



Arthritis Foundation Aquatic Program (AFAP)

A gentle, warm water exercise program for people with arthritis.

- Activities are tailored to your abilities and skill levels. You don't need to know how to swim.
- Classes are 1 hour long. They meet in local pools two to three times a week for 8–12 weeks or longer.
- You'll do activities like gentle stretching, breathing, and light aerobics.
- AFAP can help you:
 - Move easier and with less pain
 - Feel stronger, fitter, and more flexible
- It's important to stay with the program. Go to at least two classes per week for best results.

Look for a class near you. See the back of this flyer for locations and schedules.

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