



FALL 2022

Preschool, Child and Youth Programs

Sports

Skateboarding - Group Lessons (Age 7-12)

Have you always wanted to try skateboarding but aren't sure how to get started? Join Carla Hyslop of BOLD Skate and learn the basics of skateboarding in a fun, positive and welcoming environment. Group lessons include individual assessment, demonstrations, and one-on-one instruction. Helmets are mandatory and lender boards are available. Any classes cancelled due to rain will be rescheduled at the end of the set.

Location: Vic West Skate Park, 250 Esquimalt Road

Sep 4-Oct 2 Sun 9:30-11:00 a.m. \$225/5 [32993](#)

Health and Wellness

Youth Fitness Orientation (Age 13-15)

This orientation will provide youth with an introduction on how to safely use a recreation centre weight room. Content includes weight room guidelines and etiquette, cardio and weight training guidelines, orientation and instruction on how to use basic cardio and strength training equipment.

Location: Crystal Pool and Fitness Centre

Instructor: Chris Woeller

Oct 14 Fri 4-6 p.m. \$15/1 [32849](#)

Nov 18 Fri 4-6 p.m. \$15/1 [32850](#)

Dec 16 Fri 4-6 p.m. \$15/1 [32851](#)

Arts – Creative and Performing



Music Tech and Creativity Class

(Age 10-14)

This new class is presented FREE as a pilot project by the Victoria Conservatory of Music and teaches students about synthesizing sound electronically and all the ingredients that go into sounds we create and organize into cool music! Topics will include learning algorithm and coding basics on Sonic Pi, coding the various elements of a sound as well as using various types of virtual instrument sounds, FX and looping, and even creating a midi-controller using snap circuitry. All materials are provided.

Location: Crystal Pool and Fitness Centre

Sep 26-Oct 31 Mon 4:30-6 p.m. Free/5 [32991](#)

No class Oct 10

Nov 7-Dec 5 Mon 4:30-6 p.m. Free/5 [32992](#)

Ukulele, Percussion and Singing (Age 4-6)

Sing, drum and strum in this fun and interactive music class. Parent/caregiver participation is welcomed and encouraged in this class.

Location: Crystal Pool and Fitness Centre

Oct 15-Dec 10 Sat 3:30-4 p.m. \$122/8 [32941](#)

Ukulele and Singing (Age 7-10)

Sing, drum and strum in this fun and interactive music class. Participants will learn basic notes and Ukulele cords and will be able to play basic songs for friends and family by the end of the course.

Location: Crystal Pool and Fitness Centre

Oct 15-Dec 10 Sat 4-4:30 p.m. \$122/8 [32977](#)



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

STATUTORY HOLIDAY CLOSURES:
National Day for Truth and Reconciliation - September 30
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Guitar for kids (Age 6-9)

Join us for guitar instruction in a fun class setting. Introduction will cover reading music (standard Notation and TAB), tuning methods, basic chords and finger strengthening exercises that will give students the tools to play simple songs from rock to classical. Guitars are available for rent by contacting PJ Music Studios at 250-213-9343.

Location: Crystal Pool and Fitness Centre

Oct 15-Dec 10 Sat 3-3:30 p.m. \$122/8 [33157](#)

Preschool Piano (Age 3-5)

Join us for a creative piano class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, play by ear and compose their own songs.

Location: Crystal Pool and Fitness Centre

Oct 15-Dec 10 Sat 9-9:30 a.m. \$122/8 [32980](#)

Oct 15-Dec 10 Sat 9:30-10 a.m. \$122/8 [32981](#)

Oct 15-Dec 10 Sat 2-2:30 p.m. \$122/8 [33167](#)



Piano for Kids! (Age 6-10)

This program is a creative and fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of the age group. You do not need a piano at home to participate.

Location: Crystal Pool and Fitness Centre

GROUP CLASSES

Oct 15-Dec 10 Sat 10-10:30 a.m. \$154/8 [32986](#)

Oct 15-Dec 10 Sat 10:30-11 a.m. \$154/8 [32876](#)

Oct 15-Dec 10 Sat 2:30-3 p.m. \$154/8 [33170](#)

SEMI-PRIVATE CLASSES

Oct 15-Dec 10 Sat 11-11:30 a.m. \$170/8 [33176](#)

Oct 15-Dec 10 Sat 11:30 a.m.-12 p.m. \$170/8 [33180](#)

Tiny Toes Ballet (Age 3-5)

This is an introductory dance class for the first-time tiny dancer. Learn rhythm, coordination, balance, jumping, skipping basic ballet positions and movements.

Location: Crystal Pool and Fitness Centre

Oct 2-Nov 27 Sun 9:30-10 a.m. \$80/8 [32766](#)

Oct 2-Nov 27 Sun 10-10:30 a.m. \$80/8 [32767](#)



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Engineering for Kids

Jr. Electrical Engineering (Age 5-7)

Throughout this program, our youngest engineers will be introduced to various ways to convey, produce and use electricity in a safe and fun environment. From learning how electricity works to using it in their own designs, this class will take them on an electrifying journey.

Location: Crystal Pool and Fitness Centre

Sep 28-Nov 2 Wed 4-5 p.m. \$132/6 [32798](#)



Electrical Engineering (Age 8-12)

In our Electrical Engineering program, students use the Engineering Design Process to design, create, test and refine basic electronics and circuits. Students will both experiment with Snap Circuits® to discover the capabilities of major electronic components and build devices based on their own designs (e.g., Operation game, magic wands, etc.).

Location: Crystal Pool and Fitness Centre

Sep 28-Nov 2 Wed 5:30-7 p.m. \$150/6 [32804](#)

Engineering 101 for Homeschoolers

(Age 6-12)

Join us for an exploration of various engineering disciplines like aerospace, mechanical, electrical and more. Each week, you'll have a chance to brainstorm and build creative solutions to real world engineering challenges.

Location: Crystal Pool and Fitness Centre

Oct 12-Nov 30 Wed 2-3:30 p.m. \$200/8 [32844](#)

Jr. Mechanical Engineering (Age 5-7)

This is a great class to learn the basics of engineering or develop your existing skills further as our youngest engineers will be introduced to the concepts of energy, materials and movement. Students will explore and construct their own roller coasters, spinners, cars and more and come up with their own designs and solutions to our weekly engineering challenges!

Location: Crystal Pool and Fitness Centre

Nov 9-Dec 14 Wed 4-5 p.m. \$132/6 [32807](#)

Mechanical Engineering (Age 8-12)

Love movement and speed? This class is for you! While constructing a variety of fun and exciting machines and mechanical systems every week from roller coasters to custom dragsters, students will learn about energy, traction, aerodynamics and durability.

Location: Crystal Pool and Fitness Centre

Nov 9-Dec 14 Wed 5:30-7 p.m. \$150/6 [32808](#)



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Learn for Life

Red Cross Babysitters Course (Age 11-15)

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Location: Crystal Pool and Fitness Centre

Oct 15	Sat	9 a.m.-4 p.m.	\$55/1	32841
Nov 19	Sat	9 a.m.-4 p.m.	\$55/1	32838
Dec 10	Sat	9 a.m.-4 p.m.	\$55/1	32842

Location: Island Deaf and Hard of Hearing Centre, 301-3960 Quadra Street

Registration priority given to youth who are deaf and/or hard of hearing. Interpreting and captioning available.

Oct 22	Sat	9 a.m.-4 p.m.	\$55/1	33412
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Home Alone Course (Age 9-12)

Prepare your preteen for home alone times. Topics include safety in the home, stranger awareness, fire prevention, injury prevention, snack preparation and how to call for help. Manual and certification included.

Location: Crystal Pool and Fitness Centre

Oct 17	Mon	6-8:30 p.m.	\$35/1	32956
Nov 21	Mon	6-8:30 p.m.	\$35/1	32957
Dec 12	Mon	6-8:30 p.m.	\$35/1	32958

Specialty Programs

Dungeons and Dragons (Age 10-14)

Join us for weekly Dungeons and Dragons nights. D&D is a fantasy role playing game in which players are characters in an ongoing fantasy story. Our Dungeon Master will guide you through an exciting campaign where you'll have to make strategic decisions as a group. No experience necessary. Beginners welcome. Come play!

Location: Crystal Pool and Fitness Centre

Oct 6-Nov 24	Thu	6:30-8:30 p.m.	\$80/8	32843
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Youth Nights (Age 9-13)

Join our awesome youth leaders for a night of fun at Crystal Pool and Fitness Centre. Rotating activities include video game night, strategy game night, swimming, board games and magic cards, and adventurous out trips. All gender identities and sexual orientations are welcome at this program. Drop-ins welcome. Fridays just got way more fun!

Location: Crystal Pool and Fitness Centre

Oct 7-Dec 9	Fri	6:30-8:30 p.m.	\$60/8 Drop-in: \$8	28826
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Day Camps

Perfect Pro-D Day Camp (Age 5-10)

We have the perfect Pro-D Day planned for you! Our friendly camp staff will lead fun games and crafts in the morning and take you swimming in the afternoon. There's tons of fun to be had at Crystal Pool and Fitness Centre. A pizza lunch is included!

Location: Crystal Pool and Fitness Centre

Oct 21	Fri	8:30 a.m.-4 p.m.	\$45/1	32840
Nov 14	Mon	8:30 a.m.-4 p.m.	\$45/1	32879

Winter Break Adventure Camp (Age 6-12)

Join our fantastic fun leaders for a wonderful winter adventure this holiday season. Hop on the camp bus and enjoy awesome out trips around town along with lots of swimming, games and crafts.

Location: Crystal Pool and Fitness Centre

Dec 19-23	Mon-Fri	8:30 a.m.-4 p.m.	\$180/5	32959
Dec 27-30	Tue-Fri	8:30 a.m.-4 p.m.	\$144/4	32960

LIFE PROGRAM



The City of Victoria and its regional partners are committed to ensuring that all its residents have access and choices in their leisure opportunities. The Leisure Involvement for Everyone (LIFE) program provides a combination of unlimited access to the Crystal Pool and Fitness Centre, credit every two years and 52 drop-in visits to participating municipal recreation centres annually. Credit can be used toward any registered youth programs including seasonal camps and Pro D camp opportunities! Credit amount for the two-year LIFE program is:

- \$80 per preschooler (ages 0-4)
- \$120 per youth (ages 5-17)
- \$80 per adult (ages 18+)

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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