

# Effective September 5 - December 17, 2017

# Aquatics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30 am Masters	6:30 - 7:15 am Aqua Rise		6:30 - 7:30 am Paul Cross Masters	6:30 - 7:30 am Masters Swim		
		7:45 - 8:45 am Private Program	7:45 - 8:45 am Paul Cross Masters <i>NEW</i>	7:45 - 8:45 am Private Program		
				8:30 - 9:15 am Private Swim Lesson*		
10:15 - 11:00 am AquaLite		10:15 - 11:00 am AquaLite		10:15 - 11:00 am AquaLite	9:45 - 10:30 am Aqua Rev Up	10:00 - 11:00 am Power Hour
11:30 - 12:00 pm WorkShape		11:30 - 12:00 pm WorkShape		11:30 - 12:00 pm WorkShape	10:45 - 11:45 am YWCA Swim Level 1	11:15 - 12:00 pm Mobility for Life <i>NEW</i>
	12:15 - 1:00pm Aqua Rev-Up		12:15 - 1:15 pm YWCA Freestyle Tri Training	12:15 - 1:00 pm Deep Water Running	12:15 - 1:00 pm Private Swim Lesson*	12:15 - 1:00 pm Private Swim Lesson*
1:10 - 1:50 pm Aqua Xpress (30 min with optional 10 min core & stretch)		1:10 - 1:50 pm Aqua Xpress (30 min with optional 10 min core & stretch)	1:15 - 2:00 pm Aqua Barre	1:15 - 2:00 pm Private Swim Lesson*	1:00 - 2:30 pm Family Swim	1:00 - 2:30 pm Family Swim
	2:45 - 5:45 pm Private Swim Lesson*		2:00 - 5:15 pm Private Swim Lesson*	3:30 - 5:00 pm Private Swim Lesson*	<b>POOL LANES:</b> During the following days/times, there are possible half to one lane bookings in the pool: Mondays 2-5 pm, after 6:30 pm Tuesdays 8:00-12 am Wednesdays 2-5 pm, after 6:30 pm Thursdays 9-12 pm, after 8:30 pm Saturdays & Sundays 8-9:30 am, after 2:30 pm	
5:15 - 6:15 pm YWCA Swim Level 2/3 Combo		5:15 - 6:15 pm YWCA Four Strokes / Freestyle Intensive	5:10 - 5:50 pm Aqua Tabata <i>NEW</i>	5:15 - 6:15 pm YWCA Swim Level 1		
	6:00 - 7:00 pm Sea Hiker Level 1		6:00 - 7:00 pm Sea Hiker Level 4	6:30 - 9:15 pm Private Swim Lesson*		
	7:15 - 8:15 pm Sea Hiker Level 2		7:15 - 8:15 pm Sea Hiker Level 3			
	8:20 - 9:20 pm Sea Hiker Level 2					

**Pool hours:** Mon - Fri 5:45 am - 9:45 pm, Sat & Sun 8 am - 5:15 pm  
**2 or more swim lanes are available all day!**

Prior to class, please let your instructor know if you have any medical conditions which may affect your ability to exercise.

Last update: Sep 7/2017. Schedule subject to change. Classes may be cancelled due to low participation.

\*Private swim lesson only requires half a lane. Lots of room for others to lane swim!



535 Hornby Street, Vancouver  
 Member Services 604 895 5777  
 memberservices@ywcavan.org

[ywcahealthandfitness.com](http://ywcahealthandfitness.com)

# Aquatics Class Descriptions

## MILD TO MODERATE

**AquaLite** - Designed to improve mobility, strength and general fitness with low impact. Recommended for those who have joint pain, restricted mobility or are recovering from an injury.

**Aqua Xpress** - A 30 minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength. Optional 10 minute core and stretch workout at the end.

**Family Swim** - This is open swim with no instruction, parents must be within arms reach of children (under 8 years of age) at all times. Children in diapers must wear Lil' Swimmers™ or equivalent. Max three children (up to 15yrs) per adult. Minimum of one child required, guardian must be in the pool area with the children at all times. Free for Members, Non-Members \$15.00.

## MODERATE TO CHALLENGING

**Aqua Barre** - Similar to Aqua PiYo, this class creatively adapts ballet and Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Improve strength, flexibility and posture while incorporating body awareness. Learn how to move the body as an integrated whole. Modifications are addressed with most exercises.

**Aqua Rev-up** - A 45-minute of high intensity cardio and strength workout that will increase your energy levels for the rest of the day.

**Aqua Tabata** - A high intensity interval training class in the water! This class is designed to boost the body's metabolism and burn calories like no other. All fitness levels welcome.

**Aqua Rise** - This 45-minute class uses water resistance and body weight in a low impact setting. While focusing on core stability and cardiovascular movements this high energy class is designed to challenge and motivate you. A great way to start the day!

**Deep Water Running** - If you enjoy running and want a high intensity workout with zero impact, try deep water running! It is a great cross training activity that will improve your cardio strength and help prevent injuries. A float belt will be provided, and you must be comfortable in deep water (approx 6ft). Xpress classes are 30 minutes.

**Power Hour** - A 60 minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength

## Private Swim Lesson

45 minutes private swim lesson to:

- Increase your comfort in the water
- Improve your stroke efficiency
- Develop your technique

Contact Member Services at 604 895 5777 to book a lesson.

## WorkShape

WorkShape is an active rehabilitation program designed for individuals who are off work due to an injury. Referrals come from ICBC and WorkSafeBC (WCB).

Please contact WorkShape at 604 895 5794 for more information.



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Find your **FITNESS**

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