

## **Therapeutic Aquatics Class**

We encourage all of you to take advantage of this wonderful resource at A.D. Barnes Pool.

Teacher, Russlyn La Canne is certified in aquatics training through the National MS Society. The pool is equipped with aquatic wheelchairs, ramps for entering, and an aquatic chair lift.

Classes are \$3.00.

### **THERAPEUTIC AQUATIC Exercises Class Schedule:**

**Monday thru Friday**  
**9:00am - 10:00am**

**Monday/Wednesday/Friday**  
**8:00am - 9:00am**

**Monday thru Thursday**  
**6:30pm - 7:30pm**

**Saturday**  
**10:00am - 11:00am**

All persons with MS are invited.

"Our own experience has shown that people living with MS can make remarkable strides when participating in an aquatic physical therapy program. The natural properties of water make it an ideal medium for those with physical limitations. Its buoyancy provides support for weak limbs and promotes muscle relaxation, while its resistance helps build muscle strength. Those with balance and coordination issues find it easier – and safer – to exercise in water."

-Les Littman of Aquahab Physical Therapy

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**A.D. Barnes Park Pool**  
**3401 SW 72<sup>nd</sup> Avenue**  
**Miami, FL 33155**  
**305-665-1626**