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RIDE THE NEXT BIG WAVE IN AQUATIC WELLNESS
COME ON IN ---THE WATER'S WARM

*Now Anyone Can Experience Healing Warm Water Programs at
The AAF Rose Bowl Aquatics Center, Teaching and Therapy Pool*

April 18, (Pasadena, CA), a new wellness program based on the healing soothing nature of water is making a splash at the AAF Rose Bowl Aquatics Center Teaching and Therapy Pool, **open to the public** surrounded by the woodland beauty of the *Arroyo Seco*.

"Up until now, this kind of program was usually expensive, offered through small hospital programs and not available to everyone who wanted it," said Aquatics Director, Kathy Schmitt, a National and State Certified Recreation Therapist. The pool is heated to 91 degrees, just the right temperature to produce a dreamy relaxing feeling you get in the bathtub; however it also works as gentle resistance to enhance mobility, flexibility and range of motion while building strength and balance. Pain decreases, when movement improves. The buoyancy of the water makes everything easier for the unconditioned, those with chronic pain, recovering surgery patients and the obese.

The program has been designed to meet the needs of those who benefit most. There are warm water movement classes for Arthritis, Fibromyalgia, Back-Strengthening, Aerobic Conditioning, and Total Body Sculpting. For those who prefer to use the pool on their own and enjoy the luxurious spa-like setting, lap swimming pools, Jacuzzis and an exercise equipment room; a monthly pass is available.



About the Therapy & Teaching Pool

The pool depth is gradual from 3' 6" to 6'. Bars with pool steps, and a hydraulic chairlift are available for access. Locker rooms, showers and restrooms are all wheel chair accessible. Disability parking is close to the center.

About Kathy Schmitt RTC, CTRS

Kathy Schmitt came to the Rose Bowl Aquatics Center after managing the aquatic program at the Rehabilitation Institute at Santa Barbara for eight years. Born and raised in the Eagle Rock area of Los Angeles, she has returned home to create one of the foremost water wellness programs in the State. Ms. Schmitt's years of experience with working with people of all abilities have given her an innate understanding of what programs people need and will enjoy. She also is a skilled Watsu (massage performed in water) practitioner.

About The AAF Rose Bowl Aquatics Center 360 North Arroyo Blvd, Pasadena, CA 91103

The Amateur Athletic Foundation Rose Bowl Aquatics Center is probably best known as the location for the 1984 Olympics swim competitions as the pastel background for the stunning dynamic diving of Greg Louganis. A non-profit organization, it has not only served as training ground for professional swimmers and divers but as a family swim destination for almost a century.

WARM WATER CLASS SCHEDULE	
Monday Wednesday and Friday	
9:00 am to 10:00 am	Arthritis I
12:00 pm to 1:00 pm	Fibromyalgia Exercise
5:30 pm to 6:30 pm	Back to Basics
Tuesday and Thursday	
9:00 am to 10:00 am	Arthritis II
12:00 pm to 1:00 pm	Aerobic Conditioning
5:30 pm to 6:30 pm	Total Body Sculpting

Comments from participants:

"Whenever I have neck and back pain from working on the computer too long, I try to take a warm water class and the pain just relaxes away," Lynn Walford, author and freelance writer.

"I used to just lap swim to help recover from my hip replacement surgery, but the cold water caused pain. The therapy pool classes have helped me a lot," Karen, South Pasadena School Teacher.

More information is available at www.rosebowlaquatics.org or Kschmitt@rosebowlaquatics.org. Qualified members of the press are invited to take a free dip into wellness, please call or e-mail for reservations.

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