



SUMMER 2022

Child and Youth Programs

Sports and Fitness

The Grind Basketball Skills and Drills

(Age 9-13 & 14-17)

The Grind Basketball skills and drills program welcomes youth to spend time learning the fundamentals, enhance their skills, and enjoy the love of basketball in a fun and supportive outdoor environment. Whether you are a beginner or seasoned baller, all levels are welcome.

Location: Central Park Basketball Court

Age 9-13

Jul 6-Aug 10 Wed 9-10:30 a.m. \$120/5 [31653](#)
No class Jul 13

Age 14-17

Jul 6-Aug 10 Wed 10:30 a.m.-12 p.m. \$120/5 [31654](#)
No class Jul 13

KATS Tennis Lessons (Age 5-13)

Using Tennis Canada’s progressive tennis approach, we supply small racquets and courts, low nets and low compression balls to help kids develop confidence in their ability to hit the ball and be successful while having fun. KATS provides free tennis lessons and equipment to families experiencing financial barriers. LIFE members prequalify for registration in KATS Tennis – contact us at 250.361.0732 to register or apply for the LIFE Program.

Location: Central Park Tennis Courts

Age 5-8

Jul 8-Sep 2 Fri 4 -5 p.m. Free [31655](#)

Age 9-13

Jul 8-Sep 2 Fri 5-6 p.m. Free [31656](#)

Youth Fitness Orientations (Age 13-15)

Learn how to safely use cardio and strength training fitness equipment, including weight room guidelines and etiquette, and cardio and weight training guidelines. Upon completion, participants will receive a sticker which allows access to weight rooms at all Greater Victoria regional facilities.

Jun 17	4-6 p.m.	\$15/1	32098
Jul 15	4:30-6:30 p.m.	\$15/1	32099
Aug 19	4:30-6:30 p.m.	\$15/1	32100

Lifeguard Courses

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



LEARN MORE AND REGISTER:
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. The course fee includes a \$40 manual.

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

Location: Crystal Pool and Fitness Centre

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](#)

Location: Crystal Pool and Fitness Centre

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](#)

Location: Crystal Pool and Fitness Centre

Youth Leadership

Learn 2 Lead Course (Age 12-15)

Are you interested in becoming a summer camp counselor? This one-week program will teach you all the fundamentals of being a responsible program leader. You'll learn basic program planning, group management, safety skills and how to lead games. This is an awesome camp to meet new friends and gain some hands-on work experience. Manual and certification included.

Location: Crystal Pool and Fitness Centre

Jul 25-29 **Mon-Fri** 9:30 a.m.-3:30 p.m. \$150/5 [31868](#)

Youth Leaders in Training – Internship (Age 14-18)

This program helps young people build confidence and employment readiness skills while earning a little money in the summer. Successful applicants will complete one week of in-depth leadership training then put those skills into practice with four weeks of mentored placement in City of Victoria summer camps. Participants receive a \$500 honorarium upon completion of the program. Previous leadership training and experience is an asset. Visit victoria.ca/recreation for more information or email kclancy@victoria.ca.



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