

Henderson County Family YMCA

Arthritis Classes

Classes held in the Preston Foundation Warm Therapy Pool

Monday	Wednesday	Friday
7:00 AM- 8:00 AM	7:00 AM- 8:00 AM	7:00 AM- 8:00 AM
9:00 AM- 10:00 AM	9:00 AM- 10:00 AM	9:00 AM- 10:00 AM
6:00 PM- 7:00 PM	6:00 PM- 7:00 PM	
Free to all Henderson County Family YMCA members, \$45 per month for non-members. Financial assistance available- see service desk for more information.		

These classes are specifically designed for those individuals with mild to severe arthritis or fibromyalgia. Classes work on basic mobility, stretching, toning, and strength improvement.

Classes are ongoing each month. You may sign up at the front desk any day of the month. Fee pro-rated for non-members

For more information please contact the YMCA or our Aquatic Director, Tom Kitchens at 827-9622.



Y Mission: To put Christian principles into practice through programs, facilities and services that help build a healthy spirit, mind and body for all.

Arthritis Class Registration

Participant Name: _____

Date of Birth: _____ Age: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work/ Cell: _____

Please Circle Class Registering for (members may attend more than one class)

Early Morning (7-8 AM)
M-W-F

Morning (9-10 AM)
M-W-F

Evening (6-7PM)
M-W

Waiver, Release & Permission Agreement

As the adult participant or parent/ guardian of a child participating in the YMCA Arthritis Classes, I hereby release and hold harmless the Henderson County Family YMCA, its employees and volunteers from any and all such claims or actions I may have, as a result of illness, injury or death I, my child, or any family member may have from direct or indirect participation in the Arthritis Classes.

Participant or Parent/ Guardian Signature: _____

Date: _____

The Henderson County Family YMCA **does not carry medical insurance coverage** for any individual or group that may be injured while using any equipment or participating in any program or event.