



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC REHAB LESSONS

DANVILLE FAMILY YMCA



NEW CLASS STARTING IN DECEMBER

- Instructor Nancy Davidson has a degree in Physical Therapy from the U of I with additional certifications from the Aquatic Therapy & Rehab Institute, Inc.
- Participants do not even have to know how to swim to benefit from the water!
- Nancy's areas of expertise include Aquatic Rehab, orthopedic issues, pain control, balance, and core strengthening
- Fees are \$50 for Members and \$60 for non-members per hour
- Fill out a request form at the front desk or find it on our website at danvilleyymca.org under Programs & Aquatics

For more information, please call or email Joyce Bruett at
(217) 442-0563 x106 or jbruett@danvilleyymca.org