



FALL 2023

Crystal Pool Aquatics Programs

Swim Clubs

Island Swimming Club - Swim Lessons

The decorated local swim club is back as an official partner of the City of Victoria, and we couldn't be more excited! For 100 years, ISC has been committed to developing and supporting Vancouver Island's amazing aquatics community by focusing on hard work, team spirit and personal development. ISC's swimming lessons program is run by a coaching staff of current and former competitive swimmers, lifeguards and other specialists who all understand the positive impact that aquatics can have on the life of a young swimmer.

Island Swim Skills Junior (Age 3-9)

Swim Skills Junior takes children from beginner, to comfortable to confident in the water! Participants are sorted into classes on the first day, with a focus on mastering the basics in a fun, safe environment. Two registration options are available to suit your needs. Register for the year long program to secure your spot with ISC all the way through June 2024, or register for the Seasonal program for a spot in the upcoming session.



New! Island Swim Skills Junior - Year Long

Tired of looking for swimming lessons every session? Register in the year long course to secure a spot through June 2024. Pay in full upon registering or opt for a seasonal payment plan with your credit card. Payments will be automatically withdrawn at the start of each season. Sessions are approximately 10 weeks and cost is \$13/class.

Sep 12-Jun 18 Tue 4-4:40 p.m. [38230](#)

No class Oct 31, excluding shutdown dates and spring break

Sep 14-Jun 20 Thu 4-4:40 p.m. [38231](#)

Excluding shutdown dates and spring break

Sep 9-Jun 22 Sat 9-9:40 a.m. [38232](#)

9:45-10:25 a.m. [38233](#)

No class Sep 30, Nov 11, Feb 17, May 18, shutdown dates and spring break

Island Swim Skills Junior – Seasonal (Fall Session)

The regular Swim Skills classes that you know and love, back again this season!

Sep 9-Nov 18 Sat 10:30-11:10 a.m. \$117/9 [37857](#)

No class Sep 30, Nov 11 11:15-11:55 a.m. \$117/9 [37858](#)

Sep 12-Nov 14 Tue 4:45-5:25 p.m. \$117/9 [37850](#)

No class Oct 31 5:30-6:10 p.m. \$117/9 [37851](#)

Sep 14-Nov 16 Thu 4:45-5:25 p.m. \$130/10 [37852](#)

5:30-6:10 p.m. \$130/10 [37856](#)

LEARN MORE AND REGISTER:

victoria.ca/crystalpool
250.361.0732

STATUTORY HOLIDAY CLOSURES:

Labour Day - September 4
National Day for Truth and Reconciliation - September 30
Thanksgiving - October 9
Remembrance Day - November 11



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Island Swim Skills Senior – Seasonal (Fall Session) (Age 7-13)

Wondering what else your child can get out of the world of aquatics? Swim Skills Senior builds on the basics learned in Swim Skills Junior. Swimmers are introduced to a variety of new skills that can be applied to the aquatic world for potential careers, for sport, general fitness, or just for fun! Participants must be able to swim 25M of confident, comfortable front crawl.

Sep 9-Nov 18	Sat	9-9:40 a.m.	\$117/9	37903
<i>No class Oct 31, Nov 11</i>		9:45-10:25 a.m.	\$117/9	37904
		10:30-11:10 a.m.	\$117/9	37905
		11:15-11:55 a.m.	\$117/9	37906

Sep 12-Nov 14	Tue	4-4:40 p.m.	\$117/9	37844
<i>No class Oct 31</i>		4:45-5:25 p.m.	\$117/9	37845
		5:30-6:10 p.m.	\$117/9	37846

Sep 14-Nov 16	Thu	4-4:40 p.m.	\$130/10	37847
		4:45-5:25 p.m.	\$130/10	37848
		5:30-6:10 p.m.	\$130/10	37849

Silver Streaks Low Intensity Swim Program (Age 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 yrs+ 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.

Sep 11-Nov 17 **Mon-Fri** **10-11 a.m.** **\$106/29** **[37885](#)**
No class Oct 9

Aquatic Fitness and 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.

Sep 9-Nov 18 **Sat** **11-11:45 a.m.** **\$108/9** **[37803](#)**
No class Sep 30, Nov 11



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. Lifesaving Society Swim Instructor
5. National Lifeguard Pool Option

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



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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. 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.

Instructor: Sonia Grey, Water and Earth Yoga

Sep 11-Nov 6 Mon 5:45-6:45 p.m. \$96/8 [37804](#)
No class Oct 9

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

Sep 10-Oct 1 Sun 10 a.m.-4 p.m. \$165/4 [37805](#)

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

Oct 15-Nov 5 Sun 10 a.m.-4 p.m. \$150/4 [37806](#)

Swim Lessons

Crystal Pool offers Lifesaving Society Swim for Life Lessons daily throughout the year. Visit victoria.ca/crystalpool and click on the Recreation Programs and Registration link to view available classes, days and times. Lessons fill quickly so prepare ahead of time for registration.



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