



These energizing swim exercise programs are held in warm water. Classes are conducted by Arthritis Foundation certified instructors and knowing how to swim is not necessary because the gentle movements are done in chest deep water.

ALLEGHENY COUNTY		
Children's Institute	412-420-2337	www.amazingkids.org
Club One	412-362-4806	www.club1-px.rtrk.com
Sports Medicine Institute	412-432-3700	www.sportsmedicine.upmc.com
Healthsouth	412-856-2400	www.healthsouth.com
Schenley Gardens	412-621-4200	www.schenleygardens.com/schenley
YMCA of McKeesport	412-644-9168	www.ymca.net
Jewish Community Center South Hills	412-278-1975	www.jccpgh.org/southhills.asp
Jewish Community Center Squirrel Hill	412-521-8010	www.jccpgh.org/squirrelhill.asp
Sewickley YMCA	412-741-9622	www.sewickleyymca.org
Woodlands Foundation	724-935-6533	www.woodlandsfoundation.org
Health Trax Fitness & Wellness Center (residents only)	412-835-0500	www.healthtrax.com
Masonic Village at Sewickley	412-741-1400	www.masonicvillagespa.org
Longwood at Oakmont (residents only)	412-826-5800	www.longwoodatoakmont.com
Bethel Park Retirement Residence (residents only)	412-833-3220	www.bethel-park.net
Devonshire of Mt. Lebanon (residents only)	412-343-2200	www.thedevonshireofmtlebanon.com
ARMSTRONG COUNTY		
Armstrong County YMCA	724-545-9622	www.armstrongymca.org
Armstrong Memorial Hospital	724-543-8145	www.acmh.org
BEAVER COUNTY		
Beaver County YMCA	724-891-8439	www.beavercountyyymca.org
Keystone Rehab Systems	724-728-0999	www.keystonerehab.com
BUTLER COUNTY		
Butler County Family YMCA	724-287-4733	www.bcfymca.org
Rose E. Schneider Family YMCA	724-452-9122	www.bcfymca.org
ERIE COUNTY		
YMCA of Glenwood Park	724-287-4733	www.bcfymca.org



PROGRAM CALENDAR

SPRING 2009

INDIANA COUNTY		
Indiana Regional Medical Center	724-357-7497	www.indianarmc.org
LAWRENCE COUNTY		
Shenango Presbyterian Senior Center	724-946-3408	www.shenangoonthegreen.org
MERCER COUNTY		
Whispering Oaks Retirement (residents only)	724-347-3050	www.holidaytouch.com
iXL Rehab and Fitness Center	724-662-1776	www.ixlcenter.com
Wade D Mertz Towers	724-347-2318	N/A
WARREN COUNTY		
Jefferson Defrees Family Center	814-723-6350	http://www.jdfamilycenter.org
WASHINGTON COUNTY		
Monongahela Senior Center	724-258-9511	www.paseniorcenters.org
Char House	724-483-3597	www.sphs.org
Brookwood Center Adult Day Services	724-942-45111	www.westernpa.easterseals.com
Cameron Wellness	724-225-WELL	www.wrcameronwellness.org
Riverside Place	724-483-5800	N/A
WESTMORELAND COUNTY		
Westmoreland ARC	724-837-8159	www.arcwestmoreland.org
New Kensington Senior Center	724-335-8597	www.freewebs.com/akvscc
Kiski Valley Opportunities	724-567-7799	www.kvou.org
Caritas Christi Wellness Center	724-853-7948	N/A
APS Healthcare SWPA HCQU	724-864-0715	www.hcqu.apshealthcare.com