

## AQUATIC EXERCISE & MULTIPLE SCLEROSIS

A safe and effective program to fight fatigue, build strength and improve balance. Exercise is known to promote brain chemical production, to increase nervous system tissue production to increase nervous system tissue protection, repair and regeneration.

### MAKING THE Y POSSIBLE FOR ALL

#### Financial Assistance

The Randolph YMCA welcomes deserving individuals & families who are unable to pay the full cost of programs or membership. Financial assistance is provided by the Annual Campaign.

Our Y is determined to create an environment which is hopeful and helps to infuse change in the lives of our members and the community.

Download an application online at [randolphymca.org](http://randolphymca.org) or pick up one at the front desk of the YMCA.



**RANDOLPH YMCA**  
14 Dover Chester Road  
Randolph NJ 07869  
P 9733661120

[randolphymca.org](http://randolphymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE YOUR POTENTIAL

FOR HEALTHY LIVING  
Multiple Sclerosis Fitness  
RANDOLPH YMCA



## MANAGE MULTIPLE SCLEROSIS

### About Our Program

Exercise is essential for overall well-being. Research has shown that exercise can also help manage symptoms of Multiple Sclerosis. These specialized programs focus on maintaining functional ability, improving balance, coordination, mobility, range of motion and combat fatigue.

### MEET ANN MARIE

#### Certified Aquatic Fitness & Wellness Instructor & Aquatic Rehab Specialist

Through years of training and certifications, Ann Marie's interest was peaked by the benefits of Aquatic Exercise not only as exercise, but as a form a rehabilitation and wellness programs for those with chronic conditions. Her area of specialty is aquatics for neurological applications with a focus on Multiple Sclerosis.

The Randolph YMCA is an ADA compliant facility. Classes are taught by certified instructors.

### FITNESS ATTIRE & WHAT TO BRING

#### Main Pool

- Proper swim attire is required (swimsuit)
- Water shoes are encouraged
- Towel & water bottle (glass is not permitted)
- Lock to secure personal belongings

For more information, please contact Kathy Fisher, Aquatics Director, 9733661120 x14 or [kathy@randolphymca.org](mailto:kathy@randolphymca.org)

# EXERCISE IS MEDICINE.

#### Benefits of Aquatic Exercise:

- Less impact on your joints
- Increased ability to stand, balance, and ambulate
- Increased range of motion
- Regulate body temperature to prevent overheating

#### Each class will include:

- Water Walking
- Stretching
- Cardiovascular Fitness and Endurance
- Muscle Strengthening

#### Our Aquatic Facility:

- Class is offered in our Main Pool, a cool water pool, to prevent overheating. Average water temperature is 82°
- Pool is easily accessible by a handrail stairway or pool chairlift
- There are 2 changing areas located on the Main Pool and Warm Water Pool Decks

#### SO MUCH MORE...

- Improves overall physical function
- May change sensory input
- Provides a social network
- Motivation
- Improves mood

## PRICE

### Membership not required

MEMBER	NON-MEMBER
\$29 per month	\$39 per month

### SCHEDULE

Main Pool	Tuesdays	1:00-2:00 pm
Main Pool	Thursdays	1:00-2:00 pm

## Why Water?

#### BUYONCY

- Provides support for weak limbs
- Movement takes less effort. A greater range of motion can be achieved.
- Promotes muscle relaxation

#### VISCOSITY

- The resistance of water can be used to improve muscle strength. Slower movement in water improves skills such as balance and coordination which may be harder to do on land.

#### HYDROSTATIC PRESSURE

- Compression can provide support for standing activities, such as walking, with less effort than on land.

#### TEMPERATURE CONTROL

- Cooler water can help maintain lower core body temperature even during vigorous activity. Our Main Pool is maintained at 82°