



WINTER 2022

Crystal Pool Aquatics Programs

Become a Swim Instructor

Take the Water Safety Instructor (WSI) course this winter and become a certified swim instructor. Prerequisites: Completion of Swim Kids Level 10 (or equivalent) and Bronze Cross (or higher).

WSI Step 1

Includes a stroke screen, an online learning package, and practical experience teaching children's swim lessons. Participants complete an 8-hour teaching experience component outside of course hours during January-March Crystal Pool swim lessons.

Location: Crystal Pool and Fitness Centre

Jan. 8 Sat 9 a.m.-3 p.m. \$225/1 [29524](#)

WSI Step 2

Includes in-class and water sessions to cover material needed to achieve certification. The 8-hour teaching experience component in Step 1 must be completed prior to taking this course.

Location: Crystal Pool and Fitness Centre

Mar. 21-24 Mon-Thu 9 a.m.-3 p.m. \$200/4 [29523](#)

Become a Lifeguard

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

Bronze Medallion & CPR-B

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 m timed swim. Course fee includes \$40 Canadian Lifesaving Manual. Prerequisite: Bronze Star or 13 years.

Location: Crystal Pool and Fitness Centre

Jan. 16-Feb. 6 Sun 9 a.m.-3 p.m. \$165/4 [29437](#)

Bronze Cross & CPR-C

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. The Bronze Medallion manual will be used in this course. If you need a new manual, please email cmarchand@victoria.ca. Prerequisite: Bronze Medallion.

Location: Crystal Pool and Fitness Centre

Feb. 13-Mar. 13 Sun 9 a.m.-3 p.m. \$150/4 [29438](#)

National Lifeguard Pool Option (age 15+)

This certification is required for lifeguard employment in aquatic facilities. Learn how to prevent, recognize and respond to aquatic related accidents and injuries. Focus includes leadership, communication, teamwork, and physical fitness. Course fee includes the required manual. Prerequisites: Bronze Cross and Standard First Aid.

Location: Crystal Pool and Fitness Centre

Mar. 27-Apr. 1 Fri-Sun 9 a.m.-5 p.m. \$375/6 [29525](#)





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Crystal Pool Aquatics Programs



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 kgraham@victoria.ca to inquire about the next interview opportunity.

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 swim times but aren't looking to compete in masters competitions. This is a low intensity program, not a swim club, and swimmers will not be registered with Swim BC. Swims are un-coached.

Jan. 10-Mar. 18 Mon/Wed/Fri 10-11 a.m. \$106.43/29 [29588](#)

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.

Swim clubs

Several triathlon and swim clubs currently train out of Crystal Pool, including the Mercury Rising Triathlon, Special Olympics, Pacific Coast Swimming, Victoria Masters Swim Club, and Oak Bay Orcas Swim Club. There are options for kids, youth and adults. Each club manages their own registration, so check club websites for more info.

Aqua Yoga

Aqua Yoga is a gentle alternative to a land-based yoga practice. The aquatic environment reduces stress on the joints, allows for a greater range of motion, increases balance, builds strength and promotes 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.

Location: Crystal Pool and Fitness Centre

Instructor: Sonia Gray (Certified Yoga Instructor & RYT-200 from Water and Earth Yoga)

Jan. 10-Mar. 14	Mon	5:45-6:45 p.m.	\$108/9	29435
Jan. 14-Mar. 18	Fri	5:45-6:45 p.m.	\$120/10	29436



LEARN MORE AND REGISTER:
victoria.ca/crystalpool 250.361.0732

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