



AQUATIC CENTER  
immerse yourself

CANYON RANCH®  
*The Power of Possibility.*



EXPERIENCE  
the power of water

DELIGHT IN THE POSSIBILITIES

Sliding into a sparkling pool, relaxing in a warm tub or floating in the ocean ... nothing makes us feel the way water does. We're freer, stronger, more flexible and relaxed. Experience new aquatic pleasures and possibilities at the beautiful Aquatic Center. With various pools and activities, you can stretch, exercise or play like a kid again to fortify your body and delight your spirit.



POOLS

Explore exciting activities that energize your body, mind and imagination.

**Cross-training & conditioning pool.**

Serious athletes and beginners alike find familiar, land-based exercises challenging and refreshing in this pool's 91-degree water. Cross-training can include deep-water exercise with a flotation belt, lap swimming, walking, jogging or swimming against a variable resistance jet-stream current.

**Aquatic therapy pool.** Movement therapy in comfortable 93- to 94-degree water is a safe way to stretch and strengthen muscles and relearn movement patterns. For some, aquatic therapy can be the key factor for long-term mobility. Water is also excellent for anyone who wants to work on posture and balance.

**Fitness pool.** This specially designed pool is 90 to 92 degrees and is open for use from 6 a.m. until 10 p.m. It offers an environment without exposure to the sun or other elements. Consult with Program Advising for details about private swim and workout instruction. Check *This Week at Canyon Ranch* for details about daily aquatic fitness classes, such as Ai Chi, Aqua Shape, Aqua Yoga and Fluid Flexibility.

## VARIOUS FORMS OF AQUATIC THERAPY CAN HELP IMPROVE ...

- Balance
- Body awareness
- Breathing
- Cardiovascular conditioning
- Circulation
- Coordination
- Endurance
- Energy
- Flexibility
- Muscular strength and endurance
- Pain management
- Posture
- Range of motion
- Speed
- Spinal alignment
- Sport-specific skills
- Stress reduction
- The healing process

## ACTIVITIES

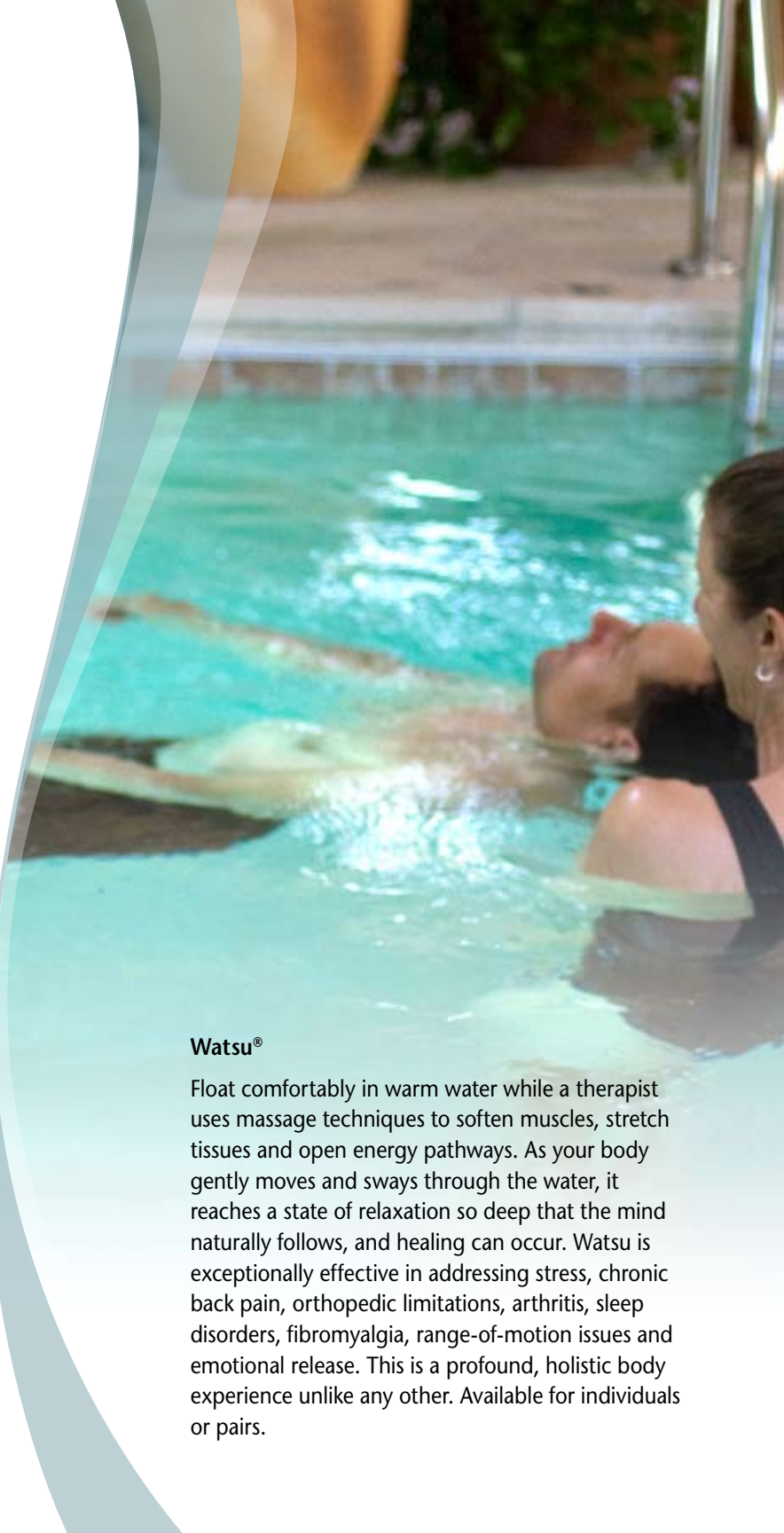
In addition to classes and individual training, discover empowering disciplines such as:

### **Burdenko Method Water & Sports Therapy**

This innovative method – delivered by a certified Burdenko therapist – is renowned for improving balance, coordination, flexibility, speed, stamina and strength. It can be used for rehabilitation, conditioning or training, and is ideal before and after a surgery or joint replacement, or after an injury.



*Burdenko*



### **Watsu®**

Float comfortably in warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body gently moves and sways through the water, it reaches a state of relaxation so deep that the mind naturally follows, and healing can occur. Watsu is exceptionally effective in addressing stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range-of-motion issues and emotional release. This is a profound, holistic body experience unlike any other. Available for individuals or pairs.

## FEEL THE ripple effect

Your visit to the Aquatic Center is made more meaningful by the environment around you. Canyon Ranch honors traditions that have thrived in the Southwest through the ages. The Aquatic Center artwork is drawn from healing symbols of the Anasazi, Hopi and Navajo traditions, and reflects the striking landscape of Canyon de Chelly and the Four Corners region. Our aquatic therapists and fitness experts bring a wealth of knowledge to every session and activity, guiding you as you explore the many-layered benefits of water for health and wellness.

Every aspect of your Aquatic Center experience adds to your pleasure, serenity and that matchless buoyant feeling that only water can provide.

Nothing in the world is gentler than water, yet nothing is stronger. Water nourishes life, yet cuts through solid rock, overcomes obstacles with the strength of gentleness.

– Tao Te Ching



*This statue, representing the spirit of the water, stands watch outside the Aquatic Center entrance.*

## AWASH IN possibilities

- Athletic training
- Basic conditioning
- Balance & posture alignment
- Burdenko method
- Relaxation & massage
- Stress reduction & sleep enhancement
- Therapy for people with conditions that limit movement, or who are recovering from an injury or surgery

immerse yourself

Ext. 4338

Information & scheduling

