

Welcome to Kernes Adaptive Aquatics

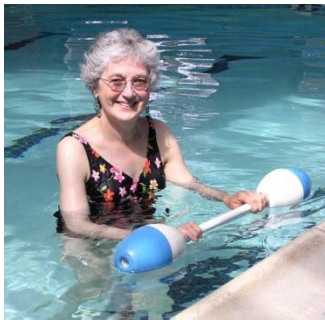
Here's how to get started at Kernes Pool

Kernes Pool is a friendly, inviting haven for people of all ages and abilities. We offer a variety of warm water exercise programs and services that are customized to each person's needs and goals. We're glad you're joining us!



Enrolling is easy as 1, 2, 3

1. Complete the Enrollment Application



This information helps us tailor your exercise program just for you. Mail or drop off the completed Enrollment Application to Kernes Pool. *(Incomplete forms delay your enrollment.)*

Be sure to have your health care provider fill in the Physician Consent Form. It can be faxed directly to us from their office or you can return it with your enrollment application.

2. Feeling good starts with your first visit

As soon as the forms are in, we'll call you to schedule an initial evaluation. This is a 30-minute appointment with an Aquatic Instructor in comforting 92° water.



3. Begin your personalized program

After the initial appointment, you will have a regular schedule to enjoy Kernes Pool.



Call or visit for more information:

Kernes Adaptive Aquatics
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Monterey, CA 93940
831-372-1240
www.KernesPool.org



501(c)3 nonprofit organization #94-2227904