

health management

northvanrec can help get you back in motion...

Whether you're dealing with a chronic condition, prepping for a surgery, or recovering from an injury/surgery, we're here to help enhance your strength, stamina, circulation, flexibility and cardiovascular fitness.

The North Vancouver Recreation Commission has developed a number of rehabilitation programs and services to help you regain and maintain an active lifestyle.

Participants receive significant benefits including:

- Support for pre-operative strength training
- Support for pre-operative recovery
- Forming important social connections
- Developing a support network
- Experiencing an improved quality of life
- Increasing or maintaining your level of independence

The diverse selection of programs includes:

- Arthritis Management
- Cardiac Rehabilitation
- Diabetes Management
- Joint Replacement (pre & post surgery)
- Osteoporosis & Fibromyalgia exercise classes
- Stroke Rehab

Physician referral may be required. Please call 604-987-Play (7529) for more information.

You can also view or download our SPECIALTY FITNESS, REHABILITATION & PREVENTATIVE PROGRAMS Resource Guide online @ northvanrec.com



HJ Joint Replacement

Referred from a physiotherapist? A trainer can supervise you in a carefully designed circuit class in the fitness centre. We ensure that you are strengthening the joints & building overall fitness without overstressing newly replaced joints.

Harry Jerome Rehab Fitness Centre
Tu,Th 1:00-3:00pm
Call Jennifer at 604-983-6406 for more info

KM Supervised Rehab

Whether you've had a joint replaced or are waiting for surgery, you'll need to strengthen muscles surrounding the joint, improve flexibility and mobility, and enhance your overall fitness. A physiotherapist referral is required. By appointment only. Call 604-983-6559 for more information or to book an appointment.

Tu 12:30-1:30pm

Cardiac Rehabilitation

For those with a heart condition or who have had a heart attack. Work toward restoring your optimal health under the close supervision of our Exercise Specialists and Cardiac Rehab Fitness Instructors.

See p.108 for more information.

Supervised Rehabilitation

Supervised rehab time is designed for individuals with a physiotherapist's or doctor's referral.

Trained fitness centre staff supervise individualized designed programs aimed at enhancing strength, stamina, circulation, flexibility, and cardiovascular fitness. This setting is for individuals with osteoporosis, arthritis, diabetes, fibromyalgia, stroke rehab or requiring pre and post joint replacement rehab. See chart on p.8 of the centre pull-out for times and locations.

Resource guide online @ northvanrec.com

Questions?
Call our Health
Management
staff at
604-983-6317

Stroke Rehabilitation

For those who have had a cerebral vascular accident. The focus is on full range of movement for small and large muscle groups with some speech therapy. Classes are taught in the Karen Magnussen pool. Call 604-983-6553 for more information.

Specialty Aquatic Rehab

This is a client driven session in the Karen Magnussen Pool designed for those who have chronic injuries, recovering from surgery, medical conditions, or just needing some help getting active in the water. Our certified Aquatic Rehabilitation Specialists are also trained to work with insurance company clients. Please call 604-983-6553 for prices and to book a session.



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want more?

try our new
online guide at
northvanrec.com

registered health management classes

The North Vancouver Recreation Commission offers a variety of specialized fitness classes for people with special medical needs. Some classes and programs require a physician's referral. Find out more about our rehabilitation programs.



Adapted Fitness - Chair & Pool Exercise

This specialty class consists of self-paced chair and/or water exercises for people with mobility, coordination, strength and flexibility limitations due to disabilities or injury. Call 604-983-6534 for prices or referrals. Drop-ins available

Adapted Land 1-2pm

Adapted Water 2-3pm

Griffin, Edgemont Rm/Pool

268433	M,W	Sep 12-28	1:00-3:00pm
268435	M,W	Oct 3-31	1:00-3:00pm
268434	W,M	Nov 2-30	1:00-3:00pm
268436	M,W	Dec 5-14	1:00-3:00pm
268758	M,W	Jan 9-30	1:00-3:00pm
268760	W,M	Feb 1-29	1:00-3:00pm
268759	M,W	Mar 5-28	1:00-3:00pm

\$4 per class

(Registration also available on a monthly basis)

Knee & Hip Pre/Post Surgery Weight Training Introduction

This intro program is ideal for people with a specific chronic condition, recovering from a related injury, or is pre/post surgery. Class includes three 1-hour group sessions that review the use of equipment and effective exercises (aerobic activity, range of motion, flexibility, & strength) ultimately allowing individuals to manage pain and remain active to carry on with daily activities. Included is a 3 month membership as well as a personalized session with our Fitness Centre Staff. (Some individuals may require a doctor's or physio's referral). Call 604-983-6537 for more information.

Griffin, Weight Rm

Hip Specific

276193	Tu	Oct 18-Nov 1	2:00-3:00pm
276194	Tu	Feb 21-Mar 7	2:00-3:00pm

Knee Specific

276210	Tu	Nov 15-29	2:00-3:00pm
267211	Tu	Mar 20-Apr 3	2:00-3:00pm

Adults

\$132.60/\$15 with membership

Seniors

\$103.30/\$15 with membership

Osteo/Arthritis

You will learn gentle exercises using bands, weights, chairs and mini balls to help improve your muscle and bone strength, reaction time and reduce the likelihood of falling.

Parkgate, Large Multi-Purpose Rm

267737	W	Sep 7-Oct 26	10:30-11:30am
267738	W	Nov 2-Dec 21	10:30-11:30am
\$28.80/\$21.33 with membership			
267739	M	Sep 12-Oct 31	10:35-11:35am
267740	M	Nov 7-Dec 19	10:35-11:35am
272129	M	Jan 2-Feb 13	10:35-11:35am
272131	W	Jan 4-Feb 15	10:30-11:30am
272130	M	Feb 20-Apr 2	10:35-11:35am
272132	W	Feb 22-Apr 4	10:30-11:30am
\$25.20/\$18.66 with membership			

Specialty Aquatic Rehab

This is a client-driven session in the Karen Magnussen Pool designed for those who have chronic injuries, recovering from surgery, medical conditions, or just needing some help getting active in the water. Our certified Aquatic Rehabilitation Specialists are also trained to work with insurance company clients. Please call 604-983-6553 for prices and to book a session.

WaterJoints

This specialized exercise program is designed to increase range of motion and muscle strength for clients recovering from lower joint injury and/or replacements (hips, knees, and ankles). Both pre and post operative clients are welcome.

Magnussen, Pool

268186	W,M	Oct 12-Nov 2	11:30am-12:15pm
\$49/\$40.25 with membership			
268187	M,W	Nov 7-30	11:30am-12:15pm
\$56/\$46 with membership			
268188	M,W	Dec 5-21	11:30am-12:15pm
\$42/\$34.50 with membership			
268189	W,M	Jan 4-Feb 1	11:30am-12:15pm
\$63/\$51.75 with membership			
268190	M	Feb 6-Mar 7	11:30am-12:15pm
\$70/\$57.50 with membership			



visit

northvanrec.com

for more details!

fall
program
registration

starts
wednesday
aug 17

winter
program
registration

starts
wednesday
oct 19

specialty fitness & cardiac rehab

cardiac rehabilitation and cardiometabolic exercise classes

For those who have a heart condition or are trying to prevent a heart condition. Work toward restoring your optimal health under the close supervision of our Exercise Specialists and Cardiac Rehab Fitness Instructors. For more information or to contact Min Naruki-van Velzen, call 604-904-0810 or visit www.vancouverhearthealth.com for more information and a copy of the referral form.

A Specialty Fitness Rehab Membership is required to access the following classes:

Phase 1-2 (Entry level)

Closely supervised by Certified Exercise Specialists in a clinical setting. Physician's referral required.

Lions Gate Hospital, Medical Day Centre

M,W,F 9:30-10:30am, 10:40-11:40am,
11:50-12:50pm

Phase 3-4 (Maintenance level)

For stable cardiac clients and for those preventing heart disease. Group fitness classes combined with resistance training under the guidance of Certified Exercise Specialists and Cardiac Rehab Fitness Instructors. Physician's referral required.

Andrews, JM Rm

M,W,F 1:30-2:30pm
M,W,F 2:30-3:30pm

JBCC, Gym & Fitness Centre

M,W,F 8:30-9:30am

M,W,F 9:30-10:30am

JBCC, Fitness Centre Only

M,W,F 10:30-11:30am

Memorial, Capilano Rm

M,W,F 7:45-8:45am

M,Th 5:30-6:45pm

M,Th 7:00-8:15pm

Parkgate, MPR

M,W,F 7:30-8:30am

cardiac specialty fitness rehab memberships

The registration fee for the Cardiac Rehab Phase I/II Entry-Level hospital-based program does not include the all-inclusive fitness membership to northvanrec facilities. However, once your exercise specialist has cleared you from the hospital-based program and considers you to be at a lower risk and able to participate in Phases III/IV Maintenance Level, your registration fee includes your cardiac rehab classes, circuit training classes, access to the swimming pools, steam rooms, saunas and whirlpools, and to any of our 9 fitness centres, plus much more...

Adult Specialty Fitness Membership

Senior Specialty Fitness Membership

Class	Adult Specialty Fitness Membership			Senior Specialty Fitness Membership		
	1 month	3 month	Annual	1 month	3 month	Annual
Cardiac Rehab Phase I/II* Entry Level	\$95.24	\$285.71	-	\$95.24	\$285.71	-
Diabetes/Cardiac Rehab Phase III/IV Maintenance Level	\$68.26	\$146.52	\$468.15	\$53.84	\$117.46	\$381.04



need help?

call our
customer care
centre
604-983-6388



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