

# Health Insurance Senior Fitness Programs

The Snohomish Aquatic Center believes in being healthy and fit at every age! We work with programs that provide discounts for seniors (ages 65 and older). These programs are offered through insurance providers.

Contact your health insurance provider to see if you qualify for one of our accepted programs!



## Programs accepted at the Snohomish Aquatic Center

- Fit On
- Silver Sneakers
- Silver & Fit
- Optum/Renew Active

## Get set-up with us

Once approved through your health insurance company, visit our Welcome Center to get set up with an account.

Information needed:

- Legal name
- Date of birth
- Home address
- Contact phone number
- Fitness ID

## Activities included

- Lap swim
- River walk/jog
- Water walking
- Open Recreation Swim



Join a Water Fitness class for a discounted rate!

(Water Fitness classes are included with Fit On)