



SUMMER 2023

# Child and Youth Programs

## Sports

### TENNIS

#### KATS Tennis Lessons

Using Tennis Canada’s progressive tennis approach, we supply smaller racquets and courts, lower nets and low compression balls. All of these are designed to help kids begin to develop confidence in their ability to hit the ball and allows them to be successful very quickly and most of all allows them to begin to have fun immediately. KATS provides free tennis lessons and equipment to families experiencing financial barriers. LIFE members pre-qualify for registration, contact the Crystal Pool at 250.361.0732 to register or apply.

**Location:** Central Park Tennis Courts

**Instructor:** Kids at Tennis Society

#### 5-8 yrs

Jun 30-Aug 25    Fri    4-5 p.m.    Free    [36618](#)

#### 9 - 13 yrs

Jun 30-Aug 25    Fri    5-6 p.m.    Free    [36619](#)

### PICKLEBALL

#### Youth Learn to Play Pickleball (9 - 11 yrs)

A fun filled approach to the fastest growing sport in Canada. Learn to play and have fun. Paddle supplied.

**Location:** Central Park Tennis/Pickleball Courts

**Instructor:** Victoria Pickleball Association NCCP Coach

Jul 5-26    Wed    3-4:30 p.m.    \$55/4    [36723](#)

Aug 2-23    Wed    3-4:30 p.m.    \$55/4    [36721](#)

#### Youth Learn to Play Pickleball (12 - 15 yrs)

A fun filled approach to the fastest growing sport in Canada. Learn to play and have fun. Paddle supplied.

**Location:** Central Park Tennis/Pickleball Courts

**Instructor:** Victoria Pickleball Association NCCP Coach

Jul 10-31    Mon    9-10:30 a.m.    \$42/3    [36811](#)

*No class Jul 24*

Aug 14 and 28    Mon    9-10:30 a.m.    \$40/2    [36705](#)

### BASKETBALL PROGRAMS

#### The Grind Basketball Skills and Drills

(9 - 13 yrs)

The Grind Basketball skills and drills 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 welcomed.

**Location:** Central Park - Basketball Court

**Instructor:** The Grind Basketball

Aug 2-23    Wed    9-10:30 a.m.    \$96/4    [36621](#)

#### The Grind Basketball Skills and Drills

(14 - 17 yrs)

The Grind Basketball skills and drills 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 welcomed.

**Location:** Central Park - Basketball Court

**Instructor:** The Grind Basketball

Aug 2-23    Wed    10:30 a.m.-12 p.m.    \$96/4    [36620](#)



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

FACILITY HOLIDAY CLOSURES:  
July 1 - Canada Day  
August 7 - BC Day

SUMMER  
2023



SUMMER 2023

# Child and Youth Programs

## Aquatic Courses

### Junior Lifeguard Camp (JLC)

The Junior Lifeguard Club (JLC) offers serious fun for kids 9 years and up who can swim at least 25m. JLC 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!

**Location:** Crystal Pool and Fitness Centre

Jul 10-14	Mon-Fri	1-3:30 p.m.	\$100/5	<a href="#">36699</a>
Aug 14-18	Mon-Fri	1-3:30 p.m.	\$100/5	<a href="#">36700</a>

### 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 500M timed swim. Pre-requisite: Bronze Star OR 13 years. \*Please note that this course fee includes a \$40 manual.

Jul 17-20	Mon-Thu	9 a.m.-3 p.m.	\$165/4	<a href="#">36701</a>
-----------	---------	---------------	---------	-----------------------

### 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.

**Location:** Crystal Pool and Fitness Centre CP Brereton Room

Jul 24-27	Mon-Thu	9 a.m.-3 p.m.	\$150/4	<a href="#">36702</a>
-----------	---------	---------------	---------	-----------------------

## Cycling



### Kids On Wheels Jr.

This weeklong program is designed to introduce young children to the joy of cycling! We will be focusing on getting children comfortable on balance bikes and wearing helmets, providing tips to parents on bike fitting and practicing important skills such as stopping, riding, balancing and gliding. If possible, please bring your child wearing a helmet already and their own balance bike. If needed, we can provide a bike and helmet for the duration of camp. If a balance bike/helmet is required, please contact [kwatson@pise.ca](mailto:kwatson@pise.ca)

**Location:** Topaz Park Bike Park

**Instructor:** PISE

Jun 5-9	Mon-Fri	11 a.m.	\$62.50/5	<a href="#">36877</a>
---------	---------	---------	-----------	-----------------------



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

FACILITY HOLIDAY CLOSURES:  
July 1 - Canada Day  
August 7 - BC Day

SUMMER  
2023