

Kernes Pool

Good News & Thank You

Spring 2015

Therapeutic Warm Water Exercise for Children and Adults with Special Needs

Special Scholarships Now Available!

Would you benefit from working out in warm water, or know someone who would? Kernes Pool has received a grant through the Community Foundation to provide scholarships for people with Chronic Fatigue Syndrome, Fibromyalgia, or Gulf War Illnesses to exercise in our 92° indoor pool.*

Warm water relaxes muscles, and provides gentle resistance to get a good work out without pressure or impact. Movement builds strength and improves balance and mobility. Aquatic exercise provides a fun and easy cardio program, and can relieve pain and improve sleep.

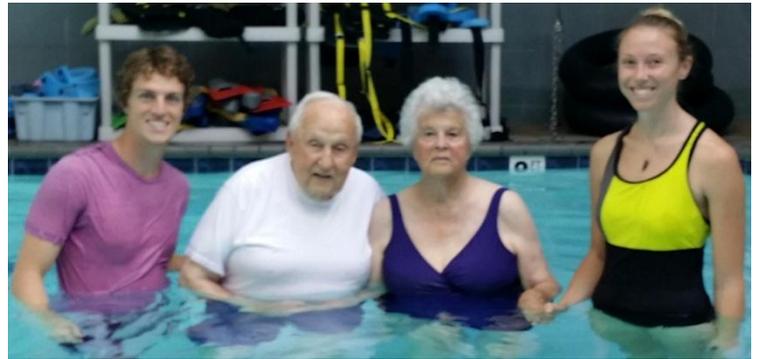
These scholarships cover independent exercise, our small groups exercise classes or full-assistance programs. For more information or to download an application, visit our website: www.KernesPool.org or call 831-372-1240

**Kernes Adaptive Aquatics thanks the Katherine Curtis Springer Fibromyalgia and Chronic Fatigue Patient Support Fund of the Community Foundation for Monterey County for funding this opportunity.*



Children Learn Water Safety and Life Skills at Kernes Pool

Thirty children with special needs are having fun and learning to swim every week at Kernes Pool. Warm water is a nurturing environment that enables kids to move comfortably and freely, while learning to listen, focus, follow instruction, and communicate. Most of all, they have a *great* time! To help provide scholarships and smiles for children, just add the word 'Kids' to your donation to Kernes Pool.



From Dancing Shoes to Bathing Suits

For 30 years, Mr. and Mrs. Fiske were square dancers. Now, at 95 years young, these childhood sweethearts are coming to Kernes Pool twice a week to keep fit. Exercising in Kernes' 92° water helps relieve Ernie's arthritis. Germaine, his beautiful wife of 71 years, works out with her Aquatic Instructor to maintain mobility and strength.

This dynamic duo knew of Kernes Pool through their volunteer work with Monterey Peninsula Volunteer Services, so trading in their dancing shoes for bathing suits was a natural move for this vibrant couple. "We have seven children, 18 grandchildren, and eight great-grandkids, so we have to stay in shape!" says Mr. Fiske with a laugh.

Kernes Pool offers a wide range of gentle, fun exercise programs to help people of all ages be healthy and fit. To learn more, come to our Open House on April 28.

Harden Foundation Doubles Your Gift!

The Harden Foundation has awarded Kernes Pool a matching grant. For every dollar you give today, the Foundation will also contribute a dollar. Thank you for your generosity at this important time!



Our Ducky Raffle is a wonderful way to support Kernes Pool and win great prizes. Get a Duck in the Pool with your name on it for every \$10 you donate.

1st Prize: Disneyland Vacation 2nd Prize: Samsung Galaxy Tablet
3rd Prize: San Francisco Adventure Package & many others!

Thank you, Ducky Raffle Contributors:

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| Adventures by the Sea | Hula's Island Grill |
| Ariel Theatrical | MY Museum |
| Best Western Hotels | Nepenthe Restaurant |
| Bay Area Discovery Museum | Pebble Beach Company – Sticks Restaurant |
| California Academy of Sciences | Pepé International – Vesuvio Restaurant |
| Disneyland | San Francisco Pier 39 |
| Fandango Restaurant | SandBar and Grill |
| Gilroy Gardens Family Theme Park | San Francisco 49ers |
| Happy Hollow Park & Zoo | Wild Thyme Deli & Café |

Heartfelt thanks to the generous Foundations, Organizations, Businesses and Individuals who keep Kernes Pool warm and accessible for all. Please visit our website for a list of our terrific donors: www.KernesPool.org This work would not be possible without your kindness and support.



Kernes Adaptive Aquatics
Josephine Kernes Memorial Pool
15 Portola Avenue
Monterey, CA 93940
RETURN SERVICE REQUESTED

Non Profit Org.
U.S. Postage Paid
Monterey, CA
Permit No. 257

Call us to see how soothing warm water exercise can help you be healthy and feel good!
831-372-1240
www.KernesPool.org



Celebrate with us!
Kernes' 3rd Annual Open House
Tuesday, April 28th, 5:00 – 6:30 pm
Josephine Kernes Memorial Pool

Good food, music, a Ducky raffle, and a Ribbon Cutting Ceremony with the Monterey Chamber of Commerce are all part of the fun at this annual event. Proceeds benefit our scholarship fund. Right now, there's a waiting list for children of military families with special needs. Come to the Open House and show your support for these exceptional kids!

