



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/health/exercise-physical-activity

U.S. Department of Health & Human Services
Go to “Browse topics” and choose Physical Activity
www.healthfinder.gov

SAN DIEGO

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. Feeling Fit airs M-F 8–9 am, 1–2 pm & 4-5pm. Silver Age Yoga from 9-9:30 & 2-2:30. JCSS airs M-F 9:30 am – 11:00 am & Sat-Sun 9-10am. Feeling fit and Silver Age Yoga are geared towards older adults. Click on Videos and choose Watch CNC TV Live.
www.countynewscenter.com/video

Dan McKinney Family YMCA (Forever Fit classes) 858-453-3483
8355 Cliffridge Ave., La Jolla, CA 92037
www.ymcasd.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

Kearny Mesa Pool..... 858-573-1389
3170 Armstrong Street, San Diego, CA 92111
Arthritis Swim Program; Water Fitness
www.sandiego.gov/pools/kearny-mesa-pool

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



SAN DIEGO (Continued)

- Mission Valley YMCA..... 619-298-3576
5505 Friars Road, San Diego, CA 92110
<https://www.ymcasd.org/>
Arthritis Aquatic Program (AFAP) Mon-Wed
Arthritis 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
Silver Sneakers (chair-based exercise)
- San Diego Rehabilitation Institute..... 619-229-7216
6645 Alvarado Road, San Diego, CA 92120
Alvarado Hospital Medical Center | PALS Program--Community Services
Senior Fitness class and the Alvarado Balance Class
- Sharp Coronado Healthy Living Center 619-522-3798
250 Prospect Pl., Coronado, CA 92118
Virtual Gentle Yoga, Tai Chi for Balance, Gentle Fitness Class,
Strength and Balance available- reservations required
- 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
<https://www.ymcasd.org/>

SOUTH BAY

- Club Walk - Mall-Walking Program (Bonita)..... 619-470-4346
Sponsored by Paradise Valley Hospital & Westfield
Shoppingtown Plaza (T, Th & Sat 8am)
- South Bay Family YMCA (call or go online for pool schedule)619-421-9622
1201 Paseo Magda, Chula Vista, CA 91910
www.ymcasd.org/locations/south-bay-family-ymca
- Well Being Center (Stroke/Parkinsonism' class) 619-862-6600
237 Church Avenue, Chula Vista, CA 91910
temporarily unavailable due to COVID updated 5/20/22

EAST COUNTY

- Cameron Family YMCA 619-449-9622
10123 Riverwalk Drive, Santee, CA 92071
<https://www.ymcasd.org/locations/cameron-family-ymca>

- 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
- John A. Davis Family YMCA 619-464-9622
 8881 Dallas Street, La Mesa, CA 91942
<https://www.ymcasd.org/locations/john-davis-family-ymca>
- McGrath Family YMCA 619-462-9622
 12006 Campo Road, Spring Valley, CA 91978
<https://www.ymcasd.org/locations/mcgrath-family-ymca>
- Sharp Grossmont Hospital - Grossmont Mall Walker Fitness Program 619-740-4214
 Grossmont Center Food Court: Saturdays 9am-10am
 5500 Grossmont Center Drive La Mesa, CA 91942

NORTH COUNTY

- Fallbrook Physical Therapy..... 760-723-8337
 521 E. Elder, Suite 106, Fallbrook, CA 92028
 Arthritis Foundation Aquatic Program (Indoor pool)
- Mira Costa Community College (locations vary)760-757-2121
www.miracosta.edu
- Rancho Family YMCA (Arthritis Foundation Aquatic Program)858-484-8788
 9410 Fairgrove Lane, San Diego, CA 92129
www.ymcasd.org/locations/rancho-family-ymca
- Scripps Memorial Hospital (Schaezel 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)
- Vista Adult School760-758-7122
 510 Sunset Drive, Vista, CA 92081
www.vistaadultschool.org

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