

Crystal Pool & Fitness Centre

| Admission | Single | 10 punch | Gold 1 month | Gold* 3 month | Bronze* 12 month | Silver* 12 month | Gold* Annual |
|------------------|--------|----------|--------------|---------------|------------------|------------------|--------------|
| Adult (18–59) | \$5 | \$45 | \$50 | \$112.50 | \$268 | \$315 | \$350 |
| Senior (60 plus) | \$4 | \$36 | \$40 | \$90 | \$214 | \$252 | \$280 |
| ***Youth (13–17) | \$3.50 | \$31.50 | \$36.25 | \$81.50 | N/A | N/A | \$253.60 |
| **Child (5–12) | \$2.50 | \$22.50 | \$25 | \$56.25 | N/A | N/A | \$175 |
| Preschool (0–4) | N/C | N/C | N/A | N/A | N/A | N/A | N/A |
| *Family | \$10 | \$90 | N/A | N/A | N/A | N/A | N/A |

***Students with valid student card will pay this fee.

**Children 6 years of age and younger must be accompanied into the pool (at arms reach at all times) by an adult (16 years or older).

*Family: 2 adults and up to 3 children/youth, or 1 adult and up to 4 children/youth.

Monthly payment plans are available for pass purchase. Visa, Mastercard and Amex, or void cheque will be accepted. A \$25 fee will apply to cancellations of monthly plans.

CRYSTAL POOL PASSES

| GOLD | SILVER | BRONZE |
|--|---|--|
| Full access to the pool, weightroom and cardio areas and access to any of our fitness and aquafit classes. | Mon–Fri: 9 a.m.–4 p.m. and 7 p.m.–11 p.m., Sat and Sun: all hours open | Mon–Fri: 9 a.m.–11 a.m., 1 p.m.–4 p.m., 8:30 p.m.–10:30 p.m. Sat: 6 a.m.–9 a.m. and 4 p.m.–close Sun: 4 p.m.–close |



Crystal Pool Session Descriptions

Early Bird Lengths

Drop-in for some early morning fitness or relax in the hot tub, sauna or steam room. Four 50m lanes are available for length swimming.

25m Leisure & Lengths

Join in for 25m length swimming or a leisurely soak. Three 25m lanes are available, as well as hot tub, sauna and steam room. Check out our Aquafit schedule as classes are offered during every swim.

50m Leisure & Lengths

A great way to fit in a workout! Three 50m lanes are available, as well as hot tub, sauna and steam room. Use the cardio machines or weight room as part of your fitness routine. Check out our Aquafit schedule for daytime Water Works classes.

Everyone Welcome

Ride the waterslide, shoot some hoops, relax in the steam room, play in the small pools, run the water walkway, play some games... something for everyone!

Family Swim

An ideal time for the family to get together and enjoy some good clean fun in the shallow end of the big pool and two small pools. The deep end is reserved but the hot tub, sauna, steam room, waterslide, and basketball net are all available. One parent/guardian must accompany children in the water.

Adult Swim (18 yrs+)

Come in for a workout in the weight room or cardio area and finish your day with a relaxing time in the hot tub, sauna or steam room. Two 20m lanes are available.

Lessons and Clubs

A busy time in the pool for swim lessons and club practices. Adults may drop-in for the hot tub, sauna and steam room. The remaining pool area is reserved for lessons and clubs.

Friday Night Bites

A chance for youth ages 11–15 to enjoy the pool to themselves from 9 p.m.–10 p.m. every Friday night! The lifeguards will have plenty of activities to join in on. Only \$2!

Parent & Tot

Bring your little one (5 years and under) for a splash in our small pools.

Crystal Pool & Fitness Centre

2275 Quadra Street
Victoria, BC V8T 4C4

Phone: 250.361.0732

Hours

Monday – Friday 5:30 a.m.–11 p.m.
Saturday 6:30 a.m.–6 p.m.
Sunday 8:30 a.m.–6 p.m.

Fall/Winter Public Swim Schedule

FALL/WINTER PUBLIC SWIM DROP-IN SCHEDULE (SEP 28, 2009 – MAR 31, 2010)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|--|--|
| 50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m. | 50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m. | 50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m. | 50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m. | 50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m. | 50M Early Bird Lengths and Parent & Tot 6 a.m.–9 a.m. | |
| 25M Leisure & Lengths and Parent & Tot 9 a.m.–11 a.m. | 50M Leisure & Lengths and Lessons 9 a.m.–11 a.m. | 25M Leisure & Lengths and Parent & Tot 9 a.m.–11 a.m. | 50M Leisure & Lengths and Lessons 9 a.m.–11 a.m. | 25M Leisure & Lengths and Parent & Tot 9 a.m.–11 a.m. | Lessons and Clubs 9 a.m.–11 a.m. | 50M Early Bird Lengths and Parent & Tot 8:30 a.m.–11 a.m. |
| 50M Lengths and Parent & Tot 11 a.m.–1 p.m. | 50M Lengths and Parent & Tot 11 a.m.–1 p.m. | 50M Lengths and Parent & Tot 11 a.m.–1 p.m. | 50M Lengths and Parent & Tot 11 a.m.–1 p.m. | 50M Lengths and Parent & Tot 11 a.m.–1 p.m. | 25M Leisure & Lengths and Family Swim 11 a.m.–1 p.m. | 50M Leisure & Lengths and Family Swim 11 a.m.–1 p.m. |
| Everyone Welcome and School Lessons 1 p.m.–3:30 p.m. | Everyone Welcome and School Lessons 1 p.m.–3:30 p.m. | Everyone Welcome and School Lessons 1 p.m.–4 p.m. | Everyone Welcome and School Lessons 1 p.m.–3:30 p.m. | Everyone Welcome 1 p.m.–3:30 p.m. | Everyone Welcome 1 p.m.–4 p.m. | Everyone Welcome 1 p.m.–4 p.m. |
| Family Swim and Clubs 3:30 p.m.–5 p.m. | Lessons and Clubs 3:30 p.m.–5 p.m. | Family Swim and Clubs 4 p.m.–5 p.m. | Lessons and Clubs 3:30 p.m.–5 p.m. | Family Swim and Clubs 3:30 p.m.–5 p.m. | | |
| 25M Leisure & Lengths and Family Swim 5 p.m.–6 p.m. | 25M Leisure & Lengths and Lessons 5 p.m.–6 p.m. | 25M Leisure & Lengths and Family Swim 5 p.m.–6 p.m. | 25M Leisure & Lengths and Lessons 5 p.m.–6 p.m. | 25M Leisure & Lengths and Family Swim 5 p.m.–6 p.m. | 25M Leisure & Lengths and Family Swim 4 p.m.–6 p.m. | Lessons and Clubs 4 p.m.–6 p.m. |
| 25M Leisure & Lengths and Family Swim 6 p.m.–7 p.m. | Lessons and Clubs 6 p.m.–7:30 p.m. | 25M Leisure & Lengths and Family Swim 6 p.m.–7 p.m. | Lessons and Clubs 6 p.m.–7:30 p.m. | 25M Leisure & Lengths and Family Swim 6 p.m.–7 p.m. | | |
| Everyone Welcome 7 p.m.–9 p.m. Loonie/Twoonie Night | Adult Swim 7:30 p.m.–9:30 p.m. \$2 after 9 p.m. | Everyone Welcome 7 p.m.–9 p.m. | Adult Swim 7:30 p.m.–9:30 p.m. \$2 after 9 p.m. | Everyone Welcome 7 p.m.–8:30 p.m. | After Hours Rentals | After Hours Rentals |
| 50M Leisure & Lengths 9 p.m.–11 p.m. \$2 | 50M Leisure & Lengths 9:30 p.m.–11 p.m. \$2 | 50M Leisure & Lengths 9 p.m.–11 p.m. \$2 | 50M Leisure & Lengths 9:30 p.m.–11 p.m. \$2 | Friday Night Bites Swim 8:30 p.m.–10 p.m. 11–15 yrs \$2 NO ADULTS | | |

Please Note: Lifeguards may require up to 10 minutes to change the lane-rope configuration at the beginning and end of each swim.

Note: last entry into the facility 30 minutes prior to closing.

>> Fall Special Events

Pro D Day Fun Swim Princess and Pirates

Attention all Princesses and Pirates, get ready for some fun in the pool on your day off from school! Our lifeguards will be all dressed up and ready to play games fit for both princesses and pirates, make your very own tiara or pirate hat, walk the plank or dance a jig and lots more!

Friday October 23 1 p.m.–3:30 p.m.

Ghoul Pool Halloween Fun Swims

Join our spooky Crystal Pool lifeguards for an afternoon of games and excitement. Make monster messes, bob for apples and try our haunted waterslide if you dare!

Friday October 30 7 p.m.–8:30 p.m.
Saturday October 31 1 p.m.–4 p.m.

Fall Fun Fair

It's a mini carnival at Crystal Pool! Come on in out of that cold wet weather and warm up with some fun in the pool! Get ready to play carnival games, win prizes and try out our giant water trampoline!

Saturday November 28 1 p.m.–4 p.m.

Winter Wonderland Fun Swims

Watch for our Special Event brochure in December for all the details.

S,Su December 19–January 3

2010 Olympic Events: Torch Relay and events at Crystal Pool and Fitness Centre, see pages 29–30.

Free and Low Cost Recreation Opportunities

Leisure Involvement For Everyone

The L.I.F.E. program is designed to ensure equitable access to recreation for all City of Victoria residents regardless of their ability to pay. The L.I.F.E. program provides a combination of annual credit and program savings to eligible low-income individuals and families to use towards recreational programs and services in all City recreational facilities and jointly-operated centres.

How to Apply

Application forms for L.I.F.E. 2009 and 2010 are available and accepted at the Crystal Pool & Fitness Centre

**Call 250.361.0732
for more information.**

Loonie/Twoonie Swims at the Pool
See the pool schedule on page 4.



FREE L.I.F.E.* SWIMS

Wednesdays

September 30

December 2

February 3

March 24

7 p.m.–9 p.m.

*Leisure Involvement For Everyone

SAVE-ON-FOODS FREE SKATES

Summer's End Skate

Sunday, September 27 2:30 p.m.–4 p.m.

Halloween Freaktacular

Thursday, October 29 7:15 p.m.–8:45 p.m.

Veteran's Memorial Skate

Sunday, November 8 2:30 p.m.–4 p.m.

Christmas Skate with Santa

Sunday, December 20 2:30 p.m.–4 p.m.

CAMPERSHIPS

Camperships are funds that have been set aside to help subsidize camp programs for children. They are made available by donations from the public and program revenue set specifically for camperships.

We would like to make our camp experiences more accessible to all children.

For more information or to apply for a campership, please speak to our front desk staff at Crystal Pool.

PARKS TOURS

Discover Victoria's Parks

Participate in free, interpretive walking tours of some of the City's finest parks and learn what makes each unique.

Beacon Hill Park Flora and Fauna

Meet at Beacon Hill Petting Zoo parking lot off Circle Drive.

Wednesday, September 16, 2009 10:30 a.m.–12 p.m.

Look High, Look Low at Stadacona Park

1490 Pandora Avenue, meet at the tennis courts.

Wednesday, September 23, 2009 10:30 a.m.–12 p.m.

Tree Tales of Ross Bay Cemetery

1495 Fairfield Road, meet at the maintenance building.

Wednesday, September 30, 2009 10:30 a.m.–12 p.m.

Stone Sheep of Summit Park

3025 Blackwood Street, meet at playground.

Wednesday, October 7, 2009 10:30 a.m.–12 p.m.

Natural History of Beacon Hill Park

Meet at Beacon Hill Petting Zoo parking lot off Circle Drive.

Wednesday, October 14, 2009 10:30 a.m.–12 p.m.

>> Winter Special Events

Sweetheart Swim

Bring your special someone and get a head start on your Valentine Celebrations with our 2 for 1 Valentines day swim!

Wednesday February 10 7 p.m.–8:30 p.m.

2010 Water Olympics

Beginning with our opening ceremony on Saturday, February 13, celebrate the Vancouver 2010 Olympics at Crystal Pool with daily games and activities.

Watch for more information coming in January including dates and times for our Low-Cost and free swims!

Saturday, February 13 thru Sunday, February 28

Spring Break Splash!

This spring break, Crystal Pool is travelling through 10 different countries over sixteen days, sampling food, games and activities for each! Join in with our lifeguards Fill out our Spring Break Splash passport and enter to win great prizes!

Saturday, March 6 thru Sunday, March 21

Crystal Pool Fall Lessons

| FALL 2009 LESSON GRID | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|-------------------|------------------------|---|------------|-------|---------|--|---------|------|-----------|---|-----------|--------|-----------|--------|-----------|-----------|--|---------|--------|------------|---------|--|----------|--------|-----------|--|---------|---|--|
| Sessions 30 min 45 Min | | | Tuesday (a.m.) | | | | Thursday (a.m.) | | | | Tuesday (p.m.) | | | | | | | Thursday (p.m.) | | | | | Saturday (a.m.) | | | | Sunday (p.m.) | | | |
| 9 sessions \$40.50 \$49.50 10 sessions \$45 \$55 GST will be added to all adult classes. | | | October 6 – December 8 (10 Sessions) | | | | October 8 – December 10 (10 Sessions) | | | | October 6 – December 8 (10 Sessions) | | | | | | | October 8 – December 10 (10 Sessions) | | | | | October 17 – December 12 (9 Sessions) | | | | October 18 – December 13 (9 Sessions) | | | |
| | | | 9:30 am | 10 am | 11 am | 9:30 am | 10 am | 11 am | 4 pm | 4:30 pm | 5 pm | 5:30 pm | 6 pm | 6:30 pm | 7 pm | 5 pm | 5:30 pm | 6 pm | 6:30 pm | 7 pm | 9 am | 9:30 am | 10 am | 10:30 am | 4 pm | 4:30 pm | 5 pm | 5:30 pm | | |
| Parented Preschool Program | 30 Minute Classes | Starfish (4–18 mos) | | | X | | | X | | | X | | | | | X | | X | | | X | | X | | X | | X | | | |
| | | Duck (18–30 mos) | | | X | | | X | | | X | | | | | | X | | X | | | X | | X | | X | | X | | |
| | | Sea Turtle (18–30 mos) | | X | | | X | | | | X | | | | X | | X | | X | | | X | | X | | X | | X | | |
| Preschool Program 3–5yrs | 30 Minute Classes | Salamander | X | | | X | | | X | X | | X | X | X | | X | X | X | X | | X | X | X | X | X | X | X | X | X | |
| | | Sunfish | | | | X | | | X | X | | X | | | X | X | | X | | X | X | | X | | X | | X | | X | |
| | | Crocodile | X | | | | X | | | | X | | X | | | | | X | | X | | X | | X | | X | | X | | |
| | | Whale | X | | | | X | | | | X | | X | | | | | X | | X | | X | | X | | X | | X | | |
| School Aged Program | 30 Minute Classes | Swim Kids 1 | | | | | | | | X | | X | | X | | X | | X | | X | | X | | X | | X | | X | | |
| | | Swim Kids 2 | | | | | | | | X | | X | | X | | X | | X | | X | | X | | X | | X | | X | | |
| | | Swim Kids 3 | | | | | | | | | X | | X | | X | X | | X | | X | | X | | X | | X | | X | | |
| | | Swim Kids 4 | | | | | | | | | X | | X | | X | X | | X | | X | | X | | X | | X | | X | | |
| | 45 Minute Classes | Swim Kids 5 & 6 | | | | | | | | 4:15–5 | | 5:30–6:15 | | | | 5:15–6 | 6–6:45 | | | | 9:30–10:15 | | | | 4–4:45 | | 5–5:45 | | | |
| | | Swim Kids 7 & 8 | | | | | | | | 4:45–5:30 | | | | 6:30–7:15 | | 5:45–6:30 | 6:45–7:30 | | | | | | | 10:15–11 | | 4:45–5:30 | | | | |
| | | Swim Kids 9 & 10 | | | | | | | | | | | | 6:30–7:15 | | | 6:45–7:30 | | | | | | | 10:15–11 | | 4:45–5:30 | | | | |
| | | *Adults 14+ | 45 Minute Classes | Adult Beg. | | | | 9:15–10 | | | | | | | 7–7:45 | | | | | 7–7:45 | | 9–9:45 | | | | | | | | |
| | Adult Intr. | | | | | 9:15–10 | | | | | | | 7–7:45 | | | | | 7–7:45 | | 9–9:45 | | | | | | | | | | |
| | Adult Mast. | | | | | 9:15–10 | | | | | | | 7–7:45 | | | | | 7–7:45 | | 9–9:45 | | | | | | | | | | |
| Private Lessons Available | | | | | | | | | X2 | X | X | X | X | X | X2 | X | X | X | X | X2 | X2 | X | X | X | X | X | X | X | | |

Red Cross Swim Preschool

(with caregiver participation, 4–36 mos)

Starfish (4 to 18 months)

Experience buoyancy, movement, entries, and songs and play in the water with your water baby.

Duck (18 to 30 months)

The next step for your little one. Build confidence while learning entries, submersions, floats through play.

Sea Turtle (24 to 36 months)

A transitional level. Parents participate in first four lessons to gradually transfer the preschoolers to the care of the instructor. Develop floats, glides, deep water safety, and safe entries.

Red Cross Swim Preschool

(without caregiver participation, 3–5 years)

Salamander

Learn assisted floats and glides and chest deep water activities through games and songs. Introduction to basic swimming skills. Distance swim is 2m.

Sunfish

Work on stroke and skills progressions. Learn safety skills in, on and around the water, and entries and floats in deep water. Distance swim is 5m.

Crocodile

Start unassisted glides and kicking in deep water. Increase distance for front and back swims. Distance swim is 10m.

Whale

Learn to swim independently and participate in team games. Continue to increase distance swims and improve front and back swim skills Distance swim is 2 x

Crystal Pool Winter Lessons

| WINTER 2010 LESSON GRID | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------|------------------------|--|-------|---|---------|---|-------|---|---|--|-----------|------|---------|-----------|-----------|--------|---|---------|-----------|-----------|-----------|--|------------|----------|----------|---|-----------|--------|-----------|
| Sessions 30 min 45 Min 8 sessions \$36 \$44 GST will be added to all adult classes. | | | Tuesday (a.m.) January 12 – March 2 (8 Sessions) | | | | Thursday (a.m.) January 14 – March 4 (8 Sessions) | | | | Tuesday (p.m.) January 12 – March 2 (8 Sessions) | | | | | | | Thursday (p.m.) January 14 – March 4 (8 Sessions) | | | | | Saturday (a.m.) January 9 – February 27 (8 Sessions) | | | | Sunday (p.m.) January 10 – February 28 (8 Sessions) | | | |
| | | | 9:30 am | 10 am | | 11 a.m. | 9:30 am | 10 am | | | 4 pm | 4:30 pm | 5 pm | 5:30 pm | 6 pm | 6:30 pm | 7 pm | 5 pm | 5:30 pm | 6 pm | 6:30 pm | 7 pm | 9 am | 9:30 am | 10 am | 10:30 am | 4 pm | 4:30 pm | 5 pm | 5:30 p.m. |
| Parented Preschool Program | 30 Minute Classes | Starfish (4–18 mos) | | | X | | | X | | X | | X | | | | | | X | | X | | X | | X | | X | | X | | |
| | | Duck (18–30 mos) | | | X | | | X | | X | | X | | | | | | | X | | X | | X | | X | | X | | X | |
| | | Sea Turtle (18–30 mos) | | X | | | X | | | | X | | | | | X | | | X | | X | | | X | | X | | X | | X |
| Preschool Program 3–5yrs | 30 Minute Classes | Salamander | X | | | X | | | X | X | | X | X | X | | X | X | X | X | X | | X | X | X | X | X | X | X | X | |
| | | Sunfish | | | | X | | | X | X | | | X | | | | X | X | | X | | X | X | | X | | X | | X | |
| | | Crocodile | X | | | | | X | | | | X | | X | | | | | | X | | X | | X | | X | | X | | X |
| | | Whale | X | | | | | X | | | | X | | X | | | | | | X | | X | | X | | X | | X | | X |
| School Aged Program | 30 Minute Classes | Swim Kids 1 | | | | | | | | | X | | X | | X | | | X | | X | | X | | X | | X | | X | | |
| | | Swim Kids 2 | | | | | | | | | | X | | X | | X | | | X | | X | | X | | X | | X | | X | |
| | | Swim Kids 3 | | | | | | | | | | | X | | X | | X | | | X | | X | | X | | X | | X | | X |
| | | Swim Kids 4 | | | | | | | | | | | X | | X | | X | | X | | X | | X | | X | | X | | X | |
| | | Swim Kids 5 & 6 | | | | | | | | | | 4:15–5 | | | 5:30–6:15 | | | | 5:15–6 | | 6–6:45 | | | 9:30–10:15 | | | 4–4:45 | | 5–5:45 | |
| | | Swim Kids 7 & 8 | | | | | | | | | | 4:45–5:30 | | | | 6:30–7:15 | | | | 5:45–6:30 | | 6:45–7:30 | | | 10:15–11 | | | 4:45–5:30 | | |
| | | Swim Kids 9 & 10 | | | | | | | | | | | | | | 6:30–7:15 | | | | | 6:45–7:30 | | | 10:15–11 | | | 4:45–5:30 | | | |
| *Adults 14+ | 45 Minute Classes | Adult Beg. | | | | | 9:15–10 | | | | | | | | | 7–7:45 | | | | | 7–7:45 | 9–9:45 | | | | | | | | |
| | | Adult Intr. | | | | | 9:15–10 | | | | | | | | | | 7–7:45 | | | | | 7–7:45 | 9–9:45 | | | | | | | |
| | | Adult Mast. | | | | | 9:15–10 | | | | | | | | | | 7–7:45 | | | | | 7–7:45 | 9–9:45 | | | | | | | |

10m.

Red Cross Swim Kids (6–13 yrs)

Level 1

A beginner level for children who haven't had lessons. Introduction to the water and the pool area. Learn floats and glides with kicks. Distance swim is 5m.

Level 2

Build skills in front and back swims. Introduction to deep water activities. Endurance is built on flutter kicking with assisted glides. Distance swim is 10m.

Level 3

Introduction to front crawl as well the foundation for making wise choices

on where and when to swim. Diving is introduced. Distance swim is 15m.

Level 4

Develop front crawl, back glide and shoulder roll for back crawl. Work on kneeling dives and surface support. Distance swim is 25m.

Level 5

Introduction to back crawl, sculling skills and whip kick on the back. Learn stride dives. Distance swim is 50m.

Level 6

Front and back crawl continue to be refined and elementary backstroke is introduced. Children are also introduced to treading water and front dives. Distance swim is 75m.

Level 7

Build skills and endurance for front crawl, back crawl and elementary back stroke and learn front whip kick. Distance swim is 150m.

Level 8

Introduction to breaststroke and rescue entries. Continue to refine strokes and skills. Distance swim is 300m.

Level 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined with a focus on fitness. Master the front dive. Distance swim is 400m.

Crystal Pool Aquatic Programs

Adult (14 yrs+)

Adult Beginner

For the beginner swimmer. Learn the swimming basics of breathing, flotation, and propulsion. For those that are ready, the basics of front and back crawl are introduced. Swimmers learn at their own pace. Distance swim is 10m.

Adult Intermediate

Develop front and back crawl working on proper breathing technique, stroke proficiency and increased endurance. Introduction to deep water activities, diving, breaststroke and elementary backstroke. Distance swim is 50m.

Adult Masters

For those looking to improve their strokes and endurance with a focus on fitness. Our instructors will provide stroke instruction while offering workouts of up to 500m depending on ability.

AQUATICS – ADULT

Aqua Yoga

Treat yourself with this relaxing class in the water, focusing on body alignment, core strength, flexibility and breathing. Pre-registration required.

| Crystal Pool and Fitness Centre | | 6/\$48 |
|---------------------------------|------------------|-----------------------|
| 28831 | T Sep 29–Nov 3 | 11:30 a.m.–12:30 p.m. |
| 28829 | T Sep 29–Nov 3 | 8 p.m.–9 p.m. |
| 28832 | Th Oct 1–Nov 5 | 11:30 a.m.–12:30 p.m. |
| 28830 | Th Oct 1–Nov 5 | 8 p.m.–9 p.m. |
| 28677 | T Nov 10–Dec 15 | 11:30 a.m.–12:30 p.m. |
| 28675 | T Nov 10–Dec 15 | 8 p.m.–9 p.m. |
| 28678 | Th Nov 12–Dec 17 | 11:30 a.m.–12:30 p.m. |
| 29493 | Th Nov 12–Dec 17 | 8 p.m.–9 p.m. |
| 29499 | T Jan 5–Feb 9 | 11:30 a.m.–12:30 p.m. |
| 28679 | T Jan 5–Feb 9 | 8 p.m.–9 p.m. |
| 29494 | Th Jan 7–Feb 11 | 11:30 a.m.–12:30 p.m. |
| 28676 | Th Jan 7–Feb 11 | 8 p.m.–9 p.m. |
| 29497 | T Feb 16–Mar 23 | 11:30 a.m.–12:30 p.m. |
| 28833 | T Feb 16–Mar 23 | 8 p.m.–9 p.m. |
| 29496 | Th Feb 18–Mar 25 | 11:30 a.m.–12:30 p.m. |
| 29495 | Th Feb 18–Mar 25 | 8 p.m.–9 p.m. |

CHILDREN

Adapted Aquatics Swim Lessons

An affordable alternative for children with unique physical or educational needs who struggle in our regular Red Cross Swim Program. Our qualified Adapted Aquatics Instructors work with caregivers in the water to help children learn to swim and be water-safe. A ratio of one instructor to five children (and their caregivers) allows the lesson to be tailored to the needs and goals of each child.

| Crystal Pool and Fitness Centre | | 6/\$33 |
|---------------------------------|------------------|------------------|
| 29321 | Th Oct 1–Nov 5 | 4 p.m.–4:45 p.m. |
| 29322 | Th Nov 12–Dec 17 | 4 p.m.–4:45 p.m. |

Tyee Wavemakers (3–7 yrs)

Instructors teach fundamental swimming skills using age-appropriate games and movement activities. Swimmers move continuously in each 45-minute class to ensure children develop enhanced levels of endurance, kicking skills, body control, hand control and breathing control. For more information about the program, please call Tyee Aquatic Club at 250.479.3909.

Junior Wavemakers (3–5 yrs)

| Crystal Pool and Fitness Centre | | 10/\$91 |
|---------------------------------|-----------------|---------------------|
| 28840 | Th Oct 8–Dec 10 | 4:30 p.m.–5:15 p.m. |

| Crystal Pool and Fitness Centre | | 9/\$82 |
|---------------------------------|----------------|---------------------|
| 28688 | Th Jan 7–Mar 4 | 4:30 p.m.–5:15 p.m. |

Wavemakers (5–7 yrs)

| Crystal Pool and Fitness Centre | | 10/\$83 |
|---------------------------------|-----------------|---------------------|
| 28841 | Th Oct 8–Dec 10 | 4:30 p.m.–5:15 p.m. |

| Crystal Pool and Fitness Centre | | 9/\$75 |
|---------------------------------|----------------|---------------------|
| 28689 | Th Jan 7–Mar 4 | 4:30 p.m.–5:15 p.m. |

Jr Lifeguard Splash Camp (7–12 yrs)

Hey Kids! Do love to spend your time in the water? Start your path to becoming a Lifeguard! Work on water proficiency, first aid and rescue skills in a fun setting, and earn your certification in the Lifesaving Societies Swim Patrol Program. Each session ends with a Jr Lifeguard competition...just like the Pros!

Jr Lifeguard Splash Camp

| Crystal Pool and Fitness Centre | | 5/\$84 |
|---------------------------------|------------------|----------------|
| 30051 | M–F Mar 8–Mar 12 | 10 a.m.–1 p.m. |

| Crystal Pool and Fitness Centre | | 5/\$105 |
|---------------------------------|-------------------|---------------|
| 30052 | M–F Mar 15–Mar 19 | 1 p.m.–4 p.m. |

Crystal Pool Private Lessons

Need a little extra practice with a swimming stroke? Prefer a one-on-one setting to learn? Try our private lessons to work on that last skill to get to the next level or just for a change of pace. Our action packed private lessons are offered during our group lessons times and are for all ages and abilities.

Only \$16/30 minute lesson for up to two swimmers.

Contact the front desk at 250.361.0732 for availability.

Short on spare time or looking for a specific instructor? Sarah will be happy to set up specially scheduled private lessons for an additional cost of \$10/class.

Call her at 250.361.0709 for more information.

Cancellation Policy: 48 Hours Notice is required to cancel or reschedule all private lessons. Full lesson fee's will apply for all cancellations within 48 hours.

Instructor Profile: Alan Bailey

Alan has been leading aquafit classes at the Crystal Pool for over 10 years now. He is well liked by his faithful group of morning participants because his classes have a relaxed social element to them. He enjoys teaching under the natural sunshine of our skylights and the friendly atmosphere of the pool. Alan is a certified Water Works™ Master Instructor and will be teaching our Tuesday and Thursday 10:30 a.m. class this Fall which is specifically designed for those who suffer from Arthritis.



Crystal Pool & Fitness Centre

2275 Quadra Street, Victoria, BC V8T 4C4

Phone: 250.361.0732

Hours: Monday – Friday 5:30 a.m.–11 p.m.
Saturday 6:30 a.m.–6 p.m.
Sunday 8:30 a.m.–6 p.m.

Crystal Pool Aquatic Leadership Programs

KAYAK

Crystal Pool Indoor Kayaking

If you are looking for a safe environment to test out your new kayak or your new moves, or if you just want a chance to get on the water despite the weather, try indoor kayaking at Crystal Pool. Enjoy paddling around in our warm 50m pool with lifeguard supervision. No equipment or coaching provided. Lifejacket or PFD is required. Space is limited, so register early to avoid disappointment! (Drop-ins may be accommodated on a first come first serve basis.)

| Crystal Pool and Fitness Centre | | 1/\$10 | |
|---------------------------------|----------|------------------|--|
| 29851 | Su Oct 4 | 6:30 p.m.–8 p.m. | |
| 29852 | Su Nov 1 | 6:30 p.m.–8 p.m. | |
| 29853 | Su Dec 6 | 6:30 p.m.–8 p.m. | |
| 29854 | Su Jan 3 | 6:30 p.m.–8 p.m. | |
| 29855 | Su Feb 7 | 6:30 p.m.–8 p.m. | |
| 29856 | Su Mar 7 | 6:30 p.m.–8 p.m. | |

HOW TO GET A JOB AT CRYSTAL POOL

Lifeguard/Instructor Position

- = Instructor Courses
- = Lifeguard Courses

Recommended Course Order:

- Bronze Star (Optional)
- Bronze Medallion
- Assistant Water Safety Instructor
- Bronze Cross
- Standard First Aid
- Water Safety Instructor
- NLS: Pool Option

Then check out www.victoria.ca for current job postings!

LEARN TO BE A LIFEGUARD

AQ – Leadership & Training

Bronze Star Lifesaving (10–13 yrs)

A course to prepare you for Bronze Medallion. Learn the basics of solo and partner rescues, underwater searches, entries, and many other lifesaving skills. A timed swim of 400m in 12 minutes is required by the end of the course. Recommended for ages 10–13 years.

| Crystal Pool and Fitness Centre | | 4/\$78 | |
|---------------------------------|----------------|---------------|--|
| 28836 | S Nov 7–Nov 28 | 1 p.m.–4 p.m. | |

Bronze Medallion and CPR 'B'

Gain an understanding of the lifesaving principles – judgement, knowledge, skill and fitness. Learn techniques for challenging rescues involving conscious and unconscious victims of various types. Develop stroke efficiency and endurance in a 500m timed swim. Pre-requisite: Bronze Star or 13 years. Canadian Lifesaving Manual is an extra \$30 (required).

| Crystal Pool and Fitness Centre | | 4/\$130 | |
|---------------------------------|-------------------|---------------|--|
| 29323 | Su,W Feb 7–Feb 17 | 9 p.m.–5 p.m. | |

Bronze Cross & CPR 'C'

Develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies, while building endurance and fitness training skills. Pre-requisite: Bronze Medallion.

| Crystal Pool and Fitness Centre | | 4/\$130 | |
|---------------------------------|-------------------|---------------|--|
| 29345 | Su,W Feb 21–Mar 3 | 9 p.m.–5 p.m. | |

LEARN TO BE A SWIM INSTRUCTOR

Asst. Water Safety Instructor (15+ yrs)

This course prepares candidates for the Water Safety Instructor course. Learn about teaching methods, learning styles, physical principles of water, safety supervision, and giving feedback. Must have completed Red Cross Swim Kids Level 10 or AquaQuest 12 (or equivalent).

| Crystal Pool and Fitness Centre | | 15/\$255 | |
|---------------------------------|------------------|---------------|--|
| 30049 | M–F Mar 8–Mar 26 | 9 a.m.–4 p.m. | |

Standard First Aid and CPR

This hands-on interactive 2 day course includes adult, child, infant CPR and choking procedures as well as emergency scene management, dealing with shock, spinal injuries, heart attack, angina, stroke, bleeding, broken bones, seizures, heat related illness, hypothermia, allergic reactions, poisons and burns. Students will be certified in the use of an Automated External Defibrillator. Participants spend the majority of the course doing hands on first-aid, and participating in first-aid scenarios. Training by Alert First Aid. (Red Cross Certification)

| | | |
|-------|--------------------|---------------------|
| 29509 | S,Su Oct 3–Oct 4 | 8:15 a.m.–4:30 p.m. |
| 29510 | S,Su Oct 17–Oct 18 | 8:15 a.m.–4:30 p.m. |
| 29511 | S,Su Oct 24–Oct 25 | 8:15 a.m.–4:30 p.m. |
| 29512 | S,Su Oct 31–Nov 1 | 8:15 a.m.–4:30 p.m. |
| 29513 | S,Su Nov 7–Nov 8 | 8:15 a.m.–4:30 p.m. |
| 29514 | S,Su Nov 14–Nov 15 | 8:15 a.m.–4:30 p.m. |
| 29515 | S,Su Nov 21–Nov 22 | 8:15 a.m.–4:30 p.m. |
| 29516 | S,Su Nov 28–Nov 29 | 8:15 a.m.–4:30 p.m. |
| 29517 | S,Su Dec 5–Dec 6 | 8:15 a.m.–4:30 p.m. |
| 29518 | S,Su Dec 12–Dec 13 | 8:15 a.m.–4:30 p.m. |
| 29519 | S,Su Dec 19–Dec 20 | 8:15 a.m.–4:30 p.m. |
| 29520 | S,Su Jan 9–Jan 10 | 8:15 a.m.–4:30 p.m. |
| 29521 | S,Su Jan 16–Jan 17 | 8:15 a.m.–4:30 p.m. |
| 29522 | S,Su Jan 23–Jan 24 | 8:15 a.m.–4:30 p.m. |
| 29523 | S,Su Jan 30–Jan 31 | 8:15 a.m.–4:30 p.m. |
| 29524 | S,Su Feb 6–Feb 7 | 8:15 a.m.–4:30 p.m. |
| 29525 | S,Su Feb 13–Feb 14 | 8:15 a.m.–4:30 p.m. |
| 29526 | S,Su Feb 20–Feb 21 | 8:15 a.m.–4:30 p.m. |
| 29527 | S,Su Feb 27–Feb 28 | 8:15 a.m.–4:30 p.m. |
| 29528 | S,Su Mar 6–Mar 7 | 8:15 a.m.–4:30 p.m. |
| 29529 | S,Su Mar 13–Mar 14 | 8:15 a.m.–4:30 p.m. |
| 29530 | S,Su Mar 20–Mar 21 | 8:15 a.m.–4:30 p.m. |
| 29531 | S,Su Mar 27–Mar 28 | 8:15 a.m.–4:30 p.m. |

Water Safety Instructor Recert

Recertify your instructing award at this clinic. You must be current or have expired within two years.

| Crystal Pool and Fitness Centre | | 1/\$85 | |
|---------------------------------|----------|---------------|--|
| 29500 | Su Oct 4 | 9 a.m.–1 p.m. | |

2010 Olympic Events: Torch Relay and events at Crystal Pool and Fitness Centre, see pages 29–30.

Greater Victoria Advanced Aquatic Assistance Program

Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor? The Aquatic Assistance Program can help!

Contact your local pool or download an application form at :

www.fitinfitness.ca



Crystal Pool Aquatic Fitness Programs

AQUATIC FITNESS FALL/WINTER SCHEDULE (SEP 28, 2009 – MAR 31, 2010)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------------------|---|---------------------|---|---------------------|--------------------|
| Morning Moves A gentle version of Aquafit. Perfect for those just starting out or young at heart seniors. | 9:05 a.m.–10 a.m. | | 9:05 a.m.–10 a.m. | | 9:05 a.m.–10 a.m. | |
| Deep H₂O Aquafit A moderate, zero impact workout using a flotation belt. This class works to improve your cardiovascular and muscular fitness. | | 9:05 a.m.–10 a.m. | | 9:05 a.m.–10 a.m. | | |
| Shallow H₂O Aquafit Join our instructor for a moderate to intense cardiovascular workout using water resistance to stretch and tone. | 10:05 a.m.–11 a.m. | | 10:05 a.m.–11 a.m. | | 10:05 a.m.–11 a.m. | 11:05 a.m.–12 p.m. |
| Water Works Developed by the Arthritis Society, this program is perfect for those living with arthritis, fibromyalgia or other joint/tissue injuries or conditions. Must be able to transfer in and out of the water independently. | 11:10 a.m.–12 p.m. | Fall Only Special Class 10:30 a.m.–11:30 a.m. | 11:10 a.m.–12 p.m. | Fall Only Special Class 10:30 a.m.–11:30 a.m. | 11:10 a.m.–12 p.m. | |
| Water Works Plus A more advanced level of Water Works. This program includes strength and endurance exercises. Participants should have the instructor's permission before attending the class. | 12:10 p.m.–1 p.m. | | 12:10 p.m.–1 p.m. | | 12:10 p.m.–1 p.m. | |
| Cardio Blast Get your heart rate up with this intense shallow water class. This workout will challenge you while increasing your cardiovascular and muscular fitness. | 5:15 p.m.–6:15 p.m. | | 5:15 p.m.–6:15 p.m. | | 5:15 p.m.–6:15 p.m. | |
| Deep Water Running A moderate to intense cardio workout combining running drills and aquafit moves. | | 5 p.m.–6 p.m. | | 5 p.m.–6 p.m. | | |
| Aqua Yoga Treat yourself with this relaxing class in the water, focusing on body alignment, core strength, flexibility and breathing. Pre-registration required. | | 11:30 a.m.–12:30 p.m. 8 p.m.–9 p.m. | | 11:30 a.m.–12:30 p.m. 8 p.m.–9 p.m. | | |
| Deep H₂O Cardiofit A challenging class for any fitness level with a focus on high-energy cardio moves. Follow it up with a strengthen and stretch class. | 9 p.m.–10 p.m. | | 9 p.m.–10 p.m. | | | |
| Strengthen and Stretch A warm water class of strength work and stretching. | 10 p.m.–10:30 p.m. | | 10 p.m.–10:30 p.m. | | | |

Shiatsu Massage with John Greaves

Shiatsu is a Japanese healing therapy. It combines finger pressure techniques, stretches and joint rotations to improve overall health by stimulating the parasympathetic nervous system and encouraging the body's own healing.

The aim of Shiatsu is to relax the nervous system and improve the body's natural abilities to recuperate. It facilitates the flow of energy, which raises vitality and improves resistance to disease.

Tuesdays and Thursdays: 9 a.m.–12 p.m. **Packages:** 15 min \$15 30 min \$30
45 min \$42 60 min \$50

Appointments can be made at the Front Desk at the Crystal Pool & Fitness Centre or call 250.361.0719 for more information.

Crystal Pool & Fitness Centre

2275 Quadra St., Victoria, BC V8T 4C4

Phone: 250.361.0732

Hours

Monday – Friday 5:30 a.m.–11 p.m.
Saturday 6:30 a.m.–6 p.m.
Sunday 8:30 a.m.–6 p.m.

Crystal Pool Fitness Programs

AEROBIC FITNESS FALL/WINTER (SEPTEMBER 28, 2009 – MARCH 31, 2010)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|--|---|
| 8:45 a.m.–9:15 a.m. Abs Attack | | 8:45 a.m.–9:15 a.m. Abs Attack | | | | |
| 9:15 a.m.–10:15 a.m. Hi/Lo Combo | 9:15 a.m.–10:15 a.m. Body Sculpt | 9:15 a.m.–10:15 a.m. Hi/Lo Combo | | 9:15 a.m.–10:15 a.m. Body Sculpt | 9:15 a.m.–10:15 a.m. Cardio Plus | 9:45 a.m.–10:45 a.m. Moderate Fitness |
| | 10:30 a.m.–11:30 a.m. Mild to Moderate | | 10:30 a.m.–11:30 a.m. Mild to Moderate | | 11 a.m.–12 p.m. Body Shop | 12:10 p.m.–1:10 p.m. Hi/Lo Combo |
| 5:10 p.m.–6:10 p.m. Interval Body Sculpt | 5:10 p.m.–6:10 p.m. Low Impact Power | 5:10 p.m.–6:10 p.m. Fitness Fusion | 5:10 p.m.–6:10 p.m. Low Impact Power | 5:30 p.m.–6:30 p.m. Interval Body Sculpt | | |
| | 6:15 p.m.–7:15 p.m. Body Sculpt | 6:15 p.m.–7:15 p.m. Ultimate Sculpt | 6:15 p.m.–7:15 p.m. Body Sculpt | 6:30 p.m.–7 p.m. Abs Attack | | |
| 7:30 p.m.–8:30 p.m. Step | | 7:30 p.m.–8:30 p.m. Step | | | | |



Fitness Program Description

Abs Attack

30 minutes of abdominal work, core strengthening and flexibility.

Body Sculpt

Tone your muscles and shape your body in this strength and cardio building class.

Cardio Blast

40 min cardio workout followed by some strength work.

Hi/Lo Combo

Energetic cardio burning with hi/lo combos to enhance fat burning and cardiovascular efficiency.

Interval Body Sculpt

A great workout that includes cardio and muscle work.

Lo Impact Power

Lo impact cardio workout that includes lots of power moves... a great fat burner.

Mild to Moderate

For those who are just getting started, returning after a break or are looking for a class that is easy to follow. This class covers all fitness components.

Moderate Fitness

Maintain a consistent heart rate, while at the same time strengthening your core and overall fitness. This class is for all levels.

STEP

Low impact moderate class with 30 minutes of cardio. Great for all levels.

Ultimate Sculpt

A full class of strength work and stretching.

Body Shop

A dynamic strength and conditioning class that utilizes a variety of equipment to achieve a total body workout. This class also includes a cardio component.

Fitness Fusion

Yoga, Pilates and Fitness all wrapped into one class! This class is designed to improve strength, balance and flexibility while connecting your body, mind and spirit.



Rethink your Drink

Drinking water keeps your body working effectively and efficiently. Watch those glasses of juice. They are high in sugar and calories and reverse the hydration process.

Crystal Pool Strength Training

Personal Training

Have a strength training program designed just for you. Register at the Crystal Pool and complete a pre-consult information package. Your trainer will contact you to confirm days and times. Enjoy two complimentary passes with your consultation.

Single Session

First Time Client Package \$55
Initial Assessment/Tour + 60 min Training Session

Returning Client* \$45
60 min Training Session

Multiple Sessions* \$40 each
60 min Training sessions (2 or more)

*must have completed a "First Time Client Package"

Fitness Orientations

Let our trainers show you not only how our equipment works, but how it works best for you and your body. This 60 minute session covers equipment use and general fitness tips. These sessions will be tailored to your individual needs and goals. Register at the front desk.

Orientation

| | | |
|-------------------------|-----------------|-------------|
| Private | 1 hour | \$25 |
| Semi Private (2 people) | 1 hour | \$15/person |
| Group (3+ people) | 0.5 hour/person | \$15/person |

SUPERVISOR ON DUTY

The strength training centre is available to those 16 years and older. If you are between 13–15 years old, you may use the equipment during supervised times or when accompanied by a parent or guardian.

Call **250.361.0704** to find out if a supervisor is on duty. Schedule changes periodically.

Teen Orientations

In order to access the weight room, youth ages 13–15 are required to complete this program or be accompanied by a supervising parent or guardian. The Teen Orientation is an introduction to the weight room that will give you the basics of using the equipment plus tips on working out safely and effectively. Orientations are taught by personal trainers.

| Crystal Pool & Fitness Centre | | 2/\$20 |
|-------------------------------|-----------------|---------------|
| 28065 | M Apr 6–Apr 13 | 4 p.m.–5 p.m. |
| 28066 | M May 4–May 11 | 4 p.m.–5 p.m. |
| 28067 | M Jun 1–Jun 8 | 4 p.m.–5 p.m. |
| 28068 | M Jul 6–Jul 13 | 4 p.m.–5 p.m. |
| 28069 | M Aug 10–Aug 17 | 4 p.m.–5 p.m. |

Teen Weight Room Orientation – Regional

This two hour orientation will provide you with an introduction to using the weight room in your recreation centre. Upon completion of this course, participants will be permitted access to the following weight rooms; Esquimalt Recreation Centre, City of Victoria Recreation Centre, Saanich Recreation Centres, and West Shore Recreation Centre. Participants will be given a credit towards the teen orientation program at Oak Bay Recreation Centre and Panorama Recreation Centre. **Please note:** check rules, guidelines and rates of the weight room you plan on attending – specific centre rules may apply.

Rehabilitation Services

Exercise rehabilitation and pain management programs for back pain, pre and post surgery, injuries from a motor vehicle accident, arthritis and other chronic conditions.

Aqua-therapy and land based programs are available. Programs will focus on core stability, stretching, balance training and education specific to your condition.

Prices: \$32 initial assessment
\$55 per session
\$150 for three sessions

Contact: Pam Liebich at 250.888.5530 for more information.



Pro-Motion
Rehabilitation Services

Registered Dietitian Services

Expert nutritional advice for a variety of health concerns including weight loss, Diabetes, gluten-free diets, nutrition for athletes, vegetarian eating, high cholesterol, food allergies, healthy pregnancy, healthy aging, and more.

• **\$95 Nutrition Counseling Session (1hr)**

• **\$350 Meal Plan Package**

Includes: Initial Consultation (1 hr), 7-Day Personalized Meal Plan, Follow up session (45 min)

What is a personalized 7-Day meal plan?

A personalized meal plan is designed to help you choose the right kinds and amount of food to eat, telling you exactly what and how much to eat each day. Your personalized meal plan is based on your individual health concerns, weight goals, age, gender, and food preferences. Each 7-day meal plan includes a grocery list and simple healthy recipes.

Are you covered? Many extended health plans cover the services of a Registered Dietitian.

Appointments can be made at the Front Desk at the Crystal Pool & Fitness Centre or call 250.361.0719 for more information.



Danielle Van Schaick,
BASC, RD
Registered Dietitian



Anneke Vink,
BSc, RD
Registered Dietitian

Dani Health & Nutrition Services

www.danihealth.com

