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“Helping to improve the health of the community.”



#### Special points of interest:

- Reminders while visiting with us.
- Physical Therapy welcomes new staff
- Fall fitness class changes

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### New Technique Offered in Physical Therapy

Our Physical Therapy department is offering a new technique. The Graston Technique is an excellent method to treat both acute and chronic soft tissue injuries using patented stainless steel tools. This technique has become popular with professional athletes to help them return to sports more quickly. We have already seen some very positive responses to the Graston tools with our patients.

Welcome our newest therapist Sarah Arnholt.

Sarah is a graduate of Ithaca College with her Masters Degree in Physical Therapy. She has inpatient, outpatient and rehab experience. She is also a PMA Certified Pilates Teacher. Sarah has been with us since March in our Birdsboro and Blandon facilities. This summer, Denise Wagner, our PT in Blandon welcomed a new member to her family, Katelyn Lauren was born May 29. Denise is returning to work Tues. morning and Thurs. afternoon and evening.

### Fitness Tid-bits

Seasonally Aquabilities updates and changes their fitness class schedule. Please note the following changes for the Fall hours.

#### Blandon:

Mon. & Wed. eve class will now be an hour and 30min. 7-8:30pm!

#### Birdsboro:

Saturday 7:45 will resume on Sept. 13th. Must pre-register by Thurs. afternoon and must have 5 participants.

Welcome new fitness staff!

Maria Dutcher

Joy Golt

Jenn Wood

Did you know we offer Personal Training in both locations? Our goal is to help you develop a balanced exercise program that fits your specific needs, goals, and abilities. Inquire at the front desk for more information about this service.

Did you know you should drink water before, during and after to stay hydrated when you exercise!

### Fall Splashes at Blandon

Join us for some Fall fun at Blandon! We offer swim lessons for everyone. We have the total package to fit everyone's needs. Come in and work out in our comfortable water, then schedule yourself for a relaxing massage. We have fitness classes for every persons ability level.

Our swim lessons begin Sept. 2 and run until the week of Nov. 18th. We have the best trained swim instructors in Berks County.

Try something different for your family reunion: Rent our pool. We provide the life-guard, you bring the fun. Our fun soaked birthday parties are a hit with all children, and we will even provide a party coordinator for you.

We look forward to providing you with the best in Aquatics and pride ourselves on a positive experience at Aquabilities in Blandon.

**We're on the Web!**  
[www.aquabilities.com](http://www.aquabilities.com)



### Massage Department Update

Choosing a massage therapist can be frustrating because it is difficult to know which technique is best for you. Aquabilities has set high standards for their massage therapists, and they strive to meet your needs with each massage. One of the best way to choose a massage technique is for you to know your health history. It is also important to know what you want to accomplish through

massage therapy. Some clients want a massage so they can relax and rejuvenate. Others may have an injury that requires rehabilitation. Our therapists are Monica Hamill, Stan Wawrzyniak, Charise Rogosky, and Molly Hermansader.

Monica is Nationally Certified in Therapeutic Massage and Bodywork. Her focus is the function of the muscles and reducing pain patterns. Charise, is a graduate of Lehigh Valley Healing Arts Academy.

Charise has also completed training in CranioSacral Therapy and SomatoEmotional Release. Stan graduated in 2005 from Berks Technical Institute. His proficiencies include Swedish, Deep Tissue, Therapeutic, and Pregnancy Massage. Molly graduated from Berks Technical Institute in 2006. Molly has training in Therapeutic, Swedish, Deep Tissue Massage and Lymphatic Drainage

**“The beauty of the water is the continued resistance.”**

### Swim School Fishy notes:

Welcome Back! We hope everyone enjoyed their summer fun this year. As we get to see some new faces for our Fall Session, we also get to welcome back returning students. Just some reminders and tips to help your child get the best quality experience to the water:

1. Please let the front desk staff know when your child will be missing a lesson. A family swim will be credited to you
2. Always try to be positive when talking about your child’s lessons. We understand that trying new skills may be overwhelm-

ing at times. So, your positive encouragement may help to alleviate their apprehension.

3. Please try to be on time for your lesson so your child does not feel rushed

We are excited about this fall session and we are confident that you will see progress in your little swimmer.

**“Did you know that an average person burns between 450-500 calories during a one-hour water aerobic class? Approximately 77% of those calories come from stored fat!”**

### Last but not Least, just some reminders while visiting with us!

Our Lifeguards are here to assist you in any way. If your personal program requires equipment stored in our equipment/chemical room, please do not hesitate to ask your lifeguard to get it for you. For your safety we ask that no customers enter the equipment/chemical room.

Let’s keep the pool deck “clean and safe”! If you are using any equipment for independent fitness, please put your equipment away when you are finished working out.

Please... no gum chewing on deck, no shoes in the water that are worn to walk outside, and no glass beverage bottles in the pool.

Forget your towel? No problem, Aquabilities has a variety of towels for sale in our pro shop. We also have added a wider selection of goggles for your swimming needs.

