

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

Attached to this letter is the form necessary for enrollment: The **ENCORE REGISTRATION FORM** can be e-mailed back to me or returned to the members services desk or letter mailed directly to the address below.

For more information about **ENCORE** please read the **FAQ** attached 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 (t-shirt can be worn over your suit if you wish) and towel. It is recommended you wear water shoes to protect your feet. No outside shoes allowed
- We recommend you bring a water bottle (no glass) to the pool
- Private lockers are available for your use. **Please bring your own lock** or you can rent a lock from the front desk for \$1.00

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:

If you are doing the downtown session - We are pleased to be able to offer you **FREE PARKING** in the Broughton Parkade (745 Broughton St). We will give you a free parking pass at the end of our session.

Please note: Westhills provides **FREE** parking out front of the complex.

Should you have any questions regarding the program, please feel free to e-mail.

Sincerely,

Sarah Kramer

ENCORE Facilitator

YMCA-YWCA of Vancouver Island

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vancouverislandy.com



FREQUENTLY ASKED QUESTIONS

What is YWCA ENCORE?

ENCORE is an exercise program designed specifically for anyone who has experienced 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. ENCORE can help you strengthen 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 participants to share their experiences in a safe and understanding environment.

When can I enroll?

We recommend you be at least 8 weeks post-surgery however, after that time, you may attend at any point, be it nine weeks or nine years. We encourage anyone who has 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 have an option to keep your feet on the bottom of the pool.

How much does it cost?

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

Do I need to enroll?

Yes!! The registration form should be attached to this packet and are also available at www.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 lymphedema?

Yes - it is recommended and encouraged. The land and pool exercises are beneficial for managing lymphedema.

ENCORE Registration Form

(please print clearly)

Please circle program you will be attending: __DOWNTOWN_ OR _WESTHILLS__

Participant Name: _____

Date of Birth: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____

E-mail: _____

Emergency

Contact : _____

Relationship: _____

Telephone: _____