

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30 am YWCA Swim Level 3	6:30 - 7:15 am Aqua Rise		6:30 - 7:30 am Paul Cross Masters	6:30 - 7:30 am YWCA Swim Level 3		
8:00 - 8:30 am Private Lesson*(1/2 lane)	7:45 - 8:00 am Private Lesson*(1/2 lane)	7:30 - 8:30 am Private Group	7:45 - 8:30 am Private Lesson*(1/2 lane)	7:30 - 8:30 am Private Group		
	9:00 - 10:00 am Free Swim Assessment	9:00 - 9:45 am Private Lesson*(1/2 lane)	9:15 - 10:00 am Private Lesson*(1/2 lane)	9:00 - 9:45 am Private Lesson*(1/2 lane)	9:45 - 10:30 am Aqua Rev Up	10:00 - 11:00 am Power Hour
10:15 - 11:00 am AquaLite	10:45 - 11:30 am Private Lessons*(1/2 lane)	10:15 - 11:00 am AquaLite		10:15 - 11:00 am AquaLite	11:00 - 12:00 pm YWCA Swim Level 1	11:00 - 1:00 pm Private Lesson*
11:30 - 12:00 pm WorkShape		11:30 - 12:00 pm WorkShape	11:15 - 12:00 pm Private Lesson*(1/2 lane)	11:30 - 12:00 pm WorkShape	12:15 - 1:00 pm Private Lesson*(1/2 lane)	12:15 - 1:00 pm Mobility for Life (starts Sep 22) Private Lesson*(1/2 lane)
	12:15 - 1:00 pm Aqua Strength			12:15 - 1:00 pm Deep Water Running	1:00 - 2:30 pm Family Swim**	1:00 - 2:30 pm Family Swim**
1:00 - 1:30 pm Aqua Xpress (Core and Stretch 1:30 - 1:45pm)		1:00 - 1:30 pm Aqua Xpress (Core and Stretch 1:30 - 1:45pm)	1:15 - 2:00 pm Aqua Barre		1:45 - 3:30 pm Private Lesson*(1/2 lane)	1:45 - 3:30 pm Private Lesson*(1/2 lane)
2:00 - 3:00 pm Private Group	2:15 - 4:45 pm Private Lesson*(1/2 lane)	2:00 - 2:45 pm Private Lesson*(1/2 lane)	2:00 - 3:15 pm Private Lesson*(1/2 lane)	3:15 - 4:45 pm Private Lesson*(1/2 lane)	POOL LANES: During the following days/times, there are possible half to one lane bookings in the pool: Tuesdays 8:30 - 12:00 pm, after 8:30 pm Wednesdays 8:30 - 10:00 am, 3-5 pm Thursdays 9:00 - 1:00 pm, after 8:30 pm Saturdays & Sundays 8-9 am, after 3:30 pm	
5:15 - 6:15 pm YWCA Swim Level 1		5:15 - 6:15 pm YWCA Swim Combo Level 2/3	5:15 - 6:00 pm Aqua Rev-Up	5:15 - 6:15 pm YWCA Swim Level 1		
6:30 - 7:30 pm YWCA Swim Combo Level 2/3	6:00 - 7:00 pm YWCA Swim Level 1	6:30 - 7:15 pm Private Lesson*(1/2 lane)	6:15 - 7:15 pm YWCA Swim Fit			
	7:15 - 8:15 pm YWCA Swim Level 2		7:30 - 8:15 pm Private Lesson*(1/2 lane)	7:00 - 7:45 pm Private Lesson*(1/2 lane)		



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

ywcahealthandfitness.com

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: August 26. 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!

Aquatic Class Descriptions

MILD TO MODERATE

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 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!

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.

****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. We do not have any amenities for family changing. Please contact Member Services if you have any questions, 604.895.5777. Free for Members, Non-Members \$15.

MODERATE TO CHALLENGING

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 Strength - This is a strength-based class. Using various fitness equipment and aquafit based principles, the class is guaranteed to work your whole body with minimal impact on the joints. Deep and shallow options offered. Everyone welcome, no experience necessary.

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.

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. Deep and shallow options are incorporated. Everyone welcome.

NEW! Swim Assessments

Not sure of your swim level or what skills to work on? Come in for a FREE 30 minute individual swim session with an experienced YWCA Swim Instructor. Tuesdays, 9:00 - 10:00 am. Contact Member Services at 604 895 5777 to book your free session (1 per member).

Private Swim Lesson

30 - 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 **ENERGY**

Find your **FITNESS**

Find your **BALANCE**

Find yourself

HERE