

We have independent deep water class and also deep water group class. And deep water class provide exercise in seven feet water where their feet don't touch ground so there's no weight bearing whatsoever. If you can't swim, you can utilize the buoyancy vests. Also you can utilize buoyancy belt so that you can safely be in the vertical position in the water.

For our clients to come in and just have that smile on their faces and be ready to work out, it's pretty much motivation for me to really just come in and really assist them with accomplishing their goals.

You know for some of the clients its basically walking, for some of the clients its actually just being active. Every client that I've worked with and I've been here for five years, has really, they really hold a special place in my heart because they've all really just help me grow as an individual.

Well I like the people here that run everything. Becky, and Stacey, and all the girls, and the instructors. Everyone is so nice. And I make a lot of friends. And I get exercise. I'm getting strength in my legs. It makes me feel stronger.

It is a fun environment and all of the staff members are trained in aquatic setting and not many professionals are trained in aquatic therapy. In aquatic therapy itself is a very unique modality out there in the world and if you haven't tried it, or if you are scared of water, I want you to come to the Center and try it because we will help you to be comfortable in the water. And then once you are comfortable in the water, you can participate in little exercises and baby steps, you can progress to harder exercise and then participate in more activities.