

# ABOUT KERNES POOL



Kernes Adaptive Aquatics provides warm water exercise programs to help children and adults with physical, emotional, or developmental challenges gain health, strength, mobility and confidence.



## **Kernes Adaptive Aquatics** **Josephine Kernes Memorial Pool**

15 Portola Avenue  
Monterey, CA 93940  
(831) 372-1240

## Feel Good, Be Healthy, Have Fun

Sunny, open, friendly, hope full. The Josephine Kernes Memorial Pool helps people renew and maintain their well-being, mobility, and quality of life. The enclosed, warm water pool is the only facility in the area that enables fully-supported, physical expression for people disabled by trauma, disease, or development limitations.

“I wish everyone could see their smiles after each session,” says retired executive director Marvella Peterman. “For our clients, land-based exercises are painful and can be ineffective; for some they’re impossible. The warm water and caring staff provide guidance, assistance, and comfort they can’t get anywhere else.”



Kernes Adaptive Aquatics has been an active member of the Monterey Peninsula since 1972. Over the years the pool has evolved from a simple, wood and fiberglass structure to a bright, cheery, climate-controlled facility designed for ease-of-access and safety.

Adaptive aquatic exercise can address both new and long-term conditions to improve quality of life:



- **Rehabilitation:** Doctors and physical therapists prescribe therapeutic exercise as part of clients’ goals to restore range of motion and mobility lost from disease, trauma or surgery. Kernes staff develop individualized exercise programs to help each person meet their goals.
- **Maintenance:** Regular exercise in the warm water helps maintain strength, mobility and overall well-being. Swimming, treading, or even just floating with friends, provides pain relief, loosens stiff joints and muscles, and recharges the spirit to take on everyday challenges.

For those who need financial help to attend, a portion of the income from grants and donations is reserved for scholarships. Approximately two thirds of those benefitting from Kernes are seniors with fixed or low incomes. On average, more than half of Kernes’ clients receive financial assistance through the scholarship program, many of whom are children.

*Patients of mine have greatly benefited from the individualized exercise programs at the Kernes Memorial Pool. The therapeutic warm water exercise has aided patients with stroke and other neurological conditions in their rehabilitative work. The pool exercises are not only beneficial for their recovery but also an enjoyable form of therapy that they like to participate in.*

Alejandro F. Centurion, M. D.



## Programs, Staff and Services

Kernes Adaptive Aquatics specializes in warm water exercise programs for which land-based programs are difficult or impossible. Individualized instruction helps each person reach his or her full potential in range of motion, flexibility, strength, ambulation and coordination.

Participation in the programs requires a referral from a doctor or other health care professional. The programs are interactive, with client involvement and feedback encouraged at all times.



### Programs

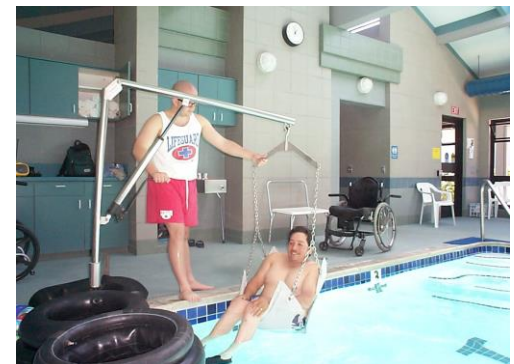
- Full Assistance: For all children and those adults who require individualized programs and continuous aid in the water.
- Partial Assistance: For adults who need an instructor to assist them to enter and exit the pool and those who wish some guidance during exercises. Includes safety monitoring,
- Independent Exercise: For adults who are able to participate in an unassisted exercise program. Includes safety monitoring,

Instruction is based on medical information, personal goals and ongoing staff evaluations. Instructors hold Aquatic Therapy and Rehabilitation Certification as well as lifeguard, first-aid, and CPR certificates, and are trained to work with clients of all ages and abilities.

### Facility

The Josephine Kernes Memorial Pool is fully enclosed and climate controlled to provide a comfortable environment both in and out of the pool. The pool is 16'x30'; the water temperature is kept between 90°-93°. A lift is present to assist non-ambulatory clients into and out of the water. The showers and dressing areas provide privacy and plenty of room for aides.

The facility is open Monday through Friday from 9:00am to 5:00pm.



### Become a Friend

There are several ways you can help the pool and the community:



Donation: Go to our website [www.kernespool.org](http://www.kernespool.org) and click the button. Gifts can be designated to the scholarship fund or made in honor or memory of a loved one.

Legacy gift: Your bequest will help people with special needs for generations.

Sponsorship: Invest in Kernes events such as the Splash-a-thon. Your contribution provides great community relations benefits for your business, and vital support to Kernes' work.

## History



Josephine Kernes

Edith and Herb Perry established the Josephine Kernes Memorial Pool in 1972 to provide warm water exercise for people with disabilities. Mrs. Perry had been teaching swimming to people with disabilities at several pools around Monterey County and realized that an enclosed pool with warm water provided benefits achievable from no other medium.

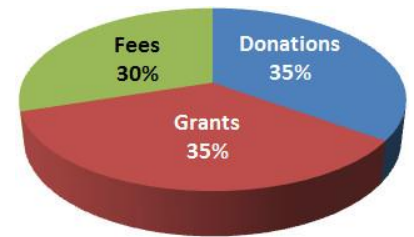
The Perrys named the pool after Edith's mother who had shown them the community value and personal rewards of service to others.

The first pool was constructed of wood and fiberglass with no central heating and minimal dressing and restroom facilities. In 1986, the board of directors started a capital program to purchase the property and replace the crude, aging structure. The new building budget was raised over five years from contributions by foundations, service clubs and individuals. The board and staff worked with the architect to create a lasting facility that could serve people suffering from a broad range of physical disabilities. The new building opened its doors in 1992.

## Financial

No one is turned away from Kernes Pool due to inability to pay or duration of need. Each person is asked to pay only as much of their program costs as they can afford. Many of our clients have incomes below the poverty level and most receive services at very low or no cost.

Fees from instruction contribute less than one-third of the funding for Kernes Pool's programs and services. The remainder is raised from grants and donations.



## Join us

Go to our web site, [www.kernespool.org](http://www.kernespool.org), to make a donation, download an enrollment packet, or subscribe to our



newsletter – *The Lifesaver* – to stay up to date with our pool, programs and people.

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The Josephine Kernes Memorial Pool is a 501(c) 3 non-profit organization: Federal Tax ID # 94-2227904. *Thank you for your support!*

### Thank you notes to Kernes Pool:

*My mobility and quality of life is so much better because of my exercise and activity in the pool.*

*I wanted to say what a wonderful experience my husband's first day at the pool was. All the staff and clients were so welcoming. The workout was the most refreshing and psychologically invigorating "therapy" I have seen for him in a long time.*

*Thank you so much for the scholarship to attend the pool. It is the best present I've ever had.*

*We want to thank you for the help you are giving our son. He was so weak and afraid and now he is strong and has come so far and loves every minute of his time in the pool.*