

# MSC Physical Therapy

## Aquatic Therapy

Individual evaluation and instruction on flexibility, strength, conditioning, stabilization, postural training and neutral spine awareness in our 92-degree therapeutic pool. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Educational Visit

Want to know how to get the most out of your exercise program? Have a nagging injury, an old injury, or want to prevent an injury? Have a Physical Therapist help with your program. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Independent Program Setup

Whether you want advice on a home exercise program or need assistance in setting up your gym program, MSC professional physical therapy staff can assist you. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Physical Therapy Evaluation

Comprehensive musculoskeletal evaluation by a licensed Physical Therapist. Learn about your body and what you can do to strengthen and improve your health and fitness. Please call 646-5627.

*For all ages.*

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Appointment only	Sports Center	Physical Therapist	*per medical code

## Postural/Ergonomic Training

Professional Physical Therapy Staff can assist you with postural training and ergonomic instruction for the workplace. Reduce back and neck strain and prevent repetitive injuries like carpal tunnel syndrome. Please call 646-5627.

*For all ages.*

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Appointment only	Sports Center	Physical Therapist	*per medical code

## Therapeutic Exercise

Physical Therapist supervised exercise. Licensed staff provides instruction on flexibility, conditioning, strength, stabilization, postural education and neutral spine awareness. Please call 646-5627.

*For all ages.*

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## Therapeutic Pilates

Physical Therapist supervised instruction in Pilates. Perfect for individuals just beginning to learn Pilates or for individuals with joint, back or medical conditions and for individuals recovering from injury. Please call 646-5627.

*For all ages.*

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**\*MSC Physical Therapy is a preferred provider for Blue Cross, Blue Shield, Medicare, Tricare and many other insurance providers. Please call 646-5627 for insurance authorization, appointments and billing details.**

# MSC Private Parties

## PRIVATE PARTIES

*Join us at the Monterey Sports Center!*

Birthday Parties • Company Picnics • Corporate Events • Family Reunions • School Parties

### Facility Features Available:

- Two Indoor Pools
- Large Lobby
- Sun Deck
- Gymnasium
- 112 ft. Water Slide
- Studio I & II
- Locker Rooms
- Sports Café and Pro Shop
- Concourse
- Kids Zone (babysitting service)
- Mermaid Maura

### Activities:

- Organized Games
- Water Slide
- Basketball
- Ping Pong
- Water Basketball
- Indoor Soccer
- Badminton
- Pickle Ball
- Water Volleyball
- Volleyball
- Group Exercise Classes

### Rates:

Pool or Gym	Pool and Gym	Concourse
Deposit \$100	Deposit \$150	Studio I \$80 per hour
First two hours \$225	First two hours \$345	Studio II \$60 per hour
Add. hours \$100	Add. hour \$165	Kids Zone \$60 per hour
		Mermaid Maura \$60 per hour

*\* Additional staff costs are based on type of event and number of participants. To arrange private parties, contact the Sports Center Manager at 646-3736.*