



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aqua MS

Aquatic Programming for people with mild to moderate Multiple sclerosis.

People with MS, water therapy is the easiest and most rewarding way to stay physically active. The buoyancy of the water helps support weak limbs, making them feel lighter all while creating and excellent environment for movement and exercise.

Thursdays 12:00 - 12:45 PM
Springfield YMCA
Lap Pool

For More Information Contact:
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