Aquatic therapy or pool therapy consists of an exercise program designed to improve your functional abilities through the use of an aquatic/pool environment. It is a beneficial form of therapy that is useful for a variety of medical conditions. Aquatic therapy uses the physical properties of water to assist in your overall healing and exercise performance. The following classes are held in a private, 92-degree salt water pool.

Winter/Spring class session: February 4 - April 25, 2013

**Ai Chi:** Tuesdays 5:15 - 6 p.m.
Ai Chi incorporates concepts and techniques of Tai Chi, Shiatsu, and Qigong with a series of gentle, relaxing movements using a combination of deep breathing and slow broad movements of the arms, legs and torso.

**Aqua Stretch:** Thursdays 9 - 10 a.m.
This class include range of motion warm-ups and gentle stretches for all major joints, balance, flexibility, and low-impact conditioning exercises designed for people with arthritis, fibromyalgia or other joint conditions. Class concludes with relaxation techniques for cool-downs.

**Water Aerobics:** Thursdays 10:30 - 11:30 a.m.
Water Aerobics is similar to Aqua Stretch while incorporating more advanced cardiovascular workouts and endurance exercises to enhance overall physical condition.

**Prenatal Aquacise:** Mondays 5 - 6 p.m.
This class is for any stage of pregnancy and offers gentle range of motion warm-ups, stretching, low-impact conditioning exercises, breathing and relaxation techniques.

**Waterbabies:** Mondays 4 - 4:30 p.m. and Thursdays 8 - 8:30 a.m.
This class is designed for the parent to get in the water with their infant or toddler to work on being comfortable in the water and having fun. We practice safety and swimming skills such as kicking, blowing bubbles, reaching, muscle control and coordination through songs & games.

**Open Swim:** Thursdays 1 - 2:30 p.m.
Designed for individuals to use the pool for independent workouts.
Why water?
• Buoyancy of the water promotes easier, less painful movements
• Hydrostatic pressure enhances circulation and reduces swelling in the body
• A water environment reduces body weight by 90% thereby decreasing musculoskeletal stress and impact on the body
• Warm water used in aquatic therapy reduces spasticity and relaxes the muscles allowing greater mobility and less pain

Benefits
• Promotes relaxation
• Reduces stress, anxiety, depression
• Increases joint mobility and range of motion
• Improves strength and endurance
• Increases circulation and cardiovascular health
• Increases balance and coordination
• Improves bone density
• Improves sensory stimulation
• Improves mind-body connection

Cost:
All classes are $12 per class (when purchasing a 10 session punch card for $120) or $15 drop-in rate
*Limited space is available for class size
*Insurance is not accepted for these classes

Instructor: Emily LaBadie, CTRS, MS
Rehabilitation Center
Hudson Hospital & Clinics

Location: Healing Waters Health Center
2705 Enloe Street
Hudson, WI 54016

To register, call Emily LaBadie, CTRS, at (715) 531-6497

For more information visit our website at:
hudsonhospital.org/classes/healing-waters-aquatic-class-series