



Media Release

THE CORPORATION OF THE CITY OF VERNON
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FOR IMMEDIATE RELEASE

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Aquafit and Aqua Therapy classes given the green light to resume

The office of the Provincial Health Officer (PHO) issued a clarification today (April 1), indicating that Aquafit and Aqua Therapy group classes can continue to operate as usual, as public swimming pools have an exemption within the Gathering and Events Order.

Recreation Services had cancelled Aquafit and Aqua Therapy classes following the PHO announcement this week that indoor group fitness classes of any kind were being paused.

“Following some advocacy by the BC Recreation & Parks Association, the PHO was able to provide clarification that these adult group aquatic classes can continue,” said Doug Ross, Director, Recreation Services. “We’re happy to be able to start these classes up again as they are very important to the well-being of the participants”.

Recreation Services is working on logistics for classes to start again sometime following the holiday long weekend. Once details are finalized, registered participants will be contacted with the date for the restart of their class.

Youth activities and adult activities with individual participation such as swimming, fitness gym, walking and public skating were not affected by the order and are ongoing.

For updates on recreation opportunities and to pre-register for individual activities, please visit the Greater Vernon Recreation Services website at www.gvrec.ca.