



Spring 2026 Aqua Movement Program Guide & Schedule

Please review the Aqua Movement Program Guide & Schedule for important information prior to attending classes. To Learn more: <https://ywcaste.ca/aquatics/>

Aylmer Community Services 20 Talbot Street East, Aylmer • 226-210-6800

YWCA St. Thomas-Elgin 16 Mary Street West, St. Thomas • 519-631-9800

Aqua Movement is a light, low-impact water-based exercise program designed to help participants move with ease while enjoying the benefits of the water. This class helps improve flexibility, balance, and circulation, while reducing stress on joints and muscles.

Beyond the physical benefits. Aqua Movement is all about having fun, connecting with others, and enjoying a sense of community. Whether you're looking to stay active, meet new people, or simply enjoy the soothing atmosphere of the water, Aqua Movement offers a welcoming space for everyone. No swimming skills are required – just bring your smile and be ready to move, laugh, and enjoy the water together.

Program Dates:

Daytime: Tuesdays starting March 24th weekly from 10am-10:45am

Thursdays starting March 26th weekly from 10am-10:45am

Evening: Tuesdays starting March 24th weekly from 7:15-8:00pm

Program Location: Terrace Lodge 49462 Talbot Road East, Aylmer

Program Cost: Drop in - \$5 per visit (where space is available).

Facilities: We are grateful for our partnership with Terrace Lodge to deliver aquatic programming. We expect and appreciate your cooperation in respecting facilities, adhering to facility protocols, always staying within designated areas and leaving them in the same condition as when you arrive. Please be reminded that aquatic programs here are scheduled in a long-term care Home where vulnerable seniors reside. It is important that anyone attending onsite including participant(s)/guardian(s) pre-screen for any respiratory symptoms (nasal congestion, runny nose, cough, headache, general achiness, etc.) and gastroenteric symptoms (nausea, vomiting, diarrhea, etc.) prior to attending each session. Any person with symptoms is reminded that they should not attend programming while symptomatic, as per public health guidelines. Once at the building, please wait for YWCA aquatic staff/volunteer to further direct you to areas of indoor pool facility access. A facility waiver/release must be completed in advance of participation in YWCA Aquatic Programs at Terrace Lodge. Visitor sign in/out is required upon each entrance and prior to exit. For resident safety, an access code is required to enter various areas within the facility. Please always remain in designated areas, enter, exit according to staff direction.

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Please note important indoor pool facility access rules and guidelines below and following:

Facility Access Guidelines:

- We look forward to welcoming you at Aqua Movement! Upon arrival at facilities, Aquatic staff are available to further direct you to area(s) of activities.
- Please arrive no earlier than 10 minutes prior to your program start time, stay in designated areas and leave promptly. Aquatic staff are available to further direct you to area(s) of activities.
- Please monitor the YWCA website for updates throughout the season, follow posted signage and direction from staff. Failure to follow staff direction, facility expectations or to adhere to safety rules may result in participant(s) removal from the program.
- **Please note that if school busses are cancelled, aquamovement class will also be cancelled.**
- Pool Rules are posted at the facility and communicated by Aquatic Staff.
- No person infected with a communicable disease or having open sores on their body shall enter the pool.
- No person shall bring a glass container into the pool enclosure.
- No person shall pollute the water in the pool in any manner, and that spitting, spouting of water and blowing the nose in the pool or on the deck are prohibited.
- No person shall engage in boisterous play in or about the pool.
- Each bather shall take a shower using warm water and soap and thoroughly rinse off all soap before entering or re-entering the deck.
- Guests with serious medical conditions are at greater risk while swimming and should be accompanied at all times by a person knowledgeable of their condition and responsible for their direct supervision.
- Anyone not participating in aquatic programs must stay in designated areas. Seating on the pool deck is not permitted. Viewing areas are available, however seating and areas are limited. Street shoes are not permitted on the pool deck.



- Changerooms, washrooms, and showers are available onsite. Please do not leave valuables in change rooms. We are not responsible for lost or stolen items.
- Swimming designated clothing must be worn in the pool. Swim diapers are mandatory and must be worn by all children under 2 years of age and for those who are not toilet trained.
- The use of photographic devices, including cell phones, is prohibited. Thank you for respecting the privacy of other participants.

Frequently Asked Questions

Connect with us: Please speak with your instructor, Aquatics Coordinator or contact the YWCA if you wish to discuss any aspect of programming. Program surveys are distributed regularly. We appreciate your time in providing your feedback!

Information:

- Drop-in participation is available on a fee per use basis where space(s) are available. Spaces are limited.
- Schedules are subject to change, delays or cancellations may occur.
 - Notice may be minimal in unexpected situations including but not limited to inclement weather, pool fouling, mechanical issues or facility closure.
 - Delayed, missed or cancelled programs or swim times are not rescheduled.
 - Refunds will not be issued after the session begins, for schedule or program changes, delays, or cancellations.
- We will do our best to communicate changes in a timely manner at the Pool, on our website and social media where possible.