

Aqua Fitness

for Persons with Physical Disabilities



Benefit from the therapeutic properties of water

Need attendant care?

ICAN staff will provide light physical assistance for those requiring assistance in and out of the pool and in the change room.

Gatchell Pool
 43 Irving Street, Sudbury ON P3C 3G9
 Thursday from 1:00 pm to 2:00 pm
 Cost: None



Please Note:

Some physical requirements are needed to fully participate in this program

For more information or to register, please contact:

Guy Brunet, Rehabilitation Support Worker
 Telephone: 705-673-0655 ext. 1544
 E-mail: guy.brunet@ican-cerd.com

Who is Eligible?

- Persons with a permanent physical disability
- 16 years of age or older
- Have a valid OHIP card
- Able to have medical/professional needs met by existing community health network
- Capable or potentially capable of directing services
- Able to be left safely unattended (attendant care available upon request)

Our program is designed to increase:

- Flexibility
- Range of motion
- Balance
- Muscular strength
- Endurance
- Coordination

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