

Aquabilities, Inc.

GET THE SCOOP!

IT IS NOT JUST ABOUT THE WATER!

AQUABILITIES WANTS TO GIVE YOU A MONTH OF EXERCISE!

HOLIDAY BUSINESS HOURS

NOVEMBER 27
OPENING @ 8 AM

DECEMBER 24
CLOSING @ NOON

DECEMBER 25 & 26
CLOSED

DECEMBER 31
CLOSING @ NOON

JANUARY 1 & 2
CLOSED

LIMITED TIME OFFER! THROUGH DECEMBER 31, 2009

BUY \$100.00 WORTH OF GIFT CARDS AND YOU WILL RECEIVE A MONTH OF FREE EXERCISE (A \$65.00 VALUE) WOW!

MEMBERS WILL RECEIVE ONE MONTH ADDED TO THEIR CURRENT MEMBERSHIP.

NON-MEMBERS WILL RECEIVE 30 DAY FREE PASS TO THE POOL THAT WILL EXPIRE APRIL 30, 2010.

THESE TRANSFERABLE FREE PASSES WILL MAKE GREAT HOLIDAY GIFTS FOR FRIENDS, FAMILY OR ANYONE!



CANCELLATIONS OR CLOSINGS TUNE INTO WEEU 830 AM RADIO

WE'RE BRINGING IT BACK!

SATURDAY MORNING FITNESS CLASSES WILL BEGIN, JANUARY 12, 7:45 AM. ONE HOUR LONG INSTRUCTOR'S CHOICE (BIRDSBORO) PRE-REGISTRATION REQUIRED. (MUST HAVE 5 PARTICIPANTS.)

MONDAY—WEDNESDAY—FRIDAY 10:00 AM (BIRDSBORO)

AQUALATES! WORK ON BALANCE STRENGTHEN AND LENGTHEN MUSCLES YOU NEVER KNEW YOU HAD. WE WILL ALSO DO ABDOMINAL WORK! A CHALLENGING WORKOUT FOR THE NOVICE AND A GREAT WORKOUT FOR THE BEGINNER.

TUESDAY & THURSDAYS 9:45 AM

45 MINUTES OF DEEP WATER WORK AND 15 EXTRA MINUTES OF MUSCLE WORK!

12 DAYS OF FITNESS

NOVEMBER 27—DECEMBER 31!

HEALING HANDS OF MASSAGE! DIGGING YOUR WAY THROUGH THE WINTER

DID YOU KNOW IN SOME PARTS OF THE USA THE AVERAGE SNOWFALL IS 10 FEET? WHEN SHOVELING SNOW, TRY TO KEEP THE SHOVEL CLOSE TO YOUR BODY. BEND AT THE KNEES-NOT THE WAIST OR BACK. TIGHTEN YOUR TUMMY AS YOU LIFT THE SNOW. LIFT WITH YOUR LEGS-NOT YOUR BACK. DON'T TWIST YOUR BODY. IF YOU NEED TO MOVE THE SNOW TO THE SIDE, MOVE YOUR FEET-DO NOT TWIST!

ALL THAT SHOVELING CAN MAKE FOR SOME SORE MUSCLES. ONE WAY TO GET RELIEF FROM A MUSCLE KNOT OR SPASM IS A MASSAGE.

NEXT TIME WHEN YOU WORK OUTSIDE, TAKE A FEW BREAKS, TRY NOT TO LIFT OBJECTS THAT WILL OVER-STRESS THE MUSCLES, DRINK WATER, AND SCHEDULE A MASSAGE!

SWIM SCHOOL!

HEY, KIDS!

LOOKING FOR SOMETHING TO DO OVER THE CHRISTMAS BREAK? WELL LOOK NO FURTHER! AQUABILITIES IN BIRDSBORO WILL BE HAVING **HOLIDAY FUN DAYS!**

DECEMBER 28-29-30. FROM 12 -2PM. THESE FUN-FILLED THEMED DAYS WILL CONSIST OF CRAFTS, SNACKS &

SWIMMING. BRING YOUR SUIT AND JOIN IN THE FUN! CALL MISS STEPHANIE FOR DETAILS 610-582-2348. THEMES ARE HAWIIAN LUAU, WINTER WONDERLAND, NEW YEARS EVE.

THE WINTER SWIM SCHOOL SESSION

FOR BLANDON AND BIRDSBORO RUNS NOVEMBER 30-FEBRUARY 27. NO CLASSES DECEMBER 24 AND DECEMBER 26 AND THE WEEK OF DECEMBER 28, 2009.

REGISTRATION FOR OUR WINTER SESSION IS OPEN UNTIL DECEMBER 19, 2009.

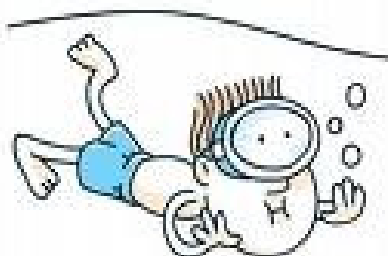
LOOKING FOR SOMETHING DIFFERENT.FOR YOUR FAMILY EVENT?

NO PROBLEM, WE HAVE THE SOLUTION!

OUR POOL IS A GREAT PLACE TO HAVE YOUR BIRTHDAY PARTY OR EVEN YOUR FAMILY REUNION! WE PROVIDE THE LIFEGUARD, PARTY COORDINATOR AND A PARTY ROOM.

PARENTS

FOR SAFETY REASONS PLEASE REMAIN IN THE BUILDING AT ALLTIMES



FAMILY SWIM ON FRIDAY NIGHT AND SATURDAY AFTERNOONS!

DID YOU KNOW.....

THAT AT AQUABILITIES WE PROVIDE PHYSICAL THERAPY ON LAND, AS WELL AS IN THE WATER?

OUR LICENSED PHYSICAL THERAPISTS ARE EXPERIENCED IN ORTHOPEDIC, SPORTS, NEUROLOGICAL AND PEDIATRIC LAND AND WATER TREATMENT. YOU CAN EVEN COME HERE FOR TREATMENT AFTER YOU HAVE JOINT REPLACEMENT SURGERY.

WE SPECIALIZE IN COMPREHENSIVE, INDIVIDUALIZED TREATMENT OF BOTH ACUTE AND CHRONIC CONDITIONS.

TO GET STARTED ASK AT THE FRONT DESK!

AQUABILITIES PARTICIPATES WITH MOST INSURANCES.

NANCY'S NEWS!

NEW!

SCENTED YOUTH GOGGLES FOR SALE! GREAT STOCKING STUFFERS

WE ARE COLLECTING FOR THE ANIMAL RESCUE LEAGUE (ARL) AND THE FOOD BANK BEGINNING NOVEMBER 27



CHECK OUT THE PRO-SHOP! SWIM CAPS FOR SALE!

CHECK OUT OUR WEBSITE!

WWW.AQUABILITIES.COM