HEALTH FITNESS — YWCA HEALTH + FITNESS CENTRE

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

Updated September 2025. Schedule subject to change.
Classes may be cancelled due to low participation.

Aquatic Schedule | Sept 2 - Dec 21 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	**6:30 - 7:30AM** YWCA Masters	**6:30 - 7:15AM** Aqua Rise w/ Jean	**6:30 - 7:30AM** YWCA Masters	**7:15 - 8AM** Private Lesson	**6:30 - 7:30AM** YWCA Masters	2 OR MORE SWIM LANES ARE AVAILABLE ALL DAY, EVERY DAY OF THE WEEK!	
	7:45 - 8:45AM YWCA Swim Combo Level 2/3	**7:30 - 8:15AM** Private Lesson			**7:45 - 8:45AM** YWCA Swim Combo Level 2/3		
	9:15 - 10AM Private Lesson	**9:15 - 10AM** Private Lesson					
	10:15 - 11AM Aqualite w/ Cathie		**10:15 - 11AM** Aqualite w/ Jen		**10:15 - 11AM** AquaGroove w/ Meaghen	**10:15 - 11AM** AquaGroove w/ Meaghen	**10 - 11AM** Power Hour w/ Nicole
		11 - 11:45AM Private Lesson		**9:45 - 10:30AM** Private Lesson	**11:15 - 12PM** Private Lesson	**11 - 11:45AM** Private Lesson	**11 - 11:45AM** Private Lesson
AFTERNOON CLASSES	**12 - 1PM** YWCA Swim Combo Level 2/3	**12:15 - 1PM** Aqua Pilates w/ Alesya		**12 - 1PM** YWCA Swim Combo Level 2/3	**12:15 - 1PM** Deep AquaGroove w/ Meaghen	**12 - 1PM** YWCA Swim Level 1	**12 - 1PM** YWCA Swim Level 1
		1:30 - 2:15PM Private Lesson				**2 - 2:45PM** Private Lesson (2 lessons available)	**2 - 2:45PM** Private Lesson
						2:45 - 3:30PM Private Lesson	
		2:45 - 3:30PM Private Lesson			**3 - 3:45PM** Private Lesson	**3 - 3:45PM** Private Lesson	**3 - 3:45PM** Private Lesson
		4 - 4:45PM Private Lesson	**4 - 4:45PM** Private Lesson				
EVENING CLASSES	**5 - 6PM** YWCA Swim Level 1	**5:15 - 6PM** Private Lesson	**5 - 6PM** YWCA Swim Level 1	**5:15 - 6PM** Aqualite w/ MJ	**5 - 6PM** YWCA Swim Level 1		
	6:30 - 7:30PM YWCA Swim Level 2	**6:30 - 7:30PM** YWCA Swim Combo Level 2/3	**6:30 - 7:30PM** YWCA Swim Level 2	**6:30 - 7:30PM** YWCA Swim Level 3	**6:30 - 7:30PM** YWCA Swim Level 2		

Book lessons, programs, and classes on your YWCA Health + Fitness mobile app!

Color code: Included with membership

Fees apply for swim programs, private lessons, and Aqua Pilates.

Pool hours:
Mon - Fri 5:45 am - 9:15 PM,
Sat & Sun 8 am - 5:15 PM

Please let your instructor know if you have any medical conditions which may affect your ability to exercise.