

For what ails you,

# WARM WATER THERAPY

## Locations

### Maryland

- Bel Air
- Bowie
- Cockeysville
- Columbia
- Dundalk
- Elkton
- Finksburg
- Frederick
- Germantown
- Hagerstown
- Laurel
- North Bethesda
- Perry Hall
- Rockville
- Severna Park
- Waldorf

### Virginia

- Chantilly
- Fredericksburg
- Falls Church
- Springfield
- Sterling
- Manassas
- Winchester

### Pennsylvania

- Aston
- Broomall
- East Norriton
- Exton
- Jenkintown
- Limerick
- Warminster

### Delaware

- Hockessin

### New Jersey

- Cherry Hill

Opening Summer 2017!

### New York

- Long Island

Opening Winter 2017!

### South Carolina

- Charleston

Are you rehabbing a sports injury? Had a bad accident recently?? Or, just want to exercise those aching bones???

Well, do we have the program for you!

Doctors will tell you that there is not a better environment to exercise in than the weightless environment of water. Water naturally buoys the body and allows you to exercise the muscular system without stressing it. Many area health facilities realize this and offer therapy programs. So what makes us so different???

- #1. Most area pools are general use pools maintained at 82° or colder! Our facility is maintained at close to 90° to maximize the comfort factor. You will notice the difference immediately!
- #2. Most area pools are general use pools providing access up and down awkward ladders. We have built large oversized steps into our pool. You will notice the difference immediately!
- #3. Most area pools are general use pools and have deep areas where it is impossible to keep your feet on the bottom. Our pool ranges from 3 feet to 5 feet in depth. The entire space is usable and you will always feel safe!
- #4. All of our instructors are trained in water therapy and will lead you through a 45 minute low stress exercise routine that will have you feeling better in no time! We are all kids first...and we have built a pool with you in mind. Come try our Warm Water Therapy Program soon.

Class times and program costs vary by location. Patrons may pay per class, or may pay a monthly fee which includes unlimited visits to every warm water therapy class offered.

**The KIDS FIRST® Swim Schools are the world's largest provider of year round warm water swimming instruction, operating 32 locations across 5 states, teaching over 150,000 students annually.**

School / Phone Number: \_\_\_\_\_ - \_\_\_\_\_

#### Available Days & Times:

Monday: \_\_\_\_\_ Thursday: \_\_\_\_\_  
 Tuesday: \_\_\_\_\_ Friday: \_\_\_\_\_  
 Wednesday: \_\_\_\_\_

