



SPRING 2023

Crystal Pool Aquatics Programs

Swim Clubs

Island Swimming Club

The decorated local swim club is now an official partner with the City of Victoria, and we couldn't be more excited! For over 100 years, ISC 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 3-9)

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.

Apr 11-Jun 20	Tue	4-4:40 p.m.	\$137.50/11	35324
Apr 11-Jun 20	Tue	4:45-5:25 p.m.	\$137.50/11	35325
Apr 11-Jun 20	Tue	5:30-6:10 p.m.	\$137.50/11	35326
Apr 13-Jun 22	Thu	4-4:40 p.m.	\$137.50/11	35332
Apr 13-Jun 22	Thu	4:45-5:25 p.m.	\$137.50/11	35333
Apr 13-Jun 22	Thu	5:30-6:10 p.m.	\$137.50/11	35334
Apr 15-Jun 24	Sat	9-9:40 a.m.	\$125/10	35338
<i>*No class May 20</i>				
Apr 15-Jun 24	Sat	9:45-10:25 a.m.	\$125/10	35339
<i>*No class May 20</i>				
Apr 15-Jun 24	Sat	10:30-11:10 a.m.	\$125/10	35340
<i>*No class May 20</i>				
Apr 15-Jun 24	Sat	11:15-11:55 a.m.	\$125/10	35341
<i>*No class May 20</i>				

Island Swim Skills Senior (Age 7-13)

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. *Swimmers must be able to swim 25M of continuous front crawl.

Apr 11-Jun 20	Tue	4-4:40 p.m.	\$137.50/11	35327
Apr 11-Jun 20	Tue	4:45-5:25 p.m.	\$137.50/11	35328
Apr 11-Jun 20	Tue	5:30-6:10 p.m.	\$137.50/11	35329
Apr 13-Jun 22	Thu	4-4:40 p.m.	\$137.50/11	35335
Apr 13-Jun 22	Thu	4:45-5:25 p.m.	\$137.50/11	35336
Apr 13-Jun 22	Thu	5:30-6:10 p.m.	\$137.50/11	35337
Apr 15-Jun 24	Sat	9-9:40 a.m.	\$125/10	35342
<i>*No class May 20</i>				
Apr 15-Jun 24	Sat	9:45-10:25 a.m.	\$125/10	35343
<i>*No class May 20</i>				
Apr 15-Jun 24	Sat	10:30-11:10 a.m.	\$125/10	35344
<i>*No class May 20</i>				
Apr 15-Jun 24	Sat	11:15-11:55 a.m.	\$125/10	35345
<i>*No class May 20</i>				

Silver Streaks Low Intensity Swim Program (18+)

Join a group that loves swimming and get the comfort of swimming with the same people each week! This program is for experienced swimmers 18 and up who want regular length swimming times but aren't looking to compete in masters swimming competitions. This is an uncoached, low intensity program; swimmers will not be registered with Swim BC.

Apr 12-Jun 23	Mon/Wed/Fri	10-11 a.m.	\$110.10/30	35322
<i>*No class May 22</i>				



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

FACILITY
HOLIDAY
CLOSURES:

Apr. 7 - Good Friday
Apr. 10 - Easter Monday
May 22 - Victoria Day

SPRING
2023



SPRING 2023

Crystal Pool Aquatics Programs

Advanced Aquatics

Swim for Life Instructor Course (15+)

This Lifesaving Society leadership course provides candidates with theory, knowledge and skill to teach and certify in the Swim for Life program. Course includes eight hours of co-teaching to provide valuable hands-on experience, preparing candidates to take on their own classes and be successful in future employment.

Location: Crystal Pool and Fitness Centre, Brereton Room

Apr 15-Jun 3 Sat 9 a.m.-3:30 p.m. \$450/7 [35323](#)

*No class May 20



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

Location: Crystal Pool and Fitness Centre, Brereton Room

Apr 16-May 7 Sun 10 a.m.-4 p.m. \$165/4 [35316](#)

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, Brereton Room

May 28-Jun 18 Sun 10 a.m.-4 p.m. \$150/4 [35317](#)

Aquatic Fitness & Therapy

Baby & Me Aquafit

Socialize, play and get fit! This program includes a Baby & Me Aquafit class 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 aquafit instructors. NOTE: please register the adult for the class, not the baby.

Apr 15-Jun 24 Sat 11-11:45 a.m. \$120/10 [35320](#)

*No class May 20

Aqua Yoga

Aqua Yoga is a gentler 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

Apr 17-Jun 19 Mon 5:45-6:45 p.m. \$108/9 [35321](#)

*No class May 22



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

FACILITY
HOLIDAY
CLOSURES:

Apr. 7 - Good Friday
Apr. 10 - Easter Monday
May 22 - Victoria Day

SPRING
2023