

## 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