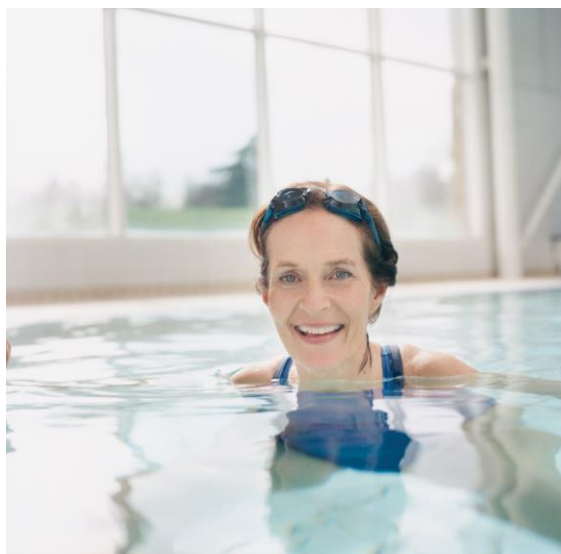


State-Wide Listing Michigan 2014



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!

ARTHRITIS FOUNDATION AQUATIC CLASSES LISTED BY COUNTY:

EMMET COUNTY

PETOSKEY

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

GENESEE COUNTY

FLINT

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

GRAND BLANC

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

INGHAM COUNTY

LANSING

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

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

MASON

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

KALAMAZOO COUNTY

KALAMAZOO

Kalamazoo Family YMCA
1001 W. Maple St
(269) 345-9622

AQUATICS

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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

AQUATICS

a program for better living



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

One on One Athletic Club
2875 Boardwalk
(734) 761-4440

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