



Saltwater Sea & Private Pool Classes

Using The Burdenko Method of Water Therapy & Blue Therapy

The Ability to Swim Is Not Necessary, Being Comfortable in Deep Water Is

Group Classes—Governors Beach, Seven Mile Beach

Monday 10:00 am—11:00 am

Wednesday 10:00 am—11:00 am

Friday 10:00 am—11:00 am

Saturday 9:00 am—10:00 am ***Note Saturday Time Difference***

New Participant Enrollment Package: \$180.00

Includes 6 classes + Training DVD (or Digital Download) & Gear Rental

On-Going Pre-Paid Packages

6 classes \$150.00 8 classes \$200.00 10 class \$250.00 12 classes \$300.00

(Plus \$20.00 gear rental on packages. Participants are encouraged to purchase their own water gear)

Drop-In: \$30.00 per class

Couples Package Available (contact Donna for details)

Private Pool Classes (set up your own group or private sessions)

Small friendly groups. Please arrive 5-10 minutes before start time. We enter the water promptly on time with a brief on-land demo at the start of each session

Items to bring: towel, hat, sunscreen, sunglasses, rash guard, drinking water, and water to rinse sand off your feet at your car.

Follow Donna on Facebook:

Instagram