/10	7/24 – 9/11	9/25 – 11/13	11/27 – 1/15
<b>Water Aerobics</b>								
▶ Mondays/Wednesdays	4:00 p.m.	\$60	1/14 – 3/6	3/18 – 5/8	5/20 – 7/10	7/22 – 9/11	9/23 – 11/13	11/25 – 1/15
▶ Mondays/Wednesdays	5:00 p.m.	\$60	1/14 – 3/6	3/18 – 5/8	5/20 – 7/10	7/22 – 9/11	9/23 – 11/13	11/25 – 1/15
▶ Mondays/Wednesdays	6:00 p.m.	\$60	1/14 – 3/6	3/18 – 5/8	5/20 – 7/10	7/22 – 9/11	9/23 – 11/13	11/25 – 1/15

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

## Attention Wellness Members!

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 to hold the class.**

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 a script from a physician stating a diagnosis of "arthritis" and prescribing "Aquatics Class."