

## INTRODUCING AQUATIC THERAPY



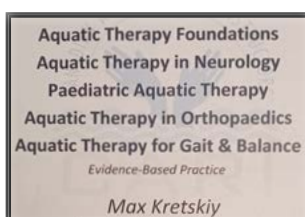
**Aquatic Therapy (Hydrotherapy)** is a program, using mechanical and thermal characteristics of water during partial or complete immersion, in combination with the effects of movement.

This program evokes short-term and long-term adaptations of a person with a deranged biological system, using specific stimuli to create biological and therapeutic effects.

The purpose of the program is to rehabilitate and/or improve someone's well being through a motor, sensory and tissue recruitment re-learning, enriching environment, compensation by the biological systems and plasticity of the CNS (central nerve system).

There are many effects of Hydrodynamics to the Human Body Systems like Cardiac, Pulmonary, Renal, Muscle, Nervous, Vascular, and even Brain.

Our Certified Aquatic Therapist, Max Kretskiy, is ready to help with Gait & Balance, Neurological and Orthopaedic conditions, post stroke recovery and so much more.



**One on one sessions are NOW available!**

Information on group sessions will be available soon. Stay tuned! For more information call or email Boris Bursak, Director of Fitness & Health: 204.477.7543

[Email Boris](#)

## MONTHLY TRAINER TALKS

### Bullet-Proof Knees

Have you ever been told your knees should never pass your toes? At this month's clinic, we will teach you all the things knee. From anatomy, biomechanics, injury prevention/rehabilitation and lastly why your knee can and in many instances should go past your toes!

**Thursday, November 24 @ 12:00 pm**

**Monday, November 28 @ 7:00 pm**

**We want to hear from you!** Please email Morrissa Klein, Manager of Fitness and Health, with topics you would like to see for Monthly Trainer Talks.

[Email Morrissa](#)

## MEET SANO THERAPY ATHLETIC THERAPISTS

**Michelle Reinheimer** CAT (c)  
Athletic Therapy, Hot Stone Therapy, Yoga

Michelle has always wanted a career that allows her to help people feel their absolute best, physically and in turn mentally. As an Athletic Therapist she can fulfill her dream. She has worked with high school varsity football for several years and has also worked under an orthopedic surgeon as a rehabilitation specialist specifically focused on pre and post operative arthritic hips and knees.

She hopes to get back into football in the future and hopes to create another rehabilitation program for those suffering with arthritis in the hips and knees. Aside from hands on treatment and therapy for her clients she is also a Yoga teacher and has taught various types of Yoga classes for 15 years.

**Carlo Dungca** CAT (c), Athletic Therapy

Carlo is an Athletic Therapist that is very passionate about helping people and getting them back to their regular activities, whether its day-to-day activities, fitness goals or returning them back to their favorite sport.

He has worked with young athletes, pro-athletes, post-surgical patients, industrial workers, people who have been in motor vehicle accidents, workers compensation claimants and chronic pain patients. "Everyone is welcome no matter what your fitness level is, age or activity. Athletic Therapy is for everyone!!!"

[www.sanotherapy.ca](http://www.sanotherapy.ca)

## IN THIS ISSUE

Hydrotherapy  
Trainer Talks  
Sano Therapy  
Trainer Video  
In the Deep End  
Massage Therapy

## TRAINER VIDEO: Integrated Isometric Training



**Rady Personal Trainer, Max demonstrates how you can continue using foundational movements and increase the intensity of your workout without adding any weights.**

## IN THE DEEP END



**Winter Swimming Lessons take place:**  
Sat, Jan 7 - Sun, Mar 26

**Registration:**  
Dec 8 Members  
Dec 13 Non-members

## MASSAGE THERAPY

Call to book an appointment with a Rady massage therapist:  
204.477.7535

**Leanne Lawrie:**  
Friday 1:00-6:00 pm

**Suzanne Millar:**  
Tuesday-Thursday

**Cindy Gorowski:**  
Mon-Wed & Friday

**UPDATED!**

[Group Fitness Schedule](#)

[Rady JCC Digital Program E-Guide](#)



**NEXT ISSUE DEC 2**