

BENEFITS OF TRAINING AT THE VALCARTIER SPORTS CENTRE

Team of specialists trained in prenatal and postnatal care

Semi-private group training; training adapted to each client's physical condition and limitations/pains

Numerous facilities available: land and water classes with a variety of equipment

Competitive prices



PRENATAL POSTNATAL COURSE

Offered by

**Community Recreation
Department
Base Valcartier**

Scan the QR code
for more information
on our offer.



418-844-5000, ext 5226 – opt 2



Service des loisirs communautaires
de la Base Valcartier



www.cfmws.ca/valcartier

Sports Centre

Base Valcartier, Building 516
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Benefits of working out pregnant

- Improve posture, sleep quality, placental oxygenation and energy.
- Decreased risk of depression and complications during and after pregnancy.
- Facilitates the return to training post-delivery, weight management and social interaction.
- Training in the water reduces the baby's pressure in the womb.

Courses description

Fitness classes (aquatic and land-based) for pregnant women of all levels and trimesters. The course ensures the safety of both mother and baby, and aims to maintain physical fitness during pregnancy to facilitate delivery, as well as the return to training postnatal period.

Benefits of returning to supervised training

- Strengthening muscles to meet the new challenges brought by baby.
- Improved sleep quality, energy level and sexual activity.
- Decreased risk of depression, easier management of emotions and channel stress.

Risks of returning to training too quickly without supervision

- Urinary and fecal incontinence (initial signs of organ descent).
- Lumbar, thoracic, abdominal, pelvic and scar pain.
- Non-optimal recovery of deep and abdominal muscles.



Program Description

This is a progressive return to training program for postpartum moms.

Postnatal – Level 1

This course aims to restore movement and activities of daily living, as well as rehabilitate deep muscles affected by pregnancy and childbirth. We welcome mothers from 2 weeks post-vaginal delivery and 4 weeks post-caesarean delivery. Two classes a week to support your gradual return to training.

Babies are welcome!

Postnatal – Level 2

This course is a continuation of postnatal level 1 and aims to continue deep muscle re-education and a gradual return to higher-intensity physical activities.

Babies are welcome!

All levels:

Aqua Postnatal and Parent-Child 1

The part of the course dedicated to the new mother consists of sessions adapted to her level, with the aim of strengthening the pelvic floor and stabilizing muscles acquired during pregnancy and childbirth.

The baby section of the course provides a positive first experience of swimming in a safe environment for the baby.