



SPRING 2022

Crystal Pool Aquatics Programs

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! For experienced swimmers who want regular length pool times but aren't looking to compete in masters competitions. This is a low intensity program, not a swim club, and participants will not be registered with Swim BC. Sessions are un-coached.

Apr 4-Jun 24 Mon, Wed, Fri 10-11 a.m. \$121/33 [30158](#)
No class Apr 15, Apr 18, May 23

Aqua Yoga

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. Taught by a large-bodied woman, 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)

Apr 4-Jun 20 Mon 5:45-6:45 p.m. \$108/9 [30155](#)
No class Apr 18, Apr 25, May 23

Apr 8-Jun 24 Fri 5:45-6:45 p.m. \$120/10 [30156](#)
No class Apr 15, Apr 29



Become a Lifeguard

Complete training programs to become a certified National Lifeguard and gain skills that are in demand across the region.

Bronze Medallion

Gain an understanding of lifesaving principles – judgement, knowledge, skill and fitness. Learn techniques for challenging rescues involving conscious and unconscious victims. Develop stroke efficiency and endurance in a 500 metre timed swim. Course fee includes \$40 Canadian Lifesaving Manual. Prerequisite: Bronze Star or 13 years.

Apr 10-May 8 Sun 9 a.m.-3 p.m. \$165/4 [30159](#)
No class Apr 17

Bronze Cross

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.

May 15-Jun 12 Sun 9 a.m.-3 p.m. \$150/4 [30160](#)
No class May 22



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

STATUTORY HOLIDAY CLOSURES:
Good Friday - April 15
Easter Monday - April 18
Victoria Day - May 23

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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 classes.

Quiet Swim

Crystal Pool has a Quiet Swim from 1-3:30 p.m. on Monday and Wednesday and 1-3:15 p.m. on Tuesday and Thursday. During this time, the children's pools are closed and the main pool and hot tub are open for length swimming and adult leisure (water walking, therapy exercises, etc.). This music-free time is calm and enjoyable for those with noise sensitivity, brain injury or other neurological conditions, and is ideal for those wanting to avoid busy pool times.



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 (to be a certified swim instructor)
5. National Lifeguard Pool Option (to be a certified lifeguard)

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



IMPORTANT DATES:

Crystal Pool and Fitness Centre is closed for statutory holidays on:

- Friday, April 15
- Monday, April 18
- Monday, May 23

There will be no registered programs on holiday long weekends.



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