

The following facilities offer the **Arthritis Foundation Aquatic Program**. Many facilities offer discounts to Arthritis Foundation and YMCA members.

ALLEGANY COUNTY

YMCA Riverside 301-777-9622

ANNE ARUNDEL COUNTY

Big Vanilla Athletic Club—Arnold 410-544-2525
Big Vanilla Athletic Club—Pasadena 410-437-5463
Central Special School with Major Changes
410-757-8160

Professional Sports Care 410-721-7201
Severna Park Racquetball Club 410-987-0980
SPY Swim/Woods 410-315-7779

BALTIMORE CITY/COUNTY

Baltimore Sports Rehab & PT 410-686-2270*
Blakehurst Residents only 410-296-2900
Brick Bodies-Reisterstown 410-833-3386
Callow Hill Aquatic Cntr. 410-396-0677
Charlestown Residents only 410-247-3400
Cherry Hill Aquatics Cntr. 410-396-1938
Chic Webb Aquatic Cntr. 410-396-7593
Dundalk YMCA 410-285-7616
JCC, Owings Mills 410-356-5200
Kernan Rehab Hospital 410-448-6706*
Kids 1st Swim Club 410-529-8350
League for People with Disabilities 410-323-0500
Lifebridge Health & Fitness 410-484-6800, x109*
Maryland Athletic Club 410-453-9111
Megan Rich Physical Therapy 410-308-7182
Merritt Athletic Club-Towson 410-821-0160
Randallstown YMCA 410-496-4272
Roland Park Place Residents only 410-243-6695
Towson Family YMCA 410-823-8870
Towson Sports Medicine 410-337-8847
Waxter Senior Cntr. 410-396-1328
Weinberg YMCA (33rd St.) 410-889-YMCA
Western Family YMCA 410-747-9622

CARROLL COUNTY

Carroll Family YMCA 410-/848-3660
Carroll Hospital Cntr. (pool at CHANGE, Inc.)
410-848-2244

CARROLL COUNTY (continued)

Carroll Lutheran Village Residents Only
443-605-1059
Health Unlimited 410-795-0793
Merritt Athletic Club-Eldersburg 410-549-8855

CHARLES COUNTY

Lackey High School Pool 301-743-2470
Northpoint High School 301-934-5423, x5711

DORCHESTER COUNTY

Dorchester YMCA 410-221-0505

FREDERICK COUNTY

Frederick Co. YMCA 301-663-5131*
Mt. St. Mary's University 301-447-7429
St. Catherine's Nursing Center Residents Only
301-447-7023

HARFORD COUNTY

Baltimore Sports Rehab & PT 410-515-0006
Bel Air Athletic Club 410-879-7115*
Kids 1st Swim Club 410-420-SWIM*

HOWARD COUNTY

Central MD Rehab Cntr. 410-312-9000
Columbia Athletic Cntr. 410-730-6744
Courtyards Waverly Woods East
Residents only 410-750-8090
Dancel Center Ellicott City 410-465-4334*
Heartlands Sr. Living Village Residents Only
410-313-9411

QUEEN ANNE'S COUNTY

Chesapeake College 410-827-5812

ST. MARY'S COUNTY

NovaCare Rehab/Leonardtown 301-475-5830

TALBOT COUNTY

Talbot YMCA 410-822-0566

WASHINGTON COUNTY

Hagerstown YMCA 301-739-3990*
Robinwood Total Rehab Care 301-714-4025*
Village of Robinwood 240-420-4100

WICOMICO COUNTY

Area Agency on Aging 410-742-0505
HealthSouth Chesapeake Rehab Hospital
410-546-4600

WICOMICO COUNTY (continued)

Holly Center 410-742-0505
Salisbury PT & Sports Rehab 410-543-9000

WORCESTER COUNTY

Pocomoke MAC Cntr. 410-957-0391

WEST VIRGINIA

HARDY COUNTY

Hardy County Wellness 304-538-7380

MONONGALIA COUNTY

HealthSouth Mountainview Rehab Hospital*
304-285-1050

PRESTON COUNTY

Kingwood City Pool 304-329-0856

* Denotes evening classes also.

Arthritis relief that
comes with water ... **50,000 gallons.**



**Arthritis Foundation
Life Improvement Series**



The Arthritis Foundation Aquatic Program was created for people with arthritis to keep joints flexible, muscles strong and to help reduce the pain associated with arthritis. With less pain, people with arthritis may be able to reduce their reliance on pain medication.

Arthritis Foundation Aquatic Program exercises were developed by physical therapists to address the pain, fatigue and decreased strength that often accompany the disease. The soothing warmth and buoyancy of warm water make this program an ideal environment for relieving arthritis pain and stiffness. The water provides gentle resistance to build muscle strength and supports joints to encourage free movement.

While the program is a fun, safe way for people with arthritis to stay fit, it should not replace treatment prescribed by a doctor or physical therapist.

Our certified instructors help you stay safe while staying fit.

Every class is taught by an Arthritis Foundation certified instructor. Instructors receive detailed training on the aquatic routines, and all instructors undergo regular certification to ensure they have kept up with the latest aquatic exercises and arthritis information.

Arthritis Foundation Aquatic Program instructors match the class routines to the fitness levels of the participants so that those needing modified movements are just as welcomed as those who desire a more intense routine.

Offered by the Arthritis Foundation. Delivered with results.

The Arthritis Foundation Aquatic Program was co-developed with the YMCA. In one research study, individuals who attended the class for four months reduced their pain by 25 percent. Other studies have documented increases in muscle strength, perceived quality of life and well-being.

A water-based exercise program tailor-made for people with arthritis.

Who should attend the Arthritis Foundation Aquatic Program?

Anyone who has been diagnosed with arthritis or who routinely experiences joint pain, stiffness and/or limited range of motion is invited to attend. Classes are conducted while standing or sitting in an indoor pool—the ability to swim is not required.

When is the class offered?

The Arthritis Foundation Aquatic Program is offered at various times and in many convenient locations as noted in this brochure.

How do I sign up?

Signing up is easy. Call the contact numbers in this brochure for registration information. Consult with your doctor before beginning any exercise program.

What is the cost?

Fees for the Arthritis Foundation Aquatic Program are set by each facility. Please contact facilities directly to inquire about class fees. Ask whether discounts are offered for Arthritis Foundation members.

“The water-based exercises in this class are ideal for people with arthritis.”

—Patience White, M.D., Rheumatologist and Chief Public Health Officer, Arthritis Foundation

While every individual is unique, many people who complete the Arthritis Foundation Aquatic Program enjoy the following benefits:

- Decreased pain
- Increased flexibility and range of motion
- Better, more relaxed sleep
- Increased energy
- Improved outlook
- Improved overall health status.



www.arthritis.org



Take Control with Water Exercise

