



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.

National Institute on Aging..... 800-222-2225
Exercise and physical activity guidelines for older adults
www.nia.nih.gov/exercise

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 Television Network (CTN) 619-595-4633
Feeling Fit Club, Silver Age Yoga and Tai Chi are available on TV. Cox channels 24 and 19 (No County), Time-Warner channels 24 and 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 & 2-2:30. Tai Chi airs after yoga on M, W and F at 9:30-10 & 2:30-3. Classes also available on line at CTN. Feeling fit and Silver Age Yoga are geared towards older adults and the Tai Chi is for persons with arthritis.
www.countynewscenter.com/video

Feeling Fit Club (AIS Health Promotions) 858-495-5500
Countywide classes; call for nearest location

Kearny Mesa Pool..... 858-573-1389
3170 Armstrong Street, San Diego, CA 92111
Arthritis Swim Program; Water Fitness

La Jolla YMCA..... 858-453-3483
8355 Cliffridge Ave., La Jolla, CA 92037
www.lajolla.ymca.org
Sit and Get Fit

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



SAN DIEGO (Continued)

- 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
- SDSU Center for Optimal Health & Performance..... 858-505-4782
9245 Sky Park Court Room 112, San Diego, CA 92123
www.cohp.sdsu.edu/index.php
- 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
- Vibra Hospital of San Diego 619-260-8300
555 Washington Street, San Diego, CA 92103
www.vhsandiego.com
Aquatic program
- Wesley Palms..... 858-274-4110
2404 Loring Street, San Diego, CA 92109
PACE Exercise Program; free

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 (Continued)

- South Bay Family YMCA..... 619-421-8805
1201 Paseo Magda, Chula Vista, CA 91910
www.southbay.ymca.org
Arthritis Foundation Aquatic Program for Seniors
PACE Exercise Programs
- Well Being Center – Chula Vista..... 619-862-6600
237 Church Avenue, Chula Vista, CA 91910
Stroke/Parkinsonism' Exercise Class
- Women's Fitness World..... 619-425-4400
310 Third Avenue, Chula Vista, CA 91910
www.womensfitnessworld.com
Arthritis Foundation Aquatic Program

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 619-579-1818
522 Jamacha Road, El Cajon, CA 92019
www.crunch.com
Arthritis Foundation Aquatic Program
- 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 619-740-4104
5555 Grossmont Center Drive, San Diego, CA 91942
Adaptive Aquatics
Arthritis Swim
Gentle Fitness Class (not in water)
Tai Chi
- St. Madeleine Sophie's Center.....619-442-5129, Ext. 114
2119 East Madison Avenue, El Cajon, CA 92019
www.stmsc.org
Arthritis Foundation Aquatic Program (pool closed until Spring 2017)

EAST COUNTY (Continued)

Women's Fitness World..... 619-425-4400
733 Broadway, El Cajon, CA 92021
www.womensfitnessworld.com
Arthritis Foundation Aquatic Program
Aqua Flex (shallow water gentle exercise); senior cardio

NORTH COUNTY

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

Iceoplex Fitness and Aquatics..... 760-489-5550, Ext. 309
555 North Tulip, Escondido, CA 92025
www.iceoplexescondido.com
Arthritis Foundation Aquatic Program
Senior splash

Mary Lou Clack Center.....760-758-7122
Vista Adult School, 125 W. California Street, Vista, CA 92083
www.vistaadultschool.com

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

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

San Dieguito Adult School760-753-7073
800 Santa Fe Drive, Encinitas, CA 92024
www.sdadulthood.com

Scripps Memorial Hospital (Schaetzler 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

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