



Gentle movements in a heated pool help relieve arthritis pain and stiffness, while increasing joint flexibility and range of motion. Class participants do not need to know how to swim. All classes are led by Arthritis Foundation certified instructors. Limited scholarships are available for those in financial need.



NORTHWEST

Dublin Community Rec. Center

5600 Post Rd.
Dublin, OH 43017
(614) 410-4550
Water aerobic pass required

Staybridge Suites

6095 Emerald Parkway
Dublin, OH 43016
(614) 876-5200

McConnell Heart Health Center

3773 Olentangy River Road
Columbus, OH 43214
(614) 566-3833
Membership required

Premier at Sawmill

3111 Hayden Rd.
Columbus, OH 43235
(614) 336-2582
Membership required

YMCA – Hilliard

4515 Cosgray Rd.
Hilliard, OH 43026
(614) 334-9622

Aquatic Adventures

3940 Lyman Drive,
Hilliard, Ohio 43026
(614) 545-DIVE (3483)
**Deep-water class*

NORTHEAST

NovaCare Outpatient Rehab

6021 Cleveland Ave.
Columbus, OH 43231
(614) 895-1090

Victory Fitness Centers

50 Graceland Blvd.
Columbus, OH 43214
(614) 785-1577
Women Only

YMCA – Gahanna

555 YMCA Place
Gahanna, OH 43230
(614) 416-9622

YMCA – North Branch

1640 Sandalwood Place
Columbus, OH 43229
(614) 885-4252

Westerville Community Center

350 N. Cleveland Ave.
Westerville, OH 43082
(614) 901-6500

Worthington Rec. Center

360 Highland Ave.
Worthington, OH 43085
(614) 436-2743

SOUTHEAST

YMCA Jerry L. Garver

6767 Refugee Rd
Canal Winchester, OH 43110
(614) 834-9622

Groveport Recreation Center

7370 Groveport Road
Groveport, Ohio 43125
(614)836-1000

DOWNTOWN

West Central Training Center

1481 W. Town St.
Columbus, OH 43222
(614) 276-8231

YMCA - Eldon W. Ward Branch

130 Woodland Ave.
Columbus, OH 43203
(614) 252-3166

YMCA - Central Branch

40 W. Long St.
Columbus, OH 43215
(614) 224-1131

WEST

YMCA - Valleyview Site

2879 Valleyview Dr.
Columbus, OH 43204
(614) 276-8224

Victory Fitness

3427 South Blvd.,
Columbus, OH 43204
(614) 351-1717

SOUTHWEST

YMCA - Cherry Creek Site

600 Fox Ridge St.
Columbus, OH 43228
(614) 878-7269

YMCA-SW Comm. Ctr.

3500 First Ave.
Urbancrest, OH 43123
(614) 875-1456

YMCA–Grove City Branch

3600 Discovery Dr.
Grove City, OH 43123
(614) 871-9622

EAST

Victory Fitness Centers

3981 East Broad St.
Columbus, OH 43213
(614) 236-1440
Women Only

Yassenoff Jewish Comm. Center

1125 College Ave.
Columbus, OH 43209
(614) 231-2731
Membership required

NovaCare Outpatient Rehab

6465 E. Broad St. #B
Columbus, OH 43213
(614) 864-1089

Wyandotte Athletic Club

5198 Riding Club Lane
Columbus, OH 43213
(614) 861-6303
Membership required

For pools outside Franklin County,
call (888) 382-4673.

Updated 10/30/08