

cryotherapy service at the following web address lifestyle.cryoinnovations.com. An introductory session is \$30 for members and \$35 for guests. A single session is \$40 for members and \$45 guests. Packages are also available.

The NormaTec® Recovery System is a cutting-edge, commercial grade compression device that enhances the body's natural ability to recover within a 10-15 minute session. NormaTec®'s full-length leg, arm, or hip compression attachments rejuvenates muscle tissue and dramatically reduces tightness and soreness. The patented pulsing action more effectively mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid and metabolites out of the limbs after an intense workout. An introductory session is \$20 for members and \$25 for guests. A single session is \$30 for members and \$35 for guests. Packages are also available.



To schedule an appointment, or if you have any questions, please call the Exercise Physiology department at (559) 624-3450.



LEARN TO SWIM

Be sure to enroll your child into one of the area's most comprehensive summer swim training programs. Your child will learn the fundamentals and techniques of swimming from the city's finest instructors. We have classes available throughout the summer for kids ages 3 to 10 years. Each class has 2 instructors and is limited to 6 children. Each session consists of 6 - 1/2 hour classes.

Registration began April 23rd! First session begins May 7th.

\$100 for members
\$120 for guests

Level I Introduction to Water Skills-Helps participants feel comfortable in water

Level II Fundamental Aquatic Skills-Gives participants success with fundamental skills



To register please call the Customer Service Office at (559) 624-3408
Any questions as to which level your child should be in, please call the Aquatics Office (559) 624-3421

P & P (PARENTS & POLLYWOGS)

This 3-week class provides an introduction to basic swimming skills and water safety for children 6 months to 2 years. A parent must attend with the child and be in the water with them at all times. Each session consists of 6 - 1/2 hour classes, Tuesday and