



## Frequently Asked Questions

### **What is YWCA ENCORE?**

ywcaENCORE is an exercise program designed specifically for women who have experience mastectomy, lumpectomy or breast reconstruction surgery at any time in their lives. Based around floor and pool exercises and relaxation techniques, it is safe, fun and therapeutic. ywcaENCORE can help you strengthen and tone your arms, shoulders and chest, regain mobility, and improve your general fitness.

### **How does it help?**

The exercises are specially designed to target areas that have been affected by breast cancer surgery. The water resistance exercises are gentle but effective, and the warm water relaxes and relieves affected muscles. The classes are also an opportunity for women to share their experiences in a safe and understanding environment.

### **When can I enroll?**

We recommend you be at least 8 weeks post-surgery with medical clearance before commencing classes. However, after that time, you may attend at any point, be it nine weeks or nine years. We encourage women who have had breast cancer surgery to attend at any point in their lives.

### **What does a class involve?**

The program runs for an eight-week period with the group meeting each week for approximately 2.5 hours to participate in gentle floor and pool exercises and an information and support session.

### **Do I have to be able to swim?**

No. All exercises are conducted with the option to keep your feet on the bottom of the pool.

### **How much does it cost?**

The YWCA ENCORE program is provided free of charge to all participants. The YWCA of Vancouver Island is committed to ensuring that all women have equal access to the program, regardless of income.

### **Do I need to enroll?**

Yes. We ask that you contact your Encore Facilitator at [ywcaencore@vancouverislandy.com](mailto:ywcaencore@vancouverislandy.com) to enroll. They can also answer any questions you may have. Enrollment forms are available [vancouverislandy.com/program-services/community-health/](http://vancouverislandy.com/program-services/community-health/) for you to complete prior to your first class.

**What do I need to bring to class?**

You need to bring comfortable clothing and footwear for the land exercises, swim suit and towel for the pool, a water bottle and a lock.

**Can I attend if I have lymphoedema?**

Yes - it is recommended and encouraged. The land and pool exercises are beneficial for reducing lymphoedema.