

# exercise & swim programs

## CONTINUING CARE SERVICES

### Community Service

***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 and 19, Spectrum channels 24 and 85, or AT&T U-Verse channel 99. 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*

## *SA*N DIEGO (Continued)

Mission Valley YMCA…… 619-298-3576
5505 Friars Road, San Diego, CA 92110
*https://www.ymcasd.org/locations/mission-valley-ymca/*
Arthritis Aquatic Program (AFAP) (M, W, & F 11:15am)
Knee and Hip Post Rehab (T & Thu 11:15am)

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……. 619-229-7362
6645 Alvarado Road, San Diego, CA 92120
Senior Fitness class and the Alvarado Balance Class
*https://health.ucsd.edu/patients/events/pals/*

Sharp Sewall Healthy Living Center …… 619-522-3798
250 Prospect Pl., Coronado, CA 92118
Tai Chi for Balance and Qi Gong for strength & balance
*https://www.sharp.com/locations/sharp-coronado-sewall-healthy-living-center*

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/locations/toby-wells-ymca/*

## 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*

## 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 meet at the well (near Barnes & Nobles): Sat. 8am & 9am
5500 Grossmont Center Drive La Mesa, CA 91942

**NORTH COUNTY**

Fallbrook Physical Therapy……...760-723-8337
521 E. Elder, Suite 106, Fallbrook, CA 92028
Aqua therapy (Indoor pool)

Mira Costa Community College (locations vary) *…….....*760-795-6820
Fitness for Active Older Adults
*https://commed.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 Shiley Sports & Fitness Center ……. 858-554-3711
Open to public; physician clearance needed
Parkinsonians' Exercise Class
Stroke Survivor's Exercise Class

Lebed Method, Focus on Healing (Lymphedema and Chronic Illness) 858-626-7628

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

*For corrections or additions to this handout, please call (858) 614-0533*