

## Bay Area Aquatic Therapy and Fitness - Warm Water Pool Centers

PENINSULA/SOUTH BAY				
NAME	ADDRESS	PHONE	WEBSITE/EMAIL	COMMENTS
Peninsula Sports Medicine	2945 Junipero Serra Blvd, Daly City, CA 94014	650-755-8830	<a href="mailto:info@psmrc.com">info@psmrc.com</a> <a href="http://www.psmrc.com/services/">www.psmrc.com/services/</a>	<ul style="list-style-type: none"> <li>• Aquatic therapy</li> <li>• Pool entry by steps</li> <li>• Independent use passes available: \$10/day, \$65/month, \$52/for 8 uses over 3 months</li> </ul>
Veteran's Affairs	795 Willow Road Menlo Park, CA 94025	650-493-5000, x2-27545	<a href="http://www.paloalto.va.gov/hcservices/RecTherapyAquatic.asp">www.paloalto.va.gov/hcservices/RecTherapyAquatic.asp</a>	<ul style="list-style-type: none"> <li>• Veterans only</li> <li>• Accessible</li> <li>• Aquatic fitness and aquatic therapy</li> </ul>
Abilities United	3864 Middlefield Road Palo Alto, CA 94306	650-618-3365 (Jen Winter-Hatch) 650-494-0550 (Front Desk)	<a href="mailto:aquatics@abilitiesunited.org">aquatics@abilitiesunited.org</a> <a href="http://www.abilitiesunited.org">www.abilitiesunited.org</a>	<ul style="list-style-type: none"> <li>• Accessible, Saline water</li> <li>• Aquatic fitness, open to the community, \$10 for group class</li> <li>• Aquatic therapy, patient responsible for coordinating insurance</li> </ul>

Palo Alto Medical Foundation Physical Therapy	795 El Camino Real Clark Building Palo Alto, CA 94301	650-853-3355	<a href="http://www.pamf.org/pt/">www.pamf.org/pt/</a>	<ul style="list-style-type: none"> <li>• Aquatic therapy</li> <li>• Accessible</li> </ul>
Palo Alto Family YMCA	3412 Ross Road Palo Alto, CA 94303	650-856-9622	<a href="http://www.ymcasv.org/paloalto/">www.ymcasv.org/paloalto/</a>	<ul style="list-style-type: none"> <li>• Aquatic Fitness</li> <li>• Accessible</li> <li>• Financial assistance available</li> </ul>
Timpany Center	730 Empey Way San Jose, CA 95128	408-283-9036	<a href="mailto:timpanycenter@gmail.com">timpanycenter@gmail.com</a> <a href="http://www.sjsu.edu/timpany/">www.sjsu.edu/timpany/</a>	<ul style="list-style-type: none"> <li>• Accessible</li> <li>• Aquatic fitness, open to community</li> <li>• Membership \$50/month, or \$10 per class (does not accept insurance)</li> <li>• Hours depending on availability of Therapist.</li> </ul>
MORE	5434 Thornwood Dr. San Jose, CA 95123	408-365-8396	<a href="mailto:aquatic@morephysicaltherapy.com">aquatic@morephysicaltherapy.com</a> <a href="http://www.morephysicaltherapy.com/aquatic.html">www.morephysicaltherapy.com/aquatic.html</a>	<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> <li>• Pool entry by steps</li> </ul>
Mills-Peninsula (Mack E. Mickelson Arthritis & Rehabilitation Center)	100 S. San Mateo Dr. San Mateo, CA 94401	650-696-4319	<a href="http://www.mills-peninsula.org/aquatics/">www.mills-peninsula.org/aquatics/</a>	<ul style="list-style-type: none"> <li>• Accessible</li> <li>• Obtain safety clearance from doctor</li> <li>• Aquatic therapy</li> <li>• Aquatic fitness, initiation \$50,</li> </ul>

				classes \$10 or 10 for \$80
Vasona Creek Healthcare	16412 Los Gatos Blvd. Los Gatos, CA 95032	408-357-8863	<a href="http://vasonacreekhealthcare.com/outpatient.html">http://vasonacreekhealthcare.com/outpatient.html</a>	<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> <li>• Accessible</li> <li>• Travel assistance available</li> <li>• Also serves as a skilled nursing facility</li> </ul>

SAN FRANCISCO				
NAME	ADDRESS	PHONE	WEBSITE/EMAIL	COMMENTS
UCSF PhysFit Bakar Fitness and Recreation Center	Mission Bay, 1675 Owens Street San Francisco, CA	415-514-4816	<a href="http://www.ptrehab.medschool.ucsf.edu/WellnessCenter/Brochures%20for%20Courses/New%20Flyers/physfit_waterfit.pdf">www.ptrehab.medschool.ucsf.edu/WellnessCenter/Brochures%20for%20Courses/New%20Flyers/physfit_waterfit.pdf</a>	<ul style="list-style-type: none"> <li>• Aquatic Fitness Tues, Wed, Fri, 11am – noon</li> <li>• 1:1 sessions available</li> </ul>
CPMC	2360 Clay St San Francisco, CA  Castro and Duboce	415-600-1511 (Judy Nguyen)	<a href="http://www.cpmc.org/services/outpatientrehab/programs/documents/aquatic.html">www.cpmc.org/services/outpatientrehab/programs/documents/aquatic.html</a>	<ul style="list-style-type: none"> <li>• Aquatic therapy</li> <li>• Arthritis exercise class open to community</li> </ul>

	San Francisco, CA			
Jewish Community Center	3200 California @ Presidio Ave, San Francisco, CA 94118	415-292-1200	<a href="http://www.jccsf.org/">www.jccsf.org/</a>	<ul style="list-style-type: none"> <li>• Aquatic Fitness</li> <li>• Red Hawk PT offers group Aquatic therapy at this location, Fridays, 10-11am</li> </ul>
Embarcadero YMCA	169 Steuart St San Francisco, CA 94105-1206	415-615-1314 (Susanna)	<a href="http://www.ymcasf.org/embarcadero">www.ymcasf.org/embarcadero</a>	<ul style="list-style-type: none"> <li>• Accessible</li> <li>• Aquatic fitness</li> <li>• Aqua Aerobics (Modified Move class)</li> <li>• 20\$ daily and Annually 74\$ or depending on patients income.</li> </ul>
Potrero Physical Therapy	550 15th Street Suite 36A P.O. Box 410473 San Francisco, CA 94141	415-701-1000	<a href="http://www.potreropt.com/Default.aspx">www.potreropt.com/Default.aspx</a>	<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> <li>• Accessible: ramp and pool-safe wheelchairs</li> </ul>
Janet Pomeroy Center	Herbst Pool 207 Skyline Blvd.	415-665-4241 or 415-665-4109	<a href="mailto:aquatics@janetpomeroy.org">aquatics@janetpomeroy.org</a> <a href="http://www.janetpomeroy.org/aquatics_services.html">www.janetpomeroy.org/aquatics_services.html</a>	<ul style="list-style-type: none"> <li>• Aquatic Fitness, \$9/class</li> <li>• Accessible</li> </ul>

	San Francisco, CA			
San Francisco Recreation and Parks	9 locations in San Francisco	ADA program coordinator: 415-242-5649 General: (415) 831-2700	<a href="http://sfrecpark.org/Rec-Aquatics.aspx#/?i=6">http://sfrecpark.org/Rec-Aquatics.aspx#/?i=6</a>	<ul style="list-style-type: none"> <li>• Aquatic Fitness</li> <li>• 9 pools throughout the city, all accessible</li> <li>• Typically \$5 entrance fee, \$2 more for fitness classes</li> </ul>

### EAST BAY

NAME	ADDRESS	PHONE	WEBSITE/EMAIL	COMMENTS
Downtown Berkeley YMCA	2001 Allston Way @ Milvia Berkeley, CA 94704	510-848-9622	<a href="http://www.redhawkpt.com/classes.html">www.redhawkpt.com/classes.html</a>	<ul style="list-style-type: none"> <li>• Accessible</li> <li>• Aquatic fitness, usually free with YMCA membership (\$64/month, family rates available)</li> </ul>
Body in Balance	222 Acacia St Fairfield, CA 94533	707-421-2095	<a href="http://www.bodyinbalancephysicaltherapy.net/home">www.bodyinbalancephysicaltherapy.net/home</a>	<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> <li>• Accessible</li> </ul>
Physical Therapy Specialties	3908 Valley Ave Pleasanton, CA 94566 2276 Camino Ramon San Ramon, CA94583	925-417-8005	<a href="http://www.pt-specialties.com/aquatic-therapy">www.pt-specialties.com/aquatic-therapy</a>	<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> <li>• Aquatic Fitness \$12/class</li> <li>• Open Pool, \$5/visit</li> </ul>

Physical Therapy Innovations	425 Kearney Street El Cerrito, CA 94530	510-524-2177	<a href="http://www.ptinnovations.com/services-facilities/aquatic-pt.html">www.ptinnovations.com/services-facilities/aquatic-pt.html</a>	<ul style="list-style-type: none"> <li>• Accessible</li> <li>• Aquatic therapy and some fitness classes</li> </ul>
Irvin Deutscher Family YMCA	350 Civic Dr Pleasant Hill CA 94523	925-687-8900	<a href="http://www.ymca-cba.org">www.ymca-cba.org</a>	<ul style="list-style-type: none"> <li>• Aquatic fitness</li> <li>• Adult 28-64 (52\$/mo)</li> <li>• Adult 65+ (49\$/mo)</li> </ul>
Eden Medical Center Outpatient Rehab	14207 East 14th Street (at 141st Street) San Leandro, CA 94578	510-727-2800	<a href="http://www.edenmedicalcenter.org/services/pmr.html#top">www.edenmedicalcenter.org/services/pmr.html#top</a>	<ul style="list-style-type: none"> <li>• Aquatic fitness for arthritis, back pain, limited mobility</li> <li>• Open to the community, no referral needed</li> </ul>
Vibrant Care Rehabilitation	20996 Redwood Road Castro Valley, CA 95682	510-537-0272	<a href="http://www.vibrantcarerehab.com">www.vibrantcarerehab.com</a>	<ul style="list-style-type: none"> <li>• Bilingual Staff (Spanish)</li> <li>• Aquatic Therapy</li> <li>• Accessible</li> </ul>
	548 Ocean Street Santa Cruz CA, 95060	831-423-3196		

### NORTH BAY

NAME	ADDRESS	PHONE	WEBSITE/EMAIL	COMMENTS
Professional Orthopedic and Sports Care of Marin	351 San Andreas Dr Novato, CA 94945	415-878-4986	<a href="http://www.poscmarin.com/poscmarin/index.html">www.poscmarin.com/poscmarin/index.html</a>	<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> </ul>
Petaluma Valley Physical Therapy Center	169 Lynch Creek Way Petaluma, CA 94954	707-763-0115	<a href="http://www.petalumavalleypt.com/">www.petalumavalleypt.com/</a>	<ul style="list-style-type: none"> <li>• Under Water Treadmill</li> </ul>

Cavanagh Pool	426 G Street Petaluma, CA 94952	707-778-4536	<a href="http://cityofpetaluma.net/parksnrec/pet-swim.html">http://cityofpetaluma.net/parksnrec/pet-swim.html</a>	<ul style="list-style-type: none"> <li>• Aquatic Fitness</li> </ul>
Marin Movement Center	1050 Northgate Drive Suite 230 San Rafael, CA 1 Larkspur Plaza Dr Larkspur, CA 94939	415-479-1765		<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> </ul>
Olympic Physical Therapy and Aquatics	1 Blackfield Drive Tiburon, CA 94920	415-383-6789	<a href="http://www.olympicaquapt.com/aquatic.html">www.olympicaquapt.com/aquatic.html</a>	<ul style="list-style-type: none"> <li>• Aquatic Therapy</li> </ul>