

## **Aquatic Class**

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Individuals suffering from arthritis and joint pain

Family

No

Intake Contact

Crystal Latulipp

Intake Process

Call the office to confirm cost, day and time of class.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Greenbrier Family YMCA

<https://www.ymcashr.org/locations/greenbrier-family-ymca>

<https://www.facebook.com/YMCAofSouthHamptonRoads>

Main

(757) 547-9622

1033 Greenbrier Pkwy

23320 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: 8:00 am-5:00 pm

Sunday: 1:00 am-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Greenbrier Family YMCA offers water aerobic classes which might help those suffering with joint pain or with arthritis. Water aerobics, aqua aerobics, Zumba aerobics are some of the water classes.

Call for more information or stop by to get a detailed description of water classes.

Swimming skills are not required. Flotation belts are provided if needed. One-piece swimsuits and aqua shoes are highly recommended

Service Area(s)

Chesapeake City