



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

6/11

ARTHRITIS FOUNDATION AQUATICS PROGRAM

What is it?

The Arthritis Foundation Aquatics Program is a recreational exercise program held in a heated (90 degree) pool. With the aid of the water's buoyancy, the class improves joint flexibility and relieves pain and stiffness through gentle movements in the water. All instructors have successfully completed the Arthritis Foundation YMCA Aquatic Training Program. They lead you through a series of specially designed exercises to background music.

Who is it for?

Adults with any type of joint pain are eligible. People with any multiple or severe joint problems or people who have had joint surgery are strongly encouraged to check with their physicians about the need for special precautions.

What do I wear?

Wear a bathing suit appropriate for pool usage.

Where do I go?

This class, at the Downtown Center only, is held in the small training pool located in the northeast corner of the pool deck. Enter through locker rooms and proceed to the pool through the door in the shower area.

How do I register?

You may register for the program at any time and attend the classes as often as you would like. Members are free and there is a fee for the general public per 7-week session or 9-week summer session. Register at any Green Bay YMCA front desk or call (920) 436-9622 with Discover, Visa or MasterCard.

Other Information

The YMCA is wheelchair accessible and the training pool has a hydraulic lift system for ease in getting in and out of the pool.

Contact: Downtown Center 436-9552

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.