

Arthritis Aquatic Program

Age Requirements

No Age Requirement

Family

No

Intake Contact Email

mdees@galaxva.com

Intake Process

Call, visit the website

Provider Refer

Yes

Self Refer

Yes

Galax Parks and Recreation

<https://www.galaxparks-rec.com>

Main

(276) 236-3218

601 South Main Street

PO Box 837

24333 VA

United States

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Galax Parks and Recreation Department offers Arthritis Aquatic Exercise. Created by the National Arthritis Foundation and taught by their certified instructors, this exercise program targets individuals with arthritis and other joint related diseases. Helps ease joint pain, increase range of motion and improve flexibility. Exercises are gentle and performed in shallow water.

Class times are generally Monday, Wednesday and Friday. One class is from 8:30-9:15am and the second class is from 10-10:45am

Service Area(s)

Carroll County

,

Galax City

,

Grayson County