

Warm water pools



DISCLAIMER: This is NOT a recommendation or endorsement for any of the businesses listed and is for planning purposes only. This is not a complete list. Please research the company you choose to use.

About Warm water pools

If you have arthritis, your physiotherapist has probably recommended that you join an aquafitness class in a warm water pool. The temperature in these pools ranges from approximately 84°F to 92°F, or 29°C to 33°C.

Agincourt Recreation Centre

Senior programs: gentle aquafitness, lane swim, line dancing, skating, swimming lessons, yoga.
Warm water pool.
31 Glen Watford Dr, Toronto M1S 2B7
Near Midland Ave and Sheppard Ave E.
416-396-4037

Annette Community Recreation Centre

Senior programs: aquafitness for arthritis, lane swim, fitness centre, osteo fitness. Warm water pool.
333 Annette St, Toronto M6P 1R3
Near Runnymede Rd.
416-392-0736

Birchmount Bluffs Neighbourhood Centre

Senior programs: aquafitness (also called aquafit), ballroom dancing, Bengali seniors recreation program, bingo, cards, carpet bowling, chair yoga, chess, choir, cooking club, darts, functional fitness, gentle movement and meditation, Good Food box, line dancing, osteo fitness, qigong, restorative yoga, scrabble, Seniors Assisting Seniors Social Interaction, Seniors Outreach Ambassador Resource (SOAR), social group, tai chi. Warm water pool. Need older adult membership. For seniors 60+.
<http://www.bbnc.ca/>
93 Birchmount Rd, Toronto M1N 3J7
Near Kingston Rd.
416-396-4310

Centennial Recreation Centre - Scarborough

Senior programs: aquafitness, lane swim, skating. Warm water pool.
1967 Ellesmere Rd, Toronto M1H 2W5
Near Markham Rd.
416-396-4057

Columbus Centre

Senior programs: aquafitness for arthritis, Circuit 55+ senior fitness, gentle fitness, gentle hatha yoga, yoga for chronic pain. Warm water pool.
<http://www.villacharities.com/culture-and-community/athletics/>
901 Lawrence Avenue W, Toronto M6A 1C3
Near Dufferin St.
647-259-5471

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Douglas Snow Aquatic Centre

Senior programs: gentle aquafitness, gentle fit and swim, gentle fitness, swimming lessons, yoga.
Warm water pool.
5100 Yonge St, Toronto M2N 5V7
Near Park Home Ave.
416-395-7585

Finnish-Canadian Senior Centre

Aquafitness, bazaars, bingo, cafeteria, concerts, crafts, fitness groups, game nights, hair salon, library, massage, musical program, parties, sauna/pool, seminars, singalongs, study groups, trips, walking groups, workshops. Warm water pool.
<http://www.suomikoti.ca/#Community>
795 Eglinton Ave E, M4G 4E4
Near Laird Dr.
416-425-4134

Gus Ryder Pool and Health Club

Senior program: aquafitness for arthritis. Warm water pool.
1 Faustina Dr, Toronto M8V 3L9
Near Kipling Ave and Lakeshore Blvd.
416-394-8726

H2O-Fit

Warm water pool. Various locations.
<http://www.h2ofit.com/>
647-449-0043

Holland Bloorview

Adult aquafitness, warm water pool.
<http://www.hollandbloorview.ca/>
150 Kilgour Rd, Toronto M4G 1R8
Near Bayview Ave and Eglinton Ave E.
416-425-6220, x3713

Mary McCormick Recreation Centre

Senior programs: aquafitness for arthritis, pickleball. Warm water pool.
66 Sheridan Ave, Toronto M6K 2G9
Near Dufferin St and Dundas St W.
416-392-0742

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Miles Nadal Jewish Community Centre

Senior programs: aquafitness, book club, gentle yoga, holiday celebrations, lane swim, lecture series, medical exercise, pickleball, tai chi, weekly drop-in arts and culture programs, wellness education. Older adult fitness membership available for seniors 65+. Warm water salt water pool. Rooted in Jewish values but open to all.

<http://mnjcc.org/>

750 Spadina Ave, Toronto M5S 2J2

At Bloor St W

416-924-6211

Regent Park Aquatic Centre

Adapted aquatics for adults with a disability, warm water pool.

<https://www.toronto.ca/data/parks/prd/facilities/complex/2012/index.html>

640 Dundas St E, Toronto M5A 2B8

Near Sumach St

416-338-2237

St John's Rehab Hospital

Arthritis aquatic program; warm water pool.

<http://sunnybrook.ca/content/?page=sjr-patvis-prog-arthqua>

285 Cummer Ave, Toronto M2M 2G1

Near Willowdale Ave.

416-226-6780, x7299

Toronto Centre for Sports Medicine & Preventative Health Limited

Aquatic therapy. Warm water pool.

<https://www.torontocentreforsportsmedicine.com/services/aquatic-therapy/>

5 Broadway Ave, Toronto M4P 1T7

Near Eglinton Ave and Yonge St

University Settlement

Senior program: aquafitness. Warm water pool.

<http://universitysettlement.ca/>

23 Grange Rd, Toronto M5T 1C3

Near Dundas St W and McCaul St

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Variety Village

Senior programs: aquafitness, pilates, special events, tai chi, weight training, workshops, yoga.

Warm water pool. Need membership in Active Aging Club. For seniors 55+.

<http://www.varietylvillage.ca/>

3701 Danforth Ave, Toronto M1N 2G2

Near Birchmount Rd.

416-699-7167

Wallace Emerson Community Centre

Senior programs: cards, fitness centre, women's social club. Warm water pool.

1260 Dufferin St, Toronto M6H 4C3

Near Dupont St.

416-392-0039

West Park Rehab Plus

Chronic pain aquafitness classes, warm water pool.

<http://www.westpark.org/RehabPlus.aspx>

82 Buttonwood Avenue, Ruddy Building, 4th Floor, Toronto M6M 2J5

Near Eglinton Ave W and Scarlett Rd

416-243-3778

West Scarborough Neighbourhood Community Centre

Senior programs: aquafitness, badminton, Bengali seniors program, bocce, bridge, carpet bowling, chair yoga, cribbage, day trips, dominoes / Mexican train, euchre, gentle fitness / stretch, line dancing, meditation, move to the music, osteo fitness, outings, pickleball, tai chi, yoga, Zumba Gold.

Warm water pool. For seniors 55+.

<http://www.wsccc.org/>

313 Pharmacy Ave, Toronto M1L 3E7

Near St Clair Ave E.

416-755-9215