

## Swim Schedule Descriptions

### Drop-in

- This swim is open to all clients who have been accepted to use Stan Stronge Pool. During this time you can work on your prescribed exercises, do water walking, or swim lengths.

### Exercise Class - Regular

- Based on the BC Arthritis Society's Water Works program, the exercise class will incorporate the same exercises as Water Works. This class is typically between 45 and 55 minutes long. The Instructor may also incorporate different therapeutic techniques, such as Ai Chi, Halliwick, or other exercises, to challenge the participants. This is a group program led by an instructor. Participants must be able to follow directions. This class is approximately 50 minutes long

### Exercise Class - Slower

- This is a slow moving range of motion class that is designed specifically for people who cannot keep up with the regular exercise class. The focus is on range of motion and rest. This exercise portion of the class is typically between 30 and 35 minutes long. This is a group program led by an instructor. Participants must be able to follow directions.

### Resident Swim

- This session is reserved for the residents of George Pearson Center.

### Ai Chi

- Ai Chi is based on the same principles as Tai Chi and Yoga. The focus is to improve balance, range of motion and breathing techniques while using the water to both assist and challenge the participant. This is a group program led by an instructor. Participants must be able to follow directions.

### Vancouver Park Board Swim (Tues, Thurs)

- In partnership with Vancouver Parks Board, this time has been developed to assist clients that have been accepted to use the pool enjoy their recreational time. On Tuesday evening the park board staff offer swim lessons to children. Thursday evenings, the park board staff are available to give minor assistance to clients in the change room. For more information on the children's lessons, or Vancouver Park Board swim, please email the Vancouver Park board access services [adaptedaquatics@vancouver.ca](mailto:adaptedaquatics@vancouver.ca)

### Baby Beluga Program

- In partnership with the Infant Development Program of the Developmental Disabilities Association, this program is an opportunity for parents with very young children to play in the water. This program runs for 10 weeks every spring and fall.