

VANCOUVER

Vancouver Park Board pools https://vancouver.ca/parks-recreation-culture/swimming-and-water-activities.aspx	Aquafit - Shallow water 55+ swim times available at some locations	Renfrew pool Lord Byng pool Kerrisdale pool Brittania pool Templeton Park pool Killarney pool
	Aquafit – Deep water	Hillcrest Aquatic Centre
Jewish Community Centre 950 41st Ave West (604) 257-5111 https://www.jccgv.com/aquatics/aquafit-and-rehab/	Waterworks aquatic therapy *taught in warm pool	
UBC Aquatic Centre 6080 Student Union Blvd. (604) 822-4501 https://recreation.ubc.ca/aquatics/schedule/	Shallow Aquafitness Deep Aquafitness	

NORTH VANCOUVER

https://www.nvrc.ca/programs-memberships/program-directory/swimming	ROM Aquafit *taught in warm pool	Karen Magnussen
Customer Service: (604) 987-7529	Shallow water Aquafit	Karen Magnussen Ron Andrews Harry Jerome
	Adapted Aquafit *taught in warm pool	Karen Magnussen *for summer 2021 (expected to return to Delbrook in the fall)
	Deep water Aquafit	Delbrook Ron Andrews
	Water Walking Lanes *self directed	Delbrook Ron Andrews Harry Jerome

WEST VANCOUVER

https://westvancouver.ca/parks-recreation/community-centres/aquatic-centre	AquaFit Rehab *taught in warm pool AquaFit moderate AquaFit deep	West Vancouver Aquatic Centre (604) 925-7000
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RICHMOND

https://www.richmond.ca/parksrec/pools.htm	AquaFit – Shallow water AquaFit – Deep water	Minoru Centre for Active Living - Aquatic Centre *pool closed for yearly maintenance Aug. 3-Sept. 13, 2021
Customer service: (604) 276-4000	AquaFit – Deep water	Watermania

BURNABY

https://www.burnaby.ca/Things-To-Do/Community-Centres.html?	AquaFit – Shallow water	Bonsor C.G. Brown Memorial pool Edmonds Eileen Dailly
	AquaFit – Deep water	C.G. Brown Memorial pool

COQUITLAM

https://coquitlam.ca/351/Swimming-Aquatics	AquaFit – shallow AquaFit – deep AquaFit- deep water running	City Centre Aquatic Centre (604) 927-6999
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PORT MOODY

https://www.portmoody.ca/en/recreation-parks-and-environment/aquatics.aspx? mid =27158	Aquafit	Rocky Point outdoor pool
Customer Service: (604) 469-4556	Water Walking *self directed Water Running *self directed	Westhill outdoor pool

PORT COQUITLAM

https://www.portcoquitlam.ca/recreation/swimming/	Aquafit – deep/shallow combo Stretch & Strength *taught in warm pool Unstructured Exercise lane *self directed	Hyde Creek Recreation Complex
Customer Service: (604) 927-7529	Unstructured Exercise lane *self directed	Centennial outdoor pool

New Westminister

https://www.newwestcity.ca/parks-and-recreation/recreation	Shallow water Aquafit	Canada Games pool Moody Park outdoor pool
Contact: (604) 526-4281	Deep water Aquafit	Canada Games pool

LANGLEY

https://city.langley.bc.ca/parks-recreation/recreation/aquatics-al-anderson-memorial-pool	Shallow water Aquafit Deep water Aquafit	Al Anderson Memorial outdoor pool (604) 514-2860
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DELTA

https://delta.ca/parks-recreation/sport-recreation/aquatics-arenas-fitness-gymnasium-programs/aquatics Customer Service: (604) 952-3000	Water Walking Lanes *self directed	Winskill Aquatic Centre Ladner Leisure Centre Ladner outdoor pool Sungod Recreation Centre North Delta outdoor pool
Note: Winskill is closed for yearly maintenance from Aug. 23 - Sept. 5, 2021	Deep water Running *self directed	Winskill Aquatic Centre Ladner outdoor pool Sungod Recreation Centre North Delta outdoor pool
	Rusty Hinges *low intensity in shallow water	Ladner Leisure Centre
	Forever Fit *low intensity in shallow water	Sungod Recreation Centre
	Tidal Toner *shallow water	Winskill Aquatic Centre Sungod Recreation Centre
	Power Deep Aquafit *low and regular intensity class options	Winskill Aquatic Centre Ladner Leisure Centre Sungod Recreation Centre North Delta outdoor pool

MISSION

https://www.mission.ca/city-hall/departments/parks-recreation-and-culture/aquatics/	Water Wellness *gentle, taught in warm pool AquaGentle Water Walking *self directed, *leisure pool or main pool	Mission Leisure Centre (604) 820-5350 *closed for annual maintenance from Aug. 28 – Sept. 19, 2021
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MAPLE RIDGE

https://www.mapleridge.ca/1449/Group-Fitness-Classes	Aqua Mild AquaFit *Variety of higher intensity classes also available	Hammond Outdoor pool
	Water Walking/Rehab activities *self directed *in leisure pool Water Wellness *gentle, low impact class	Maple Ridge Leisure Centre (604) 467-7322

ABBOTSFORD

https://www.abbotsford.ca/parks-recreation-culture	Shallow Aquafit Aquafit (deep)	Abbotsford Recreation Centre (604) 853-4221
	Shallow Aquafit Deep Aquafit Deep Water Walking *self directed	Matsqui Recreation Centre (604) 855-0500

CHILLIWACK

https://www.myreccentre.ca/index.php/locations/cheam-leisure-centre	Aquafit shallow/deep Physiotherapy Swim times *self directed exercises or for external PT's to work with clients	Cheam Leisure Centre (604) 824-0231
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SURREY

https://www.surrey.ca/activities-parks-recreation/recreation-facilities/indoor-pools Call to register: (604) 501-5100	Aquafit- shallow *drop-in allowed	Grandview Heights Aquatic Centre *Aquafit classes will restart Aug. 3, 2021 Surrey Sport & Leisure Complex *Aquafit classes will restart Aug. 3, 2021
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GENERAL TIPS

- **Low on cash?** Check your local pool schedule for discounted swim times (e.g. Toonie swims). Also, ask your community centre if a leisure access program is available for low income residents.
- **Prefer pools that are less busy?** Check your local pool schedule for senior/adult only or female only swim times.
- **Irritated 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.

COVID-19

- Some pools have remained closed during the Covid-19 Pandemic (e.g. YMCA pools)
- Some community pools are open but are not yet running group aquatic fitness classes (e.g. Surrey Aquatic Centres)
- Most pools require pre-registration for programs and drop-in activities. Some pools are starting to allow drop-in's with reduced capacity still in place.
- Use of change rooms and lockers is limited at this time
- Most community centres expect to expand their offered programs in September 2021
- Classes listed on this document are subject to change. Check websites or call centres to confirm class schedules and current Covid-19 protocols.

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