



Arthritis Foundation Delaware Branch Programs

Aquatic Programs

The Arthritis Foundation Aquatic Program is a recreational program conducted in a heated pool. The program provides the opportunity for persons with arthritis to meet others and to have fun.

Program participants are led by trained personnel through a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. The program has been developed by the Arthritis Foundation and the YMCA of the USA.

The following facilities offer the Arthritis Foundation aquatic program:

Dover

Modern Maturity Center.....302-734-1200

Newark

Boys & Girls Club.....302-836-6464
Newark Senior Center.....302-737-2336
Western Family YMCA.....302-709-9622

New Castle

Delaware Swim & Fitness.....302-658-4372

Seaford

Wesley Wellness Center, Methodist Manor House.....302-629-4593

Rehobeth Beach

Sussex Family YMCA.....302-296-9622
Sea Colony.....302-537-6700

Wilmington

Brandywine YMCA.....302-478-8303
Clarence Fraim Senior Center.....302-658-8420
Hockessin Athletic Club.....302-239-6688
Pro Physical Therapy.....302-475-7500
Walnut Street YMCA.....302-571-6935