



exercise & swim programs

CONTINUING CARE SERVICES

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

Go4Life - free exercise videos and resources to help fit exercise and physical activity into daily life (An NIH campaign)
<https://go4life.nia.nih.gov>

National Institute on Aging 800-222-2225
Exercise and physical activity guidelines for older adults
<https://nia.nih.gov>

U.S. Department of Health & Human Services
Physical activity guidelines for Americans
www.healthfinder.gov

SAN DIEGO

College Avenue Senior Center..... 619-583-3300
4855 College Avenue, San Diego, CA 92115
Feeling Fit Club
PACE Exercise Program

County News Center (CNC) 619-595-4633
Feeling Fit Club, Silver Age Yoga and Jazz Cardio Strength Stretch (JCSS) are available on TV. Cox channels 24 or 19, Spectrum channels 24 or 85, AT&T U-Verse 99. Feeling Fit airs M-F 8–9 am & 1–2 pm with Silver Age Yoga following immediately from 9-9:30 & 2-3:00. JCSS airs M-F 9:30 am – 11:00 am. Feeling fit and Silver Age Yoga are geared towards older adults. Click on Videos, below.
www.countynewscenter.com/video

Dan McKinney Family YMCA (Forever Fit classes) 858-453-3483
8355 Cliffridge Ave., La Jolla, CA 92037
www.ymca.org/locations/dan-mckinney-family-ymca

Feeling Fit Club (AIS Health Promotions) 858-495-5500
Countywide classes; call for nearest location
www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/health_promotions.html

<http://continuingcare-sandiego.kp.org>



SAN DIEGO (Continued)

- Kearny Mesa Pool..... 858-573-1389
3170 Armstrong Street, San Diego, CA 92111
Arthritis Swim Program; Water Fitness
- Mission Valley YMCA..... 619-298-3576
5505 Friars Road, San Diego, CA 92110
www.missionvalley.ymca.org
Arthritis Foundation Aquatic Program (AFAP)
Arthritis Foundation Exercise Program (Land)
Knee and Hip Post Rehab
- The Salvation Army..... 619-287-5762
Ray & Joan Kroc Corps Community Center
6845 University Avenue, San Diego, CA 92115
www.kroccenter.org
Water Aerobics
Arthritis Foundation Therapy Pool Classes
Silver Sneakers (chair based exercise)
- San Diego Rehabilitation Institute..... 619-229-7216
6645 Alvarado Road, San Diego, CA 92120
PACE Exercise Class (Arthritic patients only)
Parkinsonians' Exercise Class
- Sharp Coronado Healthy Living Center 619-522-3798
250 Prospect Pl., Coronado, CA 92118
Gentle Yoga, Tai Chi for Balance, Gentle Fitness Class,
Stretch and Balance classes available to public
- Silver Age Yoga (free) 858-693-3110
www.silverageyoga.org (toll free number) 844-234-3110
- Toby Wells YMCA..... 858-496-9622
5105 Overland Avenue, San Diego, CA 92123
www.missionvalley.ymca.org/facilities/toby-wells-ymca.html
Arthritis Foundation Aquatic Program

SOUTH BAY

- Club Walk - Mall-Walking Program (Bonita)..... 619-470-4346
Sponsored by Paradise Valley Hospital & Westfield
Shoppingtown Plaza (T, Th & Sat 8-10 am)
- South Bay Family YMCA (call or go online for pool schedule)619-421-9622
1201 Paseo Magda, Chula Vista, CA 91910
www.ymca.org/locations/south-bay-family-ymca
- Well Being Center (Stroke/Parkinsonism' class) 619-862-6600
237 Church Avenue, Chula Vista, CA 91910

EAST COUNTY

Cameron Family YMCA 619-449-9622
10123 Riverwalk Drive, Santee, CA 92071
www.eastcounty.ymca.org

Challenge Center.....619-667-8644
www.challengecenter.org
Non-profit physical therapy & fitness center; call for info
Long-term physical therapy
Assisted Fitness and Aquatics

Crunch (Aqua Blue gentle range of motion in pool) 619-383-0101
522 Jamacha Road, El Cajon, CA 92019
www.crunch.com

John A. Davis Family YMCA 619-464-9622
8881 Dallas Street, La Mesa, CA 91942
www.eastcounty.ymca.org

McGrath Family YMCA 619-462-9622
12006 Campo Road, Spring Valley, CA 91978
www.eastcounty.ymca.org

Sharp Grossmont Hospital (arthritis aquatics, gentle fitness class).. 619-740-4104
5555 Grossmont Center Drive, San Diego, CA 91942

St. Madeleine Sophie's Center (aquatic program)619-442-5129, Ext. 114
2119 East Madison Avenue, El Cajon, CA 92019
www.stmsc.org

NORTH COUNTY

Fallbrook Physical Therapy..... 760-723-8337
521 E. Elder, Suite 106, Fallbrook, CA 92028
Arthritis Foundation Aquatic Program (Indoor pool)

Ice-Plex Fitness and Aquatics760-489-5550 Ext. 309
555 North Tulip, Escondido, CA 92025
www.iceplexescondido.com
Arthritis Foundation Aquatic Program
Senior splash

Mira Costa Community College (locations vary)760-753-7073
www.miracosta.edu

Rancho Family YMCA (Arthritis Foundation Aquatic Program)858-484-8788
9410 Fairgrove Lane, San Diego, CA 92129
www.rancho.ymca.org

Redwood Elderlink (call for application) 760-291-2653
 1151 South Redwood Street, Escondido, CA 92025
www.thebegroup.org
 Arthritis Foundation Aquatic Program

Scripps Memorial Hospital (Schaetzel Center) 858-626-6833
 9890 Genesee Avenue, La Jolla, CA 92121
 Open to public; physician clearance needed
 Parkinsonians' Exercise Class
 Stroke Survivor's Exercise Class
 Lebed Method, Focus on Healing (Lymphedema and Chronic Illness)

Tri-City Medical Center..... 760-940-7272
 4002 Vista Way, Oceanside, CA 92056
www.tricitymed.org
 Parkinsonians' Exercise Class
 Stroke Exercise Class, Aphasia Class

Vista Adult School 760-758-7122
 510 Sunset Drive, Vista, CA 92081
www.vistaadultschool.com

For corrections or additions to this handout, please call (619) 641-4456