

Fall 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 10:00am-10:45am starting October 13-December 15, 2026

Evening: Tuesdays 7:15pm-8:00pm starting October 13-November 24, 2026

Program Location: Terrace Lodge 49462 Talbot Road East, Aylmer

Program Cost: Drop in - \$5 per visit (where space is available). Drop-in participation is available on a fee per use basis where spaces(s) are available. Spaces are limited and are available on a first-come first-serve basis.

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.

Fall 2026 Aqua Movement Program Guide & Schedule

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

Facility Access Guidelines:

- We look forward to welcoming you at aquatic programs! If you are feeling unwell, please do not attend.
- 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 adhere to safety rules may result in participants(s) removal from the program.
- Upon arrival at facilities, 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 and leave promptly at the end. Please stay in designated areas.
- **Please note that if school busses are cancelled, Aqua Movement class is cancelled.**
- Programs will be available pending capacity; 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 class 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.
- 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.
- 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 pool. Swim diapers are mandatory and must be worn by any individual who experiences bowel incontinence to ensure the pool water remains free from contamination. Protective swimwear must feature snug-fitting elastic waist and leg openings. Prevention, proper attire and strict water quality maintenance are required to ensure public safety while keeping facilities inclusive and accessible.
- 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.

Fall 2026 Aqua Movement Program Guide & Schedule

- Each bather must shower with soap and warm water before entering the pool, after utilizing the washroom, and thoroughly rinse off all soap before entering or re-entering the pool or re-entering the deck.
- No person with a communicable disease or having open sores on their body shall enter the pool.
- No person shall engage in boisterous play in or about the pool.
- No person shall bring a glass container into the pool enclosure.
- 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.
- The use of photographic devices, including cell phones, is prohibited. Thank you for respecting the privacy of other participants.

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!