



FALL 2022

Crystal Pool Aquatics Programs

First Aid Training

Standard First Aid & CPR-C

This hands-on, interactive two-day course includes adult, child and 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. Participants will be certified in the use of an Automated External Defibrillator. Participants spend most of the course doing hands-on first aid and participating in first aid scenarios.

Oct 1-2 Sat, Sun 8:30 a.m.-4:30 p.m. \$190/2 [32809](#)

Lifeguard Training

Bronze Medallion (age 13+)

Gain an understanding of the lifesaving principles – judgement, knowledge, skill and fitness. Develop stroke efficiency and endurance in a 500-metre timed swim. Price includes manual for Bronze Medallion and Bronze Cross. Pre-requisite: Bronze Star or 13 years

Oct 16-Nov 6 Sun 9 a.m.-3 p.m. \$165/4 [32815](#)

Bronze Cross (age 13+)

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

Nov 20-Dec 11 Sun 9 a.m.-3 p.m. \$150/4 [32816](#)

National Lifeguard Full Course (age 15+)

This certification is required for lifeguard employment in aquatic facilities like Crystal Pool and Fitness Centre. Learn how to prevent, recognize and respond to aquatic accidents and injuries. Focus includes leadership, communication, teamwork and physical fitness. Price includes the required manual.

Dec 18-Dec 23 Sun-Fri 9 a.m.-5:30 p.m. \$375/6 [32854](#)

Swim Instructor Training

Swim/Lifesaving Instructor Course

This combined course of the Lifesaving Society's Swim for Life Instructor and Lifesaving Instructor is a leadership course that provides candidates with theory, knowledge, skills and practice to teach and certify in the following Lifesaving Society programs and awards: Swim for Life program, Canadian Swim Patrol program, and the Canadian Lifesaving programs.

Dec 27-Dec 31 Tue-Sat 9 a.m.-5:30 p.m. \$425/5 [32882](#)



JOIN OUR TEAM!

We regularly hire auxiliary lifeguards and swim instructors at Crystal Pool. Interested individuals need the following certifications (suggested course order):

1. Bronze Medallion
2. Bronze Cross
3. Standard First Aid with CPR-C
4. Red Cross Water Safety Instructor or Lifesaving Society Swim Instructor
5. National Lifeguard Pool Option

Once certified, watch for job postings at victoria.ca/jobs or email crystalpool@victoria.ca to inquire about the next interview opportunity.



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

STATUTORY HOLIDAY CLOSURES:
National Day for Truth and Reconciliation - September 30
Thanksgiving - October 10
Remembrance Day - November 11

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Crystal Pool Aquatics Programs



Swim Lessons

Swim Lessons for All Ages

Red Cross swim lessons are offered every day of the week. Go to victoria.ca/crystalpool to view available classes, days, and times. Swim lessons are \$6.25/30 min. class, \$7.25/45 min. class, and \$19/private class. A second swimmer can be added to any private lesson for an additional \$2/class. Contact cmarchand@victoria.ca to have a second swimmer added. We recommend that swimmers be at the same or very similar swim levels to get the most out of private lessons.

Swim Clubs

Silver Streaks Low Intensity Swim Program (age 18+)

Join a group that loves to swim and get the comfort of weekly swims with the same people. This program is for experienced swimmers who want regular length swimming times but aren't looking to compete in masters competitions. This is a low intensity program and sessions are un-coached.

Oct 3-Dec 16 Mon/Wed/Fri 10-11 a.m. \$114/31 [32862](#)
No session Oct 10, Nov 11

Partnership Swim Club Programs

Island Swimming Club

Island Swimming Club (ISC) is coming to Crystal Pool and Fitness Centre! The decorated local swim club is now an official partner of the City of Victoria. For over 100 years, ISC has been committed to fostering growth of Victoria's amazing aquatics community by focusing on hard work and personal development. That swimmer-first philosophy is coming to Crystal Pool and Fitness Centre with two developmental programs, Island Swim Skills and Conditioning & Technique.



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Crystal Pool Aquatics Programs

Island Swim Skills (age 3-13)

Our experienced instructors will teach active and engaging lessons for children, beginner to advanced. This is the ideal lessons program for those seeking expert instruction and more water time than typical programs. Swimmers can register in one of two streams, based on ability:

Island Swim Skills Junior

Encompassing levels 1-4, Island Swim Skills Junior takes children from non-swimmer to comfortable, to confident in the water. Small class sizes ensure that your child gets plenty of positive active time. Recommended ages 3 – 7.

| | | | | |
|--------------|-----|------------------|----------|-----------------------|
| Oct 4-Dec 13 | Tue | 4-4:40 p.m. | \$137/11 | 33415 |
| | | 4:45-5:25 p.m. | \$137/11 | 33416 |
| | | 5:30-6:10 p.m. | \$137/11 | 33417 |
| Oct 6-Dec 15 | Thu | 4-4:40 p.m. | \$137/11 | 33418 |
| | | 4:45-5:25 p.m. | \$137/11 | 33419 |
| | | 5:30-6:10 p.m. | \$137/11 | 33420 |
| Oct 8-Dec 17 | Sat | 9-9:40 a.m. | \$137/11 | 33421 |
| | | 9:45-10:25 a.m. | \$137/11 | 33422 |
| | | 10:30-11:10 a.m. | \$137/11 | 33423 |
| | | 11:15-11:55 a.m. | \$137/11 | 33424 |

Island Swim Skills Senior

Encompassing levels 5-10, Island Swim Skills Senior encourages swimmers to continue expanding their aquatic skill set and fitness. Swimmers will learn a variety of techniques that can be applied to the aquatic world of sport, work or fun. Recommended ages 6-13.

Island Swim Skills Senior continued

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|--------------|-----|------------------|----------|-----------------------|
| Oct 4-Dec 13 | Tue | 4-4:40 p.m. | \$137/11 | 33425 |
| | | 4:45-5:25 p.m. | \$137/11 | 33426 |
| | | 5:30-6:10 p.m. | \$137/11 | 33427 |
| Oct 6-Dec 15 | Thu | 4-4:40 p.m. | \$137/11 | 33428 |
| | | 4:45-5:25 p.m. | \$137/11 | 33429 |
| | | 5:30-6:10 p.m. | \$137/11 | 33430 |
| Oct 8-Dec 17 | Sat | 9-9:40 a.m. | \$137/11 | 33431 |
| | | 9:45-10:25 a.m. | \$137/11 | 33432 |
| | | 10:30-11:10 a.m. | \$137/11 | 33433 |
| | | 11:15-11:55 a.m. | \$137/11 | 33434 |

Registration Note: If your child can comfortably swim 25 metres of face-in front crawl, please register in Island Swim Skills Senior. Otherwise, please register in Island Swim Skills Junior.

Conditioning & Technique (age 11-18)

For swimmers looking to continue improving their fitness and technical proficiency after the Island Swim Skills lessons program (or equivalent). Swimmers are given coached swim workouts and tips to improve their technique and endurance. This program is an excellent option for fun fitness, cross training or as a pathway to competitive swimming, lifesaving or masters.

Swimmers are encouraged to attend both weekly sessions but can opt for once a week if they prefer.

| | | | | |
|--------------|---------|----------------|----------|-----------------------|
| Oct 4-Dec 15 | Tue/Thu | 5:30-6:30 p.m. | \$175/22 | 33435 |
|--------------|---------|----------------|----------|-----------------------|

Registration Note: Registrants should be able to swim 150 metres continuously and be comfortable in deep water.



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Crystal Pool Aquatics Programs

Aquatic Fitness

Aqua Yoga (age 18+)

Aqua Yoga is a gentle alternative to a land-based practice. The aquatic environment can reduce stress on the joints, allow for greater range of motion, increase balance, build strength and promote deep relaxation. This accessible, joyful movement class is suitable for all levels and perfect for those recovering from injuries with joint pain and/or mobility issues. Questions during practice are encouraged. All bodies are welcome and celebrated in this space.

Instructor: Sonia Gray (Certified Yoga Instructor & RYT-200 from Water and Earth Yoga)

Oct 3-Dec 5 Mon 5:45-6:45 p.m. \$120/10 [32817](#)

No class Oct 10

Baby and Me Aquafit

Socialize, play, and get fit! This program includes Aquafit and some valuable swim/water safety skills for your little one. Babies are incorporated into the workout in this interactive fitness class run by one of our specialized instructors. Please only register the adult for the class.

Oct 8-Dec 10 Sat 11-11:45 a.m. \$120/10 [32814](#)



Indoor Kayaking (age 7+)

If you are looking for a safe environment to test out your new kayak or to practice your moves, try indoor kayaking at Crystal Pool. Enjoy paddling around in our warm 50-metre pool with lifeguard supervision. No boats, paddles or coaching provided. A personal flotation device must be worn, and registration is required.

Oct 2 Sun 6:30-8 p.m. \$18/1 [32810](#)

Nov 6 Sun 6:30-8 p.m. \$18/1 [32811](#)

Dec 4 Sun 6:30-8 p.m. \$18/1 [32813](#)



LIFE PROGRAM

The LIFE Program provides a combination of credit and free drop-in visits to eligible low-income individuals and families to use towards recreational programs and services. Contact us at 250.361.0732 to register or apply for the LIFE Program, or get the online application at victoria.ca/lifeprogram.



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