


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		
	7:45 - 8:00 am Private Lesson*(1/2 lane)	7:45 - 8:45 am Private Group		7:45 - 8:45 am Private Group/Lesson*		
	9:00 - 10:00 am Free Swim Assessment (Silent Swim)	9:00 - 9:30 am Private Lesson*(1/2 lane)	9:00 - 10:00 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		11:30 - 12:00 pm WorkShape	12:15 - 1:00 pm Private Lesson*(1/2 lane)	12:15 - 1:00 pm Mobility for Life Private Lesson*(1/2 lane)
11:45 - 1:00 pm Private Lesson*(1/2 lane)	12:15 - 1:00 pm Aqua Rev-Up	11:45 - 1:00 pm Private Lesson*(1/2 lane)	12:15 - 1:15 pm YWCA Swim Fit 	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)	1:30 - 6:00 pm Private Lesson*(1/2 lane)	1:00 - 1:30 pm Aqua Xpress (Core and Stretch 1:30 - 1:45pm)	1:15 - 2:00 pm Aqua Barre	1:00 - 2:00 pm Private Lesson*(1/2 lane)	1:45 - 3:00 pm Private Lesson*(1/2 lane)	1:45 - 3:00 pm Private Lesson*(1/2 lane)
2:00 - 2:45 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)	<b>POOL LANES:</b> 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 6:00 - 10:00 am Thursdays 9:00-11:00 am, after 8:30 pm Saturdays & Sundays 8:00-9:30 am, after 2:30 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		6:15 - 7:15 pm YWCA Swim Level 3	6:45 - 7:30 pm Private Lesson*(1/2 lane)		
	7:15 - 8:15 pm YWCA Swim Level 2					



# 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.

**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 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 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. 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.



535 Hornby Street, Vancouver  
Member Services 604 895 5777  
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ywcahealthandfitness.com

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