

Arthritis Exercises & Aquatics Program

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Individuals with joint pain, arthritis, Parkinson's Disease or similar condition.

Family

No

Intake Contact

Staff

Intake Contact Email

parks.recd@jamescitycountyva.gov

Intake Process

Contact the office for more information. Register

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

James City County Parks and Recreation

<https://jamescitycountyva.gov/recreation>

<http://jamescitycountyva.gov/calendar.aspx?eid=705>

Main

(757) 259-4185

5301 Longhill Road

23188 VA

United States

Additional Availability Comments

Call for day and time of class

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

James City county Parks & Recreation offers an exercise program designed specifically for people with arthritis. The Arthritis Foundation Exercise Program Level I class, SilverSneakers Muscular Strength and Range of Motion classes and the SilverSneakers Yoga Stretch class are all chair-based fitness classes, and suitable for anyone with a limited fitness level.

Arthritis Water Exercise class offers an aquatic exercise program that allows exercise without putting excess strain on joints and muscles. The gentle activities in warm water help participants gain strength and flexibility and enjoy decreased pain and stiffness. Class instructors undergo special training by the Arthritis Foundation.

Service Area(s)

James City County

,

Poquoson City

,

Williamsburg City

,

York County

Email

parks.rec@jamescitycountyva.gov