

Winter Aquatics Schedule

Effective January 4, 2010

Facility hours: Mon - Fri 6 am - 9:45 pm, Sat & Sun 8 am - 5:15 pm
 A minimum of 2 swim lanes are available during all pool hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:30 am Masters Swim	6:30 - 7:15 am Aqua Rise	6:30 - 7:30 am Masters Swim		6:30 - 7:30 am Endurance Swim	9:00 - 10:00 am Boomer Masters
7:45 - 8:45 am Masters Swim	7:30 - 8:30 am Tri-Fit Swim Club (Seahiker coaches)	7:45 - 8:45 am Masters Swim	7:30 - 8:30 am Tri-Fit Swim Club (Seahiker coaches)	9:30 - 10:15 pm Private Swim Lessons	10:15 - 11:00 am Aqua Lite
10:15 - 11:00 am Aqua Lite		10:15 - 11:00 am Aqua Lite		10:15 - 11:00 am Aqua Lite	11:00-12:00 pm Red Cross Swim Preschool
11:30 - 12:00 pm WorkShape		11:30 - 12:00 pm WorkShape		11:30 - 12:00 pm WorkShape	12:15 - 1:00 pm Private Swim Lessons
12:00 - 1:00 pm Endurance Swim	12:10 - 1:00 pm Aqua Rev-up		12:10 - 1:00 pm Aqua Rev-up	12:00 - 1:00 pm Aqualates	1:00 - 2:30 pm Family Swim
1:10 - 1:40 pm Aqua X-Press	1:00 - 2:00 pm Core Swim (Seahiker coaches)	1:10 - 1:40 pm Aqua X-Press	1:00 - 2:00 pm Core Swim (Seahiker coaches)		SUNDAY
5:15 - 6:15 pm Aqualates	5:15 - 6:15 pm Power Hour	5:15 - 6:15 pm Endurance Swim	5:15 - 6:15 pm Power Hour	6:00 - 7:00 pm Fit 4 Two Prenatal AquaFit	
	6:30 - 7:15 pm AquaAdults Level 1: Red Cross Swim Basics		6:30 - 7:15 pm AquaAdults Level 2: Red Cross Swim Strokes		10:00 - 11:00 am Power Hour
	7:30 - 8:30 pm Sensational Freestyle (Seahiker coaches)		7:30 - 8:30 pm Sensational Freestyle (Seahiker coaches)		11:15 - 12:45 pm Private Swim Lessons
					1:00 - 2:30 pm Family Swim

= Registration required, there is a fee for both members and non-members

FOR A FREE SWIM EVALUATION, PLEASE CALL JILL MUNRO 604 895 5853

Last update: Dec 14/09 - schedule subject to change.

POOL LANES:

During the following days and times there are possible 1/2 lane bookings in the pool

Mon/Wed: 9-10 am, after 6:30 pm
 Tues/Thurs: 8:30am-12:00 pm, 8:30-9:45 pm
 Friday: 8:30-10:00 am, 1:00-3:00 pm

PLEASE NOTE:

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

Classes may be cancelled due to low participation.



YWCA Health + Fitness Centre
 535 Hornby Street, Vancouver BC V6C 2E8 tel 604 895 5777
 ywcahealthandfitness.com



Aquatic Class Descriptions

MILD TO MODERATE

Aqua Lite - 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 at all times. Children in diapers must wear Li'l Swimmers™ or equivalent. Max three children (up to 15yrs) per adult. Minimum of one child required. Free for Members, Non-Members \$15.00.

MODERATE TO CHALLENGING

Aqua Rev-up - A mid day 50-minute of high intensity cardio and strength workout that will increase your energy levels for the rest of the day.

Aqualates - this class creatively adapts 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!

Aqua X-press - A 30-minute high energy class that uses water resistance and body weight to challenge your cardiovascular system and muscle strength.

Deep Water Power Hour - Challenge yourself in a tough aquatic workout, consisting of cardio and strength interval drills, with zero impact! You will have an aqua fit belt to keep you afloat so you can focus on your HIGH energy workout

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 Lessons

45 minutes private swim lessons will assist you to:

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

Contact Member Services
at 604 895 5777
to arrange 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.