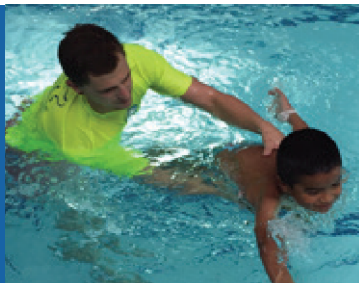


Kernes Adaptive Aquatics

Warm water exercise benefits patients ages 3 to 103



Kernes Adaptive Aquatics
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www.kernespool.org

Warm water, personalized programs and caring staff are among the qualities that make the Josephine Kernes Pool in Monterey, a special place for people with special needs.

“Feeling good, that’s what Kernes Pool is all about,” says executive director Lynn Young.

Warm water enables people with arthritis or other physical challenges to get the exercise they need in a gentle, nurturing environment. Whether working out with an instructor or just floating with friends, each session relieves pains, loosens stiff joints and muscles, and recharges the spirit to take on everyday challenges.

“I’m excited to see clients improve their quality of life,” says associate director Linda Gomez.

Healing for Kernes Pool clients is often an ongoing process. Each person’s exercise program is specifically designed to meet his or her individual goals. As strength and health improve, the exercise program is changed to help people continue to achieve personal goals.

“I’ve had 19 back surgeries,” says a client who’s been going to Kernes Pool for more than 15 years. “My sessions are easy and I feel so good afterward. And they’ve kept me walking.”

“Achievements are especially exciting to see in the children who come to Kernes Pool,” says Young.

“Kernes Kids” have a variety of conditions, including autism spectrum, Down syndrome, and development delays. Their sessions are fun-packed, as the youngsters splash about, play games with their instructors and learn to be water-safe.

The fun and games have physical and developmental benefits as well. They reduce spasticity and strengthen muscles, improve concentration and attention span and build social skills and confidence.

“It’s a welcoming family atmosphere,” adds Young.

The facility is small but bright and open, with private showers and a special lift if help is needed to enter the pool. Instructors are trained to assist people of all abilities and ages, from 3 years old to 103 years young.

The culture is, “when you’re here, you’re family.” People who come to Kernes Pool make new friendships, exchange experiences and encourage one another.

Call Kernes Adaptive Aquatics or visit the website for information on how you or a family member can gain health. ■

