

VANCOUVER

<p>Vancouver Park Board pools (604) 873-7000 or 3-1-1 https://vancouver.ca/parks-recreation-culture/swimming-and-water-activities.aspx</p>	<p>ROM Aquafit</p>	<p>Kerrisdale pool Britannia pool Kensington pool <i>*warm pool</i></p>
	<p>Aquafit – Mild</p>	<p>Vancouver Aquatic Centre Lord Byng pool</p>
	<p>Aquafit</p>	<p>Britannia Kerrisdale Hillcrest Renfrew Lord Byng Templeton Vancouver Aquatic Centre Killarney</p>
<p>Jewish Community Centre 950 41st Ave West (604) 257-5111 https://www.jccgv.com/aquatics/aquafit-and-rehab/</p>	<p>Waterworks <i>*warm pool</i> Aqua Rehab <i>*warm pool</i> <i>*Men only and women only pool times available</i></p>	<p>Most classes are free with membership Non-member drop-in: \$8 Registration by phone required</p>
<p>UBC Aquatic Centre 6080 Student Union Blvd. (604) 822-4501 https://recreation.ubc.ca/aquatics</p>	<p>Senior Fit Aqua Therapy <i>*warm pool</i> River Walking <i>*warm pool</i> Aquafit</p>	
<p>YMCA – Robert Lee 955 Burrard St. (604) 689-9622 https://www.gv.ymca.ca/visit-robert-lee-ymca</p>	<p>Y Aquafit</p>	<p>Free with membership Non-member day pass: \$15</p>
<p>YWCA of Vancouver 535 Hornby St. (604) 895-5777 www.ywcavan.org/fitness</p>	<p>Aqualite</p>	<p>Free with membership Non-member day pass: \$20</p>
<p>Stan Stronge Pool 719 West 59th Ave. (604) 301-3810 https://www.vch.ca/en/location-service/stan-stronge-therapy-pool-george-pearson-centre</p>	<p>Slow & regular community exercise classes <i>*warm pool</i></p>	<p>Referral by medical practitioner required (Dr, PT, OT) Fully accessible warm therapy pool</p>

NORTH VANCOUVER

<p>North Van Parks & Rec (604) 987-7529 https://www.nvrc.ca/programs-memberships/program-directory/swimming</p>	<p>Aquafit ROM</p>	<p>Karen Magnussen Ron Andrews <i>*female only swim times</i></p>
	<p>Aquafit Adapted \$2 <i>*warm pool</i></p>	<p>Delbrook</p>
	<p>Aquafit</p>	<p>Ron Andrews Karen Magnussen Harry Jerome</p>

WEST VANCOUVER

<p>West Vancouver Aquatic Centre 2121 Marine Dr. (604) 925-7270 www.westvancouverrec.ca</p>	<p>Aquafit Rehab/Arthro <i>*warm pool</i> <i>*registered program</i> Aquafit</p>	
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RICHMOND

<p>Richmond Parks & Recreation (604) 276-4300 www.richmond.ca/aquatics</p>	<p>Aqua Joints for Arthritis Seniors Splash Shallow</p>	<p>Minoru Aquatic Centre</p>
	<p>Joint Replacement Recovery (JR2) Pool & gym program for Pre/post hip or knee replacement</p>	<p>Watermania <i>*female only swim times</i></p>

BURNABY

<p>Burnaby Parks & Recreation (604) 294-7450 https://www.burnaby.ca/recreation-and-arts/recreation-facilities</p>	<p>Aquafit</p>	<p>Bonsor <i>*female only swim times</i> Edmonds Eileen Daily</p>
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COQUITLAM

Coquitlam Parks & Recreation (604) 927-4386 http://www.coquitlam.ca	Gentle Fit <i>*warm pool</i> Shallow Fit	City Centre Aquatic Complex <i>*female only swim times</i>
	Gentle Fit <i>*warm pool</i> Low Impact Aqua Fit <i>*warm pool</i> Adapted Aqua Movement <i>*warm pool</i> Shallow Aquafit	Poirier Sport & Leisure Centre
Bettie Allard YMCA 555 Emerson St. (604) 668-9622 https://www.gv.ymca.ca/bettie-allard-ymca-schedules	Y Shallow Aquafit	Free with membership Non-member day pass: \$15

PORT COQUITLAM

Port Coquitlam Parks & Recreation (604) 927-7529 http://www.portcoquitlam.ca	Light-Fit Stretch and Strength Aqua Yoga	Hyde Creek Recreation Centre
	Aqua Yoga	Port Coquitlam Community Centre

NEW WESTMINSTER

təməsewtx^w Aquatic & Community Centre 65 East Sixth Ave. (604) 777-5100 www.newwestcity.ca/rec	Shallow Aquafit	
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MAPLE RIDGE

Maple Ridge Leisure Centre 11925 Haney Place (604) 467-7322 http://www.mapleridge.ca	Water Wellness Aqua Mild Aqua Yoga Aquafit	
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SURREY

Surrey Parks & Recreation (604) 501-5100 http://www.surrey.ca/pools	Aquafit Mild	Guilford Surrey Sport & Leisure Grandview South Surrey Indoor Pool
	Aquafit	Guilford Surrey Sport & Leisure Grandview South Surrey Indoor Pool Newton Rec Centre
	Hydrocycle pre-registration recommended	Newton Rec Centre <i>*female only swim times</i>
Tong Louie Family YMCA 14988 57 th Ave. (604) 575-9622 http://www.gv.ymca.ca	Y Aquafit	Free with membership Non-member day pass: \$15

DELTA

Delta Parks & Recreation (604) 952-3000 http://www.delta.ca	Gentle Fit	Winskill Aquatic Centre
	Rusty Hinges	Ladner Leisure Centre
	Tidal Toner	Ladner Leisure Centre Sungod Recreation Centre Windskill Aquatic Centre

LANGLEY

Township Of Langley (604) 534-3211 http://www.tol.ca/aquafit	Arthrocize	W.C. Blair
	Shallow Aquafit Lite	Walnut Grove
	Shallow Aquafit	W.C. Blair Walnut Grove

ABBOTSFORD

<p>Abbotsford Parks & Recreation (604) 859-3134 http://www.abbotsford.ca</p>	<p>Aquafit Shallow</p>	<p>Abbotsford Recreation Centre Matsqui Recreation Centre</p>
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MISSION

<p>Mission Leisure Centre 7650 Grand St. Mission (604) 820-5350 https://www.mission.ca/parks-recreation</p>	<p>Aquafit Shallow</p>	
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CHILLIWACK

<p>Chilliwack Landing Leisure Centre #1-9145 Corbould St. (604) 793-7946 https://www.gv.ymca.ca/chilliwack-landing-leisure-centre</p>	<p>Gentle Shallow Aquafit</p>	
<p>Bob Chan-Kent Family YMCA 45844 Hocking Ave. Chilliwack (604) 939-9622 https://www.gv.ymca.ca/bob-chan-kent-family-ymca</p>	<p>Y Gentle Aquafit Y Aquafit</p>	<p>Free with membership Non-member day pass: \$15</p>

AGASSIZ

<p>Ferny Coombe Pool 6820 Pioneer Ave. Agassiz (604) 796-2451 https://www.kentbc.ca/en/explore-and-play/ferny-coombe-outdoor-pool.aspx</p>	<p>Aquafit</p>	<p>Outdoor pool open May to Sept</p>
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SUNSHINE COAST

<p>Pender Harbour Aquatic & Fitness 13639 Sunshine Coast Hwy Madeira Park (604) 885-6801 https://www.scrd.ca/pender-pool/</p>	<p>Gentle Waves Aquafit</p>	
<p>Gibsons & District Aquatic Facility 953 Gibsons Way, Gibsons (604) 885-6801 https://www.scrd.ca/gibsons-pool/</p>	<p>Aquafit</p>	
<p>Sechelt Aquatic Centre 5500 Shorncliffe Ave. Sechelt (604) 885-6801 https://www.scrd.ca/sechelt-pool/</p>	<p>Aquafit</p>	

SEA TO SKY

<p>Brennan Park Recreation Centre 1009 Centennial Way, Squamish (604) 898-3604 https://squamish.ca/rec/recreation-facilities/brennan-park-recreation-centre/</p>	<p>Aquafit</p>	
<p>Meadow Park Sports Centre 8625 Hwy 99 (BC-99), Whistler (604) 935-7529 https://www.whistler.ca/culture-recreation/facilities/meadow-park-sports-centre/</p>	<p>Aquafit Shallow</p>	

GENERAL TIPS

- **Low on cash?** Check your local pool schedule for discounted swim times (e.g., Toonie swims). Ask your community centre if a leisure access program is available for low-income residents. During summer months, an outdoor pool may cost less and many offer aquafit classes.
- **Prefer pools that are less busy?** Check your local pool schedule for senior/adult only or sensory friendly swim times.
- **Sensitive skin?** Make sure to rinse off before and after getting into pool. Also, look for pools that are Ozone or UV treated. Call the front desk to ask if unsure.
- **First time trying water exercise?** Go slow and keep movements small at first (especially for sore joints). If an exercise is uncomfortable, talk to your instructor about how to modify.

HEALTH LINK BC, PHYSICAL ACTIVITY SERVICES (PAS)

DIAL 8-1-1 or (604) 215-8110

<https://www.healthlinkbc.ca/physical-activity>

Contact for help finding an exercise program in your area.