

NEW!

Restorative Water Fitness

Ives Pool, 7400 Willow Street, Sebastopol, CA 95472

April 7 – May 28, 2015

Tuesday and Thursday mornings from 9:30 - 10:00 AM

Restorative Water Fitness is a short term, **8-week class** specifically designed for people who are recovering from surgery such as hip or knee replacement, illness, or injuries and to introduce participants with special physical needs to water fitness. Incorporating gentle, low impact movements in both shallow and deep water, the class is designed to restore and enhance:

- muscle strength, endurance and flexibility
- range of motion and balance
- cardio-respiratory fitness

Restorative Water Fitness requires no previous aquatic experience or swimming skills. Classes are led by Diane Nissen, a skilled teacher and certified Water Fitness Instructor.

Cost: \$35 for an initial, 1-hour, Orientation plus \$60 for sixteen, 30-minute class sessions across a single 8-week period. (\$95 total, payable in cash or check made out to “Ives Pool.”) Enrollment and Orientation is required prior to the class start date. Individual enrollment expires eight weeks after first class attended. Registration for full 8-week course must be paid in advance. Ives Pool is open year-round, rain or shine and there are no refunds for unused class sessions. Enrollment in the Restorative Water Fitness class is short term for eight weeks only and not open to annual pass holders. After completing the course, participants in the short term Restorative Water Fitness class are encouraged to continue their modified workout during regular Aqua Aerobics classes.

To register for the Restorative Water Fitness class and to schedule an Orientation, email the instructor directly at: dnissen@sonic.net.

Call Ives Pool **707-823-8693** or visit our website at www.ivespool.org for all other pool information.