



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR ZEN



Ai Chi Water Exercise Class **A. C. LEWIS YMCA**

Ai Chi , similar to Tai Chi, has been shown to help ease the symptoms of arthritis, COPD, chronic pain, diabetes, fibromyalgia, balance deficits, multiple sclerosis, and other neurological and orthopedic problems. Primary targets are: Balance, Posture, and Breathing.

Join certified Ai Chi instructor Kelli Kirkland Gueho, PTA, CPT, MS, CL for pain-free, relaxing movements, and breathing techniques—which can lead to better health and wellness!

8-Week Session
Begins Friday, June 1 through July 27th
Members: \$25; Participants: \$40

Register at the Front Desk by April 9th!

Contact Alexandra Ruiz at 225-924-3606 ext. 1407 or aruiz@ymcabr.org



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**Ai Chi Registration - June to July 2018 begins JUNE 1
8 sessions Fridays 12:00-12:30 pm.**

Member—\$25.00: Participant—\$65.00

Name: _____ Phone: _____

Email: _____

Address: _____ Zip: _____

Emergency contact name: _____

Phone: _____

Class Description:

Ai Chi was developed by Jun Konno of Japan in the 1990s. It was created for his handicapped daughter who could not participate in land based exercise programs. Jun daughter's name was Ai! Chi means energy. The International Aquatic Therapy Faculty conducted research on the exercises Jun used. Research found these "katas" are beneficial for persons with poor balance, Cancer, Multiple Sclerosis, persons with trouble balancing, and Parkinsons Disease to name a few. The exercises are safe and low impact. Improves mobility and pain. Ai Chi also improves mood and decreases stress. There are 19 Katas or Poses in Ai Chi. The course is 30 minutes and recommended two days a week. Warm (84-94 degrees) chest deep water level is preferred

I recognize that participation in YMCA activities may expose myself to some risk. I agree to hold the YMCA harmless from any claims for damage to property or injury, which may occur through participation in any activity at the YMCA or in its programs. The YMCA reserves the right to use photographs taken of program participants and their family for marketing and publicity. have read and understand the above information. My child has permission to participate in this YMCA program.

Signature

Date

YMCA of the Capital Area Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Scholarships are available for all YMCA programs based on financial need and availability of funds.