



WINTER 2023

Preschool, Child and Youth Programs

Music

Ukulele, Percussion and Singing (Age 4-6)

Sing, drum and strum in this fun and interactive music class. Parent/caregiver participation is welcomed and encouraged in this class.

Location: Crystal Pool and Fitness Centre

Instructor: PJ Music

Jan 7-Feb 4	Sat	Noon-12:30 p.m.	\$82/5	34504
Jan 7-Feb 4	Sat	3:30-4 p.m.	\$82/5	34505
Feb 18-Mar 18	Sat	3:30-4 p.m.	\$82/5	34506
Feb 18-Mar 18	Sat	Noon-12:30 p.m.	\$82/5	34561

Preschool Piano (Age 3-5)

A creative class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, play by ear and compose their own songs.

Location: Crystal Pool and Fitness Centre

Instructor: PJ Music

Jan 7-Feb 4	Sat	9-9:30 a.m.	\$82/5	34459
Jan 7-Feb 4	Sat	9:30-10 a.m.	\$82/5	34490
Jan 7-Feb 4	Sat	2-2:30 p.m.	\$82/5	33167
Feb 18-Mar 18	Sat	9-9:30 a.m.	\$82/5	34489
Feb 18-Mar 18	Sat	2-2:30 p.m.	\$82/5	34499
Feb 18-Mar 18	Sat	9:30-10 a.m.	\$82/5	34491

Piano for Kids! (Age 6-10)

A creative, fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. You do not need a piano at home to participate.

Location: Crystal Pool and Fitness Centre

Instructor: PJ Music

GROUP CLASSES

Jan 7-Feb 4	Sat	10-10:30 a.m.	\$102/5	34492
Jan 7-Feb 4	Sat	2:30-3 p.m.	\$102/5	34500
Jan 7-Feb 4	Sat	10:30-11 a.m.	\$102/5	32876
Feb 18-Mar 18	Sat	10-10:30 a.m.	\$102/5	34493
Feb 18-Mar 18	Sat	10:30-11 a.m.	\$102/5	34494
Feb 18-Mar 18	Sat	2:30-3 p.m.	\$102/5	34501

SEMI-PRIVATE CLASSES

Jan 7-Feb 4	Sat	11-11:30 a.m.	\$112/5	34495
Jan 7-Feb 4	Sat	11:30-Noon	\$112/5	34497
Feb 18-Mar 18	Sat	11-11:30 a.m.	\$112/5	34496
Feb 18-Mar 18	Sat	11:30-Noon	\$112/5	34498

Guitar for Kids (Age 6-9)

Guitar instruction in a fun class setting. Introduction will cover reading music (standard notation and tablature), tuning methods, basic chords and finger strengthening exercises that will give students the tools to play simple songs from rock to classical. Guitars available for rent – please inquire with PJ Music Studios 250.213.9343

Location: Crystal Pool and Fitness Centre

Instructor: PJ Music

Jan 7-Feb 4	Sat	3-3:30 p.m.	\$92/5	34502
Feb 18-Mar 18	Sat	3-3:30 p.m.	\$92/5	34503



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

FACILITY HOLIDAY CLOSURES:
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Ukulele and Singing (Age 7-10)

Sing and strum in this fun and interactive music class. Participants will learn basic notes and ukulele cords and will be able to play basic songs for friends and family by the end of the course.

Location: Crystal Pool and Fitness Centre

Instructor: PJ Music

Jan 7-Feb 4	Sat	4-4:30 p.m.	\$82/5	34507
Feb 18-Mar 18	Sat	4-4:30 p.m.	\$82/5	34508

Music Tech and Creativity Class (Age 10-14)

Join internationally renowned DJ and electronic music producer Nathan Jonson in this awesome new program offered by the Victoria Conservatory of Music. In this program, students will create their own electronic instruments using Playtron midi boards, experiment with beat making and finger drumming using the cutting edge Ableton Live software and the Ableton Push controller and gain experience coding their own original electronic music using the amazing Sonic Pi software!

Location: Crystal Pool and Fitness Centre

Instructor: Victoria Conservatory of Music

Jan 9-Mar 13	Mon	4:30-6 p.m.	Free	34488
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LIFE PROGRAM



The City of Victoria and its regional partners are committed to ensuring that all its residents have access and choices in their leisure opportunities. The Leisure Involvement for Everyone (LIFE) program provides a combination of unlimited access to the Crystal Pool and Fitness Centre, credit every two years and 52 drop-in visits to participating municipal recreation centres annually. Credit can be used toward any registered youth programs including seasonal camps and Pro D camp opportunities! Credit amount for the two-year LIFE program is:

- \$80 per preschooler (ages 0-4)
- \$120 per youth (ages 5-17)
- \$80 per adult (ages 18+)

Contact us at 250.361.0732 to register or apply for the LIFE Program, or get the online application at victoria.ca/lifeprogram.

Dance

Ballet/Jazz Combo (Age 4-5)

Introduce your little one to the exciting world of dance and join us for a class focused on inspiring students and instilling a love for music, dance and self-expression! This class is a fun, fast-paced combination of ballet and jazz that will explore the fundamentals of dance and creative movement.

Location: Crystal Pool and Fitness Centre

Instructor: Victoria Academy of Ballet

Jan 15-Feb 19	Sun	9:30-10:15 a.m.	\$60/6	34509
Mar 5-Apr 9	Sun	9:30-10:15 a.m.	\$60/6	34510



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Specialty Programs

New! Youth Beginner Ballet (Age 10-12)

This program will introduce beginner dancers to the basics of ballet technique as they explore rhythm, creativity and the joy of movement. Join us in a supportive environment where students can begin to foster a love of dance.

Location: Crystal Pool and Fitness Centre

Instructor: Victoria Academy of Ballet

Jan 15-Feb 19	Sun	10:30-11:15 a.m.	\$60/6	34511
Mar 5-Apr 9	Sun	10:30-11:15 a.m.	\$60/6	34512

New! Teen Beginner Ballet (Age 13-16)

This program will introduce teens to the basics of ballet technique as they gain coordination, strength and confidence. Explore an interest in dance in a comfortable and encouraging environment.

Location: Crystal Pool and Fitness Centre

Instructor: Victoria Academy of Ballet

Jan 15-Feb 19	Sun	11:30-12:30 p.m.	\$60/6	34514
Mar 5-Apr 9	Sun	11:30-12:30 p.m.	\$60/6	34515

New! Learn Dungeons & Dragons (Age 10-17)

Join us for weekly Dungeons & Dragons nights at Crystal Pool and Fitness Centre. D&D is a fantasy role playing game, in which players are characters in an ongoing fantasy story. Our Dungeon Master will guide you through an exciting campaign where you'll have to make strategic decisions as a group. No experience necessary. Beginners welcome.

Location: Crystal Pool and Fitness Centre

Instructor: Pure Raw D & D

Jan 12-Mar 16 Thu 6:30-8:30 p.m. \$150/10 [34527](#)

New! Family Dungeons & Dragons (Age 10+)

Enroll in weekly D&D nights where adult & child family members play together to build their characters while overcoming cooperative challenges in the world's original fantasy role-playing game. Register together with at least one adult and one child from the same family. Games will include full tactical combat with battle mat and/or flat-screen maps. Beginners welcome.

Location: Crystal Pool and Fitness Centre

Instructor: Pure Raw D & D

Jan 9-Mar 13 Mon 6:30-8:30 p.m. \$300/10 [34529](#)
No Class Feb 20



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Learn for Life

Engineering For Kids

Homeschoolers - Survival on the Red Planet

(Age 6-10)

This series of classes is all about understanding the science, technology and engineering that will make human habitation on Mars possible. Students will learn about the Artemis Mission and will explore the topics that address a human being's basic needs for survival on the Red Planet. Through fun and exciting hands-on investigations, experiments and building challenges, students will work in teams to design and build a physical prototype of their own Mars base.

Jan 18-Mar 8 Wed 1:30-3 p.m. \$200/8 [34518](#)

Jr Lego & K'nex Building Club (Age 5-7)

Throughout this program, our youngest engineers will be introduced to various ways to convey, produce and use electricity in a safe and fun environment. From learning how electricity works to using it in their own designs, this class will take them on an electrifying journey.

Location: Crystal Pool and Fitness Centre

Jan 25-Mar 1 Wed 4-5 p.m. \$132/6 [34519](#)

Apprentice Lego & K'nex Building Club (Age 8-12)

If you love movement and speed, this class is for you! While constructing a variety of fun and exciting machines and mechanical systems every week from roller coasters to custom dragsters, students will learn about energy, traction, aerodynamics and durability.

Location: Crystal Pool and Fitness Centre

Jan 25-Mar 1 Wed 5:30-7 p.m. \$150/6 [34520](#)

Babysitters Course (Age 11-15)

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting training promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Location: Crystal Pool and Fitness Centre

Jan 21 Sat 9 a.m.-4 p.m. \$55/1 [34524](#)

Feb 11 Sat 9 a.m.-4 p.m. \$55/1 [34525](#)

Mar 4 Sat 9 a.m.-4 p.m. \$55/1 [34526](#)

Home Alone (Age 9-12)

Prepare your preteen for home alone times. Topics include safety in the home, stranger awareness, fire prevention, injury prevention, snack preparation and how to call for help. Manual and certification included.

Location: Crystal Pool and Fitness Centre

Jan 23 Mon 6-8:30 p.m. \$35/1 [34521](#)

Feb 13 Mon 6-8:30 p.m. \$35/1 [34522](#)

Mar 6 Mon 6-8:30 p.m. \$35/1 [34523](#)



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Health and Wellness

Youth Fitness Orientation

This orientation will provide youth with an introduction on how to safely use a recreation centre weight room. Focus will include weight room guidelines and etiquette, cardio and weight training guidelines, orientation and instruction on how to use basic cardio and strength training equipment.

Instructor: Chris Woeller

Jan 20	Fri	4-6 p.m.	\$15/1	34389
Feb 24	Fri	4-6 p.m.	\$15/1	34390
Mar 17	Fri	4-6 p.m.	\$15/1	34391

Camps

Perfect Pro-D Day Camp

We have the perfect Pro-D Day planned for you! Our friendly camp staff will lead fun games and crafts in the morning and swim in the afternoon. There is tons of fun to be had at Crystal Pool and Fitness Centre. A pizza lunch is included with registration.

Location: Crystal Pool and Fitness Centre

(Age 5-8)

Feb 17	Fri	8:30 a.m.-4 p.m.	\$45/1	34534
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(Age 9-11)

Feb 17	Fri	8:30 a.m.-4 p.m.	\$45/1	34535
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Spring Break Adventure Camps

Wondering what to do with your kids over spring break? Our adventure camp participants will explore some of the best activities Victoria has to offer. We'll also pack in lots of swimming and crafts at Crystal Pool and Fitness Centre. All activities are tailored to the age of your child.



Week 1 Adventure Camp

(Age 6-8)

Mar 20-24	Mon-Fri	8:30 a.m.-4 p.m.	\$280/5	34530
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Location: Crystal Pool and Fitness Centre

(Age 9-12)

Mar 20-24	Mon-Fri	8:30 a.m.-4 p.m.	\$280/5	34531
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Location: Victoria Curling Club

Week 2 Adventure Camp

(Age 6-8)

Mar 27-31	Mon-Fri	8:30 a.m.-4 p.m.	\$280/5	34533
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Location: Crystal Pool and Fitness Centre

(Age 9-12)

Mar 27-31	Mon-Fri	8:30 a.m.-4 p.m.	\$280/5	34532
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Location: Victoria Curling Club



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