Arthritis Foundation Aquatics Program

Get the workout you need without all of the stress on your joints! You will get a great cardiovascular and strength workout in the water. Participants are encouraged to work and progress at their own pace while enjoying GRCC’s Gerald R. Ford Fieldhouse pool!

These classes meet weekly, and registration is limited to 30 participants. A suggested donation of $1 per session per participant is strongly encouraged. However, no one will be denied participation based on inability to pay.

Participants must be a Kent County resident, age 60 and older.

This program is supported through Title IIIID Older American’s Act funding administered by the Area Agency on Aging of Western Michigan. Financial contributions allow for continued and expanded services to seniors in Kent County.

Session 1 • 12 weeks
October 6–December 22, 2014
Monday from 9–10 a.m.
Suggested Donation $12

Session 2 • 25 weeks
January 15–July 2, 2015
Thursday from 9–10 a.m.
Suggested Donation $25

Registration: GRCC Older Learner Center
Phone: (616) 234-3483
Online: grcc.edu/olcregistration

Accredited by the Higher Learning Commission. GRCC is an Equal Opportunity Institution.