

## **Arthritis Aquatics**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Open to all

Family

No

Intake Contact

Eric Hecker, Aquatics Director

Intake Contact Email

Eric.Hecker@peninsulaymca.org

Intake Process

Come in during regular business hours to join and/or apply for a scholarship.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Hampton Family YMCA

<https://ymcavp.org/locations/hampton/>

<https://www.facebook.com/Hamptonfamilyymca/>

Main

(757) 722-9044

1322 Lasalle Avenue

23669 VA

United States

Monday: 5:30 am-9:00 pm

Tuesday: 5:30 am-9:00 pm

Wednesday: 5:30 am-9:00 pm

Thursday: 5:30 am-9:00 pm

Friday: 5:30 am-8:00 pm

Saturday: 6:00 am-4:00 pm

Sunday: Closed

Additional Availability Comments

Call for day and time the Arthritis Aquatic exercise class is offered

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Arthritis Aquatic Exercise: A low-impact and low to moderate intensity water aerobics class designed for individuals who suffer from arthritis. This class is certified by the Arthritis Foundation. The class is designed to help increase joint flexibility, range of motion and muscle strength.

Service Area(s)

Hampton City