



“Arthritis-friendly” Aquatic Exercise Programs

Location	Facility	Telephone Number
Brampton	Chinguacousey Wellness Centre	905-840-1023
	Fitness Plus	905-457-5211
	YMCA	905-451-9622
	Jim Archdekin Recreation Centre	905-840-1023
	Chris Gibson Pool	905-874-2820
Brantford	Wayne Gretzky Sports Centre	519-756-9900
Burlington	Holiday Inn, Atrium Fitness	905-639-4443, Ext. 663
	Aldershot Pool	905-637-5688
	YMCA	905-632-5000
	Angela Coughlan Pool	905-335-7000
Cambridge	Fairview Mennonite Home	519-653-5719
	John Dolson Pool	519-623-0270
	W.G. Johnson Pool (has ramp)	519-654-9001
Dundas	St. Joseph’s Villa	905-627-3541, Ext. 2222
Guelph	West End Pool	519-837-5657, Ext. 225
	Victor Davis Pool	519-837-5622
Hamilton	St. Joseph’s Healthcare	905-522-1155, Ext. 3249
	Huntington Park Recreation Centre	905-546-4880
	Chedoke Hospital	905-664-5478
	YMCA – Total Hip & Knee Replacement Program	905-777-1661
Kitchener	Breithaupt Pool	519-741-2504
	Forest Heights Pool	

Location	Facility	Telephone Number
Milton	Milton Leisure Centre Carole Murray's Swim Academy	905-878-7946, Ext. 2706 905-878-9747
Mississauga	Frank McKechnie Centre YMCA South Common Leisure Pool Club Fitness & Wellness Clinic Huron Park Credit Valley Hospital – Inflammatory Arthritis Only River Grove Pool	905-615-4660 905-897-6801, Ext. 410 905-615-4770, Ext. 2273 905-275-0182 905-615-4820 905-813-1571 905-615-4780
Niagara	McBain Community Centre Boys and Girls Club of Niagara	905-358-9622 905-357-2444
Oakville	Glenn Abbey Recreation Centre Oakville Trafalgar Memorial Hospital	905-815-5950 905-338-4613
Orangeville	Tony Rose Complex	519-941-0120
Stoney Creek	Valley Park Aquatic Centre	905-573-3600
St. Catharines	Ina Graften Gage Seniors Village Recreation & Community Services Department	905-935-6822 905-688-5601, Ext. 1958
Waterloo	Waterloo Swim Complex	519-866-3844
	Fibro Moves in Water Therapy <ul style="list-style-type: none"> • Forest Heights Pool • Breithaupt Exercise Pool • Sunbeam 	519-742-7984



NIAGARA HEALTH SYSTEM
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This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

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