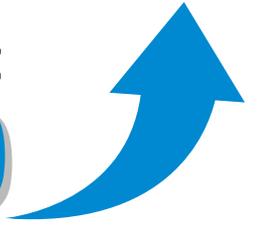




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Return to Work, Return to Sport

MOVE AHEAD



Post-Rehab at the Skaneateles YMCA

The Skaneateles Y offers post-rehab programs for people who have completed physical therapy and are interested in achieving the next level of strength, health, and fitness. This is a guided program with an emphasis on achieving full function for daily, work, or sports activities. The Post Rehabilitation program is available to recent physical therapy graduates, who need to continue improving their physical status. Expert Health and Wellness professionals will assist and oversee the transition.

The YMCA will waive the membership fee for 8 weeks for people who are joining our Post-Rehab Program. Upon entering the program the individual will receive a complimentary evaluation of their needs and will be directed towards appropriate activities. Participants will periodically meet with staff to monitor their progress and satisfaction.

Please direct inquiries to:

Tina Hunt
Health and Wellness Director

Skaneateles YMCA
and Community Center
97 State St Skaneateles NY 13152
(P) 315-685-2266 ext 114
(F) 315-685-4022

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