

## **Water Exercise**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Varies according to program.

Family

No

Intake Contact

Kevin Worley

Intake Process

Walk-ins and telephone referrals accepted. Written application/specific documents required for some programs.

Abingdon Parks and Recreation

<https://abingdon-va.gov/featured/departments/parks-and-recreation/>

<https://www.coomescenter.com/aquatics>

Main

(276) 623-5279

300 Stanley St

24210 VA

United States

Languages Spoken

English

Aquatics at Coomes Recreation Center offers indoor and outdoor pool activities, including swim lessons, lifeguard training, and more.

Aquaticize: This is a moderate intensity, moderate stress water exercise program designed to help maintain personal fitness, tone muscles, increase strength and flexibility and build cardiovascular endurance.

Arthritis Water Exercise: This is a moderate intensity, moderate stress water exercise program designed to help maintain personal fitness, tone muscles, increase strength and flexibility and build cardiovascular endurance.

Offers a complete program of organized and supervised activities for seniors: special classes, aquatic, arthritis aqua classes, Seniorcize aerobics and free senior hours on Tuesday and Thursday.

Service Area(s)

Abingdon City

,

Washington County