## **Arthritis Aquatics, Water Exercise Class**

Age Requirements 18 and over Available 24/7 No Other Eligibility Criteria Individuals with arthritis Family No **Intake Process** Walk-ins accepted. **Provider Refer** Yes **Report Problems** Call the Agency Self Refer Yes Blocker Norfolk Family YMCA http://www.ymcashr.org/locations/norfolk Main (757) 622-9622 Phone Emergency (757) 622-6328 312 West Bute Street 23510 VA **United States** Monday: 5:00 am-9:00 pm Tuesday: 5:00 am-9:00 pm Wednesday: 5:00 am-9:00 pm Thursday: 5:00 am-9:00 pm Friday: 5:00 am-8:00 pm Saturday: 1:00 pm-5:00 pm Sunday: Closed Additional Availability Comments

Call for time and day of class. Fee Structure Call for Information Payment Method(s) Private Pay Languages Spoken English

Blocker Norfolk Family YMCA offers Arthritis water exercise in collaboration with the Arthritis Foundation. Class is geared toward alleviating pain and improving the life quality of those with arthritis.

Several classes are held during the week: Monday-Friday 8AM, Tuesday and Thursday at 6AM and Monday, Wednesday and Friday at 8:15AM.

Location of YMCA of South Hampton Roads

Service Area(s) Norfolk City