The Arthritis Foundation Aquatic Program is a fun and invigorating warm-water recreational exercise program.

Program is taught by instructors who have been specially trained by the Arthritis Foundation. Anyone who is limited by impaired joint motion and/or strength can benefit from its range of motion and muscle strengthening exercises.

The focus of the program is to:

- Improve joint flexibility
- Improve endurance and strength
- Improve mobility
- Improve balance and coordination
- Encourage personal growth
- Encourage a feeling of well being
- Decrease pain and stiffness
- And much, much more . . .

Ability to swim NOT required. Feet stay on the ground. Hair stays dry.

Please call individual sites for information on class schedules, costs and pre-registration. If you don’t see your community listed, please call us for more information. New classes are forming now!

ARHTHITIS FOUNDATION AQUATIC CLASSES LISTED BY COUNTY:

EMMET COUNTY

PETOSKEY
Demmer Wellness Pavilion
820 Arlington Ave.
(800) 248-6777

GRAND BLANC
Genesys Athletic Club
801 Health Park Blvd.
(810) 606-7817
For members and non-members

MASON
Heartwood School
625 Hagadorn Road
(517) 483-1227
(Pre-registration with Lansing Community College required)

GENESEE COUNTY

FLINT
Hurley Health & Fitness Center
4500 S. Saginaw Street
(810) 262-2200

INGHAM COUNTY

LANSONG
Delta-Waverly Activities & Pool
3131 West Michigan Ave.
(517) 484-5600

YMCA of Lansing Westside
3700 Old Lansing Rd.
(517) 827-9670

KALAMAZOO COUNTY

KALAMAZOO
Kalamazoo Family YMCA
1001 W. Maple St
(269) 345-9622
**KENT COUNTY**

**BELMONT**
Wolverine Worldwide YMCA  
6555 Jupiter Ave NE  
(616) 363-3000  
Members Only

**EAST GRAND RAPIDS**
East Grand Rapids Parks and Rec.  
Wealthy Pool  
750 Lakeside Drive SE  
(616) 949-1750

**GRAND RAPIDS**
Covenant Village of the Great Lakes  
2510 Lake Michigan Drive  
RESIDENTS ONLY, PLEASE

Grand Rapids Community College  
143 Bostwick Ave NE  
(616) 234-3400

Martindill Wellness Center  
Porter Hills Village  
3600 E. Fulton St.  
Residents only Please

**GRANDVILLE**
Visser Family YMCA  
3540 Fairlanes SW  
(616) 530-9199  
Members Only

**KENTWOOD**
East Kentwood Aquatics Center  
6230 Kalamazoo Avenue SE  
(616) 698-6700

**LIVINGSTON COUNTY**

**HARTLAND**
Hartland Aquatic and Fitness Center  
Hartland High School Pool  
10635 Dunham  
(810) 626-2279

**MACOMB COUNTY**

**MOUNT CLEMENS**
Macomb Family YMCA  
10 North River Road  
(586) 468-1411

**WARREN**
Michigan Therapy Institute  
2117 Eleven Mile Rd.  
Coming Soon!

Warren Community Center  
Parks & Recreation  
5460 Arden  
(586) 268-8400

Windemere Independent &  
Assisted Living  
31800 Van Dyke  
RESIDENTS ONLY, PLEASE

**MIDLAND COUNTY**

**MIDLAND**
Midland Community Center  
2205 Jefferson Ave  
(989) 832-7937

**MENOMINEE COUNTY**

**MENOMINEE**
Greater Marinette-Menominee YMCA  
1600 West Drive  
(906) 863-9983

**MONTCALM COUNTY**

**LAKEVIEW**
Kelsey Community Wellness Center  
423 N. Lincoln  
(989) 352-7510

**SIDNEY**
Montcalm Community College  
Pool Activities Building  
2800 College Dr.  
(989) 328-2111

**MUSKEGON COUNTY**

**MUSKEGON**
Muskegon Family YMCA  
900 W. Western Ave.  
(231) 722-9322

**NEWAYGO COUNTY**

**FREMONT**
Tamarac Wellness Facility  
1401 W. Main  
(231) 924-3195

**OAKLAND COUNTY**

**auburn hills**
North Oakland Family YMCA  
3378 E. Walton Blvd.  
(248) 370-9622

**Birmingham**
Birmingham Family YMCA  
400 E. Lincoln St.  
(248) 644-9036

**Farmington**
Farmington Family YMCA  
28100 Farmington Road  
(248) 553-4020
ROCHESTER HILLS
Older Persons Commission OPC
650 Letica Rd.
MEMBERS ONLY PLEASE

TROY
Michigan Therapy Institute
6585 Rochester Rd. Ste 102
Coming Soon!

WEST BLOOMFIELD
West Bloomfield Family Aquatics
6200 Farmington Road
(248) 451-1900

OCEANA COUNTY
HART
Lakeside Comprehensive Rehab
601 E. Main St.
(231) 873-3577

OTTAWA COUNTY
HOLLAND
Freedom Village Holland
145 Columbia Ave.
RESIDENTS ONLY PLEASE

JENISON
Sunset Manor
725 Baldwin
(616) 457-2770 X1460
AGES 55+ PLEASE

SAGINAW COUNTY
SAGINAW
Saginaw Family YMCA
1915 Forchey
(989) 753-7721

SHIAWASSEE COUNTY
OWOSSO
Shiawassee Family YMCA
515 W. Main St.
(989) 725-8136

ST. JOSEPH COUNTY
ST. JOSEPH
Lakeland Rehabilitation Center
3774 Hollywood Rd.
(800) 968-0115

THREE RIVERS
Three Rivers Health Trac
501 S. Health Parkway
(269) 278-8722

WASHTENAW COUNTY
ANN ARBOR
Health & Fitness Center at Washtenaw Community College
4833 E. Huron River Dr.
(734) 975-9950

CHELSEA
Chelsea Wellness Center
14800 E Old US Hwy 12
(734) 214-0220

WAYNE COUNTY
CANTON
Summit on the Park
46000 Summit Parkway
(734) 394-5460

DETROIT
Boll Family YMCA
1401 Broadway
(313) 309-9622

FLAT ROCK
Flat Rock Community Center
1 McGuire Street
(734) 379-1450

LIVONIA
Livonia Family YMCA
14255 Stark Road
(734) 261-2161

ROMULUS
Romulus Athletic Center
35765 Northline Rd.
(734) 942-2223

SOUTHGATE
Downriver Family YMCA
16777 Northline Road
(734) 282-9622

WESTLAND
Dyer Pool
36745 Marquette
(734) 419-2426

WEXFORD
CADILLAC
Cadillac Area YMCA
Dillon Community Center
9845 Campus Drive
(231) 775-3369