



SUMMER 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. Sessions are un-coached.

Jul 4-Aug 26 Mon/Wed/Fri 10-11 a.m. \$84/23 [31287](#)

No class Aug 1

## 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)

Jul 4-Aug 22 Mon 5:45-6:45 p.m. \$84/7 [31288](#)

No class Aug 1

Jul 8-Aug 26 Fri 5:45-6:45 p.m. \$96/8 [31289](#)

## 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.

Jul 9-30 Sat 11-11:45 a.m. \$48/4 [31295](#)

Aug 6-27 Sat 11-11:45 a.m. \$48/4 [31296](#)



### 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](http://victoria.ca/lifeprogram).



**LEARN MORE AND REGISTER:**  
[victoria.ca/crystalpool](http://victoria.ca/crystalpool)  
250.361.0732

**STATUTORY HOLIDAY CLOSURES:**  
Canada Day - July 1  
BC Day - August 1

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## Virtual Info Session:

### How to Become a Lifeguard

Are you or your youth interested in becoming a lifeguard and unsure about the steps to getting a job? Join our free virtual info session and get the information you need to be successful. We will allow time at the end for questions about our upcoming courses. All participants must register before July 8 at 4 p.m. We will email registrants the virtual session link.



**Saturday, July 9**    1-2 p.m.    **FREE**    [31290](#)

## Bronze Medallion

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 500-metre timed swim. Pre-requisite: Bronze Star or 13 years.

**Jul 18-21**    **Mon-Thu**    9 a.m.-3 p.m.    \$165/4    [31291](#)

## 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.

**Jul 25-28**    **Mon-Thu**    9 a.m. – 3 p.m.    \$150/4    [31292](#)

## National Lifeguard Full Course (Age 15+)

This certification is required for lifeguard employment in aquatic facilities. 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.

**Aug 21-26**    **Sun-Fri**    9 a.m.-4 p.m.    \$375/6    [31294](#)



## Junior Lifeguard Club

The Junior Lifeguard Club offers serious fun for kids 9 years and up who can swim at least 25 metres. This program is designed to let kids participate in activities similar to those of real lifeguards in a safe, fun and controlled setting. Kids complete challenges, earn badges and learn skills that prepare them for their Bronze courses, which are the first step in becoming a lifeguard.

**Jul 11-15**    **Mon-Fri**    1-3:30 p.m.    \$100/5    [31297](#)

**Aug 8-12**    **Mon-Fri**    1-3:30 p.m.    \$100/5    [31298](#)



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## Standard First Aid and 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.

Aug 13-14 Sat-Sun 8:15 a.m.-4:30 p.m. \$190/2 [31293](#)

## Swim Lessons for All Ages

Red Cross swim lessons are offered every day of the week. Go to [victoria.ca/crystalpool](http://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](mailto: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.

## Quiet Swim

For our busy summer season, Crystal Pool features a quiet swim from 11 a.m.-1 p.m. on Tuesdays and Thursdays. During this time there are no programs or spray features, 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](http://victoria.ca/jobs) or email [lpeirce@victoria.ca](mailto:lpeirce@victoria.ca) to inquire about the next interview opportunity.



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