



WINTER 2023

Crystal Pool Aquatics Programs

Silver Streaks Low Intensity Swim Program (Age 18+)

Join a group that loves to swim and get the comfort of swimming with the same people each week. This program is for experienced swimmers who want regular length swimming times but are not looking to compete in masters competitions. This is a low intensity program and sessions are un-coached.

Jan 2-Mar 17 Mon-Fri 10-11 a.m. \$117/32 [34397](#)
No class Feb 20



Swim Clubs

Island Swimming Club

For over 100 years, Island Swimming Club has been committed to fostering growth of Victoria's amazing aquatics community by focusing on hard work and personal development.

Island Swim Skills Junior (Age 3-7)

Encompassing levels 1-4, Island Swim Skills Junior takes children from non-swimmer to comfortable, to confident in the water. Small class sizes ensure that your child gets plenty of positive active time.

Instructor: Island Swimming Coaches

Jan 7-Mar 18*	Sat	9-9:40 a.m.	\$125/10	34408
Jan 7-Mar 18*	Sat	9:45-10:25 a.m.	\$125/10	34409
Jan 7-Mar 18*	Sat	10:30-11:10 a.m.	\$125/10	34410
Jan 7-Mar 18*	Sat	11:15-11:55 a.m.	\$125/10	34411
*No class Feb 18				
Jan 10-Mar 14	Tue	4-4:40 p.m.	\$125/10	34402
Jan 10-Mar 14	Tue	4:45-5:25 p.m.	\$125/10	34403
Jan 10-Mar 14	Tue	5:30-6:10 p.m.	\$125/10	34404
Jan 12-Mar 16	Thu	4-4:40 p.m.	\$125/10	34405
Jan 12-Mar 16	Thu	4:45-5:25 p.m.	\$125/10	34406
Jan 12-Mar 16	Thu	5:30-6:10 p.m.	\$125/10	34407

Island Swim Skills Senior (Age 6-13)

Encompassing levels 5-10, Island Swim Skills Senior encourages swimmers to continue expanding their aquatic skillset and fitness. Swimmers will learn a variety of techniques that can be applied to the aquatic world of sport, work or fun.

Instructor: Island Swimming Coaches

Jan 7-Mar 18*	Sat	9-9:40 a.m.	\$125/10	34467
Jan 7-Mar 18*	Sat	9:45-10:25 a.m.	\$125/10	34468
Jan 7-Mar 18*	Sat	10:30-11:10 a.m.	\$125/10	34469
Jan 7-Mar 18*	Sat	11:15-11:55 a.m.	\$125/10	34470
*No class Feb 18				
Jan 10-Mar 14	Tue	4-4:40 p.m.	\$125/10	34461
Jan 10-Mar 14	Tue	4:45-5:25 p.m.	\$125/10	34462
Jan 10-Mar 14	Tue	5:30-6:10 p.m.	\$125/10	34463
Jan 12-Mar 16	Thu	4-4:40 p.m.	\$125/10	34464
Jan 12-Mar 16	Thu	4:45-5:25 p.m.	\$125/10	34465
Jan 12-Mar 16	Thu	5:30-6:10 p.m.	\$125/10	34466



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

FACILITY HOLIDAY CLOSURES:
Jan. 1 - New Year's Day
Feb. 20 - BC Family Day

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Crystal Pool Aquatics Programs

Advanced Aquatics

Lifeguard Courses

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. Price includes manual for Bronze Medallion and Bronze Cross. Pre-requisite: Bronze Star or 13 years.

Jan 8-29 Sun 10 a.m.-4 p.m. \$165/4 [34395](#)

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.

Feb 5-Mar 5 Sun 10 a.m.-4 p.m. \$150/4 [34396](#)

No class Feb 19

National Lifeguard Full Course (Age 15+)

This certification is required for lifeguard employment in aquatic facilities like Crystal Pool and Fitness Centre. Learn how to prevent, recognize and respond to aquatic related accidents and injuries. Focus includes leadership, communication, teamwork and physical fitness. Price includes the required manual. Pre-requisite: Bronze Cross

Mar 20-30 Mon-Thu 9 a.m.-3:15 p.m. \$375/8 [34399](#)

First Aid Courses

Standard First Aid & CPR-C

This hands-on, interactive two-day course includes adult, child, 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.

Mar 11-12 Sat-Sun 8:30 a.m.-4:30 p.m. \$190/2 [34398](#)

Aquatic Fitness and Therapy

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 register only the adult for the class.

Jan 7-Mar 11 Sat 11-11:45 a.m. \$120/10 [34394](#)

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.



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Crystal Pool Aquatics Programs

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. 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, Water and Earth Yoga

Jan 9-Mar 13 Mon 5:45-6:45 p.m. \$108/9 [34393](#)

No class Feb 20

Swim Lessons

Swim for Life Lessons

Lifesaving Society Swim for Life lessons will be offered at Crystal Pool and Fitness Centre in 2023. The Red Cross is ending its Swimming and Water Safety program and transitioning this program to the Lifesaving Society. Swim lessons will continue to be available every day of the week with the same great instructors. Customers will not be required to re-take lessons. Watch for new lesson titles and view the [swim lesson conversion chart](#) on our website to find out which level you should register in next.

The Lifesaving Society Swim for Life program focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson.

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 lessons.

Swim lessons fill quickly, so register early. Go to victoria.ca/crystalpool to view available classes, days and times.

Quiet Swim

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. Crystal Pool offers a quiet swim from 1-3:30 p.m. Mondays through Thursdays (Tues/Thurs ONLY during Holiday schedules). 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.).

JOIN OUR TEAM!

We regularly hire auxiliary lifeguards/ 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. Lifesaving Society Swim Instructor
5. National Lifeguard Pool Option

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



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