

The YWCA Encore After Breast Cancer Exercise Program is a FREE eight-week program designed specifically for women in all stages of recovery who have experienced breast cancer at any time in their lives.

Registration forms can be e-mailed to me or returned to any branch at the member's services desk attention Sarah Kramer, Downtown Y.

For more information about ENCORE please read the FAQ and if you have any other questions please don't hesitate to email me: encore@vancouverislandy.ca

THE POOL:

We start each day in the pool with a gentle, fun aquatic exercise session. You will need:

- Bathing suit (A clean, light coloured t-shirt can be worn over your suit if you wish) and towel. No outside shoes allowed.
- We recommend you bring a water bottle (no glass) to the pool.
- Private day use lockers are available for your use. For Downtown location: please bring your own lock or you can rent a lock from the front desk for \$1.00. For Westhills location: you can access day use locker with your membership card.

THE STUDIO:

After the pool exercises we shower, change and meet upstairs in the Studio where we do gentle floor exercise, and a short group check in. Each week we have rotating guest speakers on various subjects related to health and healing. You will need:

- Loose, comfortable clothing
- Running/walking shoes for exercising
- Don't worry about snacks - we provide some yummy treats as well as tea/coffee and juice

PARKING:

Downtown location: No parking in YMCA-YWCA parking lots, however you will be given a parking pass for FREE parking in Broughton St. Parkade (745 Broughton St.) The parking pass will be given at the end of the session.

Westhills location: FREE parking in parking lots in front of complex.

Should you have any questions regarding the program, please feel free to email.

Sincerely,

Sarah Kramer

ENCORE Facilitator

e-mail-encore@vancouverislandy.ca