

## SWIMMING SCHEDULE

January 7 - June 2, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	
<b>5</b> Leisure & Lengths* 9am-3pm  <b>6</b> This symbol denotes Playtime childminding service available Mon-Fri 8:45-11:15am	Swim Lessons 9-10:30am	Swim Lessons 9-10:30am	Swim Lessons 9-10:30am	<b>5</b> Leisure & Lengths* 9am-1:15pm  School Swim 1:15-3pm	Swim Lessons 9-11:30am	Swim Lessons 9-11:30am	
	NOTE: Preschool Lessons in small pool from 10:30-11am				Leisure & Widths* 10:30-11:30am	Integrated Swim 11:30am-1pm	Family Swim 11:30am-1pm
	Leisure & Widths* 10:30-11:30am	<b>5</b> Leisure & Lengths* 10:30am-3pm	Leisure & Lengths* 11:30am-1:30pm		Leisure & Lengths* 11:30am-1:30pm	Kid's Fun Swim 1-5pm	Kid's Fun Swim 1-5pm
	50 & Better 1:30-3pm		50 & Better 1:30-3pm		50 & Better 1:30-3pm		
Everyone Welcome 3-5pm	Swim Lessons 3-5pm	Swim Lessons 3-5pm	Swim Lessons 3-5pm	Parent & Tot* 3-5pm	<b>For more fun see the Spring Break schedule on page 62</b>		
Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	
Everyone Welcome 6:30-8:30pm	Swim Lessons 6:30-8pm	Everyone Welcome 6:30-8:30pm	Swim Lessons 6:30-8pm	Kids Fun Swim 6:30-9:30pm  Leisure & Lengths* 9:30-11pm	Everyone Welcome 6:30-9:30pm	Everyone Welcome 6:30-9:30pm	
Leisure & Lengths* 8:30-11pm	Leisure & Lengths* with Masters 8-11pm	Leisure & Lengths* 8:30-11pm	Leisure & Lengths* with Masters 8-11pm		Leisure & Lengths* 9:30-11pm	Leisure & Lengths* 9:30-11pm	Leisure & Lengths* 9:30-11pm
Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	
All children, under 7 years of age, must be accompanied in the water & remain in arms reach of a responsible adult/guardian (16 years of age or older) AT ALL TIMES. * FAMILIES ARE WELCOME IN THE SMALL POOL ONLY.					<b>Note: During swim lessons the pool &amp; hot tub are not available for drop-in use as there is no lifeguard on duty</b>		

**50 & BETTER SWIM** A time for swimmers aged 50 & up, including length swimming, leisure space, 50+ swimming lessons and drop-in aquafit classes. Adults under the age of 50 are welcome to share the sauna, steam room and hot tub.

**ADULT LENGTH SWIM** An early evening adult-only length swim with lane and leisure space available to adults aged 16 & up.

**EARLY BIRD** Early morning length swimming, leisure space and drop-in aquafit classes seven days a week for a special rate. See page 2. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult.

**EVERYONE WELCOME SWIM** Featuring two waterslides, inflatable toys, rope swings, games and more. Swimmers of all ages are welcome. Length swimming space is not available. Drop-in Deep Water aquafit classes share the pool on Monday and Wednesday evenings at 6:30pm.

**FAMILY SWIM** The Blue Slidewinder, games and water toys will be available during this relaxed family time.

**INTEGRATED SWIM** Swimmers with disabilities are welcome to enjoy the pool free of charge. Free admission includes one person with a disability and up to 2 family members or friends. The pool offers an on deck lift and specialized changing facilities. Length swimming, leisure space and the Blue Slidewinder will be available.

**KIDS FUN SWIM** An action packed swim for kids and families featuring theme days, two waterslides, inflatable toys, rope swings, games and prizes. Swimmers of all ages are welcome. Length swimming space is not available.

**LATE NIGHT SWIM** Featuring length swimming, leisure space, and a relaxing atmosphere. The dropslide runs every night at 9:30pm. Swim for just \$3 after 11pm.

**LEISURE AND LENGTHS** Offers length swimming, leisure space and drop-in aquafit classes. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult. On Friday mornings the Blue Slidewinder will be open for Special Education classes. Length swimming space is shared with Drop-in Masters Swimming on Tuesday and Thursday evenings from 8-9:30pm.

**LEISURE AND WIDTHS** Width swimming is available in the main pool while aquafit takes place in the shallow end. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult.

**MASTERS SWIMMING** A supervised drop-in swimming workout for swimmers of all ages.

**PARENT & TOT** A quiet time in the small pool for parents & children under the age of 7. The main pool is unavailable during this swim.

**SCHOOL SWIM** A time for local schools to enjoy the pool. The pools, sauna and steam room are not available to the public during this time. For rental inquiries call 250-370-7108.

**SWIM LESSONS** Lessons are offered for all ages and abilities. The sauna and steam room are available to the public during swim lessons, but all pools, including the hot tub, are closed.

**Pro-D Day  
Swim  
Fridays  
1:15-3:15pm  
February 15  
April 19**



## AQUAFIT SCHEDULE

January 7 - June 2, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Deep Water</b> 6:45 - 7:45 am		<b>Deep Water</b> 6:45 - 7:45 am	Schedule subject to change * Registered course	
<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water Energizer</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water Energizer</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am
<b>Water Works*</b> 10 - 11 am	<b>Shallow Water</b> 10:30 - 11:30 am	<b>Water Works*</b> 10:30 - 11:30 am	<b>Shallow Water</b> 10:30 - 11:30 am			
<b>50 &amp; Better</b> 11 am - Noon	<b>Water Works*</b> 12:30-1:30pm	<b>50 &amp; Better</b> 11:30am - 12:30pm		<b>50 &amp; Better</b> 11am - Noon	<b>See the Spring Break Schedule changes on page 62 or look online for up-to-date schedules</b>	
<b>Shallow Water</b> 1:45 - 2:45 pm	<b>50 &amp; Better</b> 1:45 - 2:45 pm	<b>Shallow Water</b> 1:45 - 2:45 pm	<b>50 &amp; Better</b> 1:45 - 2:45 pm	<b>Water Works*</b> Noon-1 pm		
<b>Deep Water</b> 6:30 - 7:30 pm	<b>Pre/Post Natal*</b> 7 - 8 pm	<b>Deep Water</b> 6:30 - 7:30 pm				

### 50 & BETTER AQUAFIT

A mild to moderate workout designed for those aged 50 & better. Work on strength, flexibility and range of motion while increasing your cardio stamina.

### DEEP WATER AQUAFIT

Work on core stability while getting an excellent cardio and strength workout. This class uses weight belts, foam dumb bells and noodles for a no-impact, high energy workout. This class is a moderate to intense level. Comfort in deep water is required.

### SHALLOW WATER AQUAFIT

Get moving with 60 minutes of moderate level aquatic exercises. Noodles, foam dumb bells and other equipment may be used to improve strength, flexibility and stamina.

### SHALLOW WATER ENERGIZER

This high energy, shallow water class offers a moderate to intense workout focused on cardio and strength training.

**Pool Shut Down June 3-23. Re-Opens on Monday, June 24**

## REGISTERED AQUAFIT

### PRE/POST NATAL AQUAFIT

Pregnant or just had a baby? This low impact aqua fit class is for you. Workouts are a safe, fun way for expecting and new moms to stay in shape while protecting joints, reducing varicose veins and aiding in the prevention of gestational diabetes.

Feb 12-Mar 5	Tue	7-8pm	\$34/4	37718
Mar 12-Apr 2	Tue	7-8pm	\$34/4	37719
Apr 9-30	Tue	7-8pm	\$34/4	38635

### WATER WORKS

19yrs+

This class is ideal for anyone suffering from joint pain. The gentle exercises will work your muscles, increase your range of motion and ease your pain. Class begins in chest deep water and in the main pool and winds up in the warm pool. Classes do not run on statutory holidays.

Jan 7-Mar 11	Mon	10-11am	\$58/9	37706
Jan 8-Mar 12	Tue	12:30-1:30pm	\$64/10	37713
Jan 9-Mar 13	Wed	10:30-11:30am	\$64/10	37716
Jan 11-Mar 15	Fri	Noon-1pm	\$64/10	37717
Apr 1-May 27	Mon	10-11am	\$45/7	38695
Apr 2-May 28	Tue	12:30-1:30pm	\$58/9	38952
Apr 3-May 29	Wed	10:30-11:30am	\$58/9	38953
Apr 5-May 31	Fri	Noon-1pm	\$51/8	38954

## Disability + an Active Lifestyle = Improved Quality of Life!

People with disabilities are welcome to participate in all leisure services offered by your municipality. For individualized assistance in choosing programs and overcoming barriers to participation call RIV at 250-477-6314.



Facilitating active lifestyles for people with disabilities

4135 Lambbrick Way, Victoria, B.C. V8N 5R3  
Tel: (250) 477-6314 Fax: (250) 477-6046  
E-mail: information@rivonline.org  
Web: www.rivonline.org

Funding provided by the Municipalities of Esquimalt, Oak Bay, Saanich, the City of Victoria, the Peninsula Recreation Commission, West Shore Parks and Recreation Society and the Ministry of Children and Family Development



Oak Bay Recreation Centre has family/disabled change rooms that are wheelchair accessible and equipped with a Wispa Lift.

There is also a Wispa Lift for easy access to the pools

## DROP-IN MASTERS SWIM

Tues/Thurs 8-9:30pm  
13 years & up

This drop-in program will increase your endurance, and develop your fitness level.

Certified coaches lead an on-deck warm-up and guide your workout.

Workouts are tailored to your skill and speed.

POOL

recreation.oakbay.ca

### SPRING BREAK POOL SCHEDULE - Saturday, March 16 to Sunday, March 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am	Early Bird* 6-9am
Swim Lessons & Advanced Aquatics 9-10:30am	Swim Lessons & Advanced Aquatics 9-10:30am	Swim Lessons & Advanced Aquatics 9-10:30am	Swim Lessons & Advanced Aquatics 9-10:30am	Swim Lessons & Advanced Aquatics 9-10:30am	Everyone Welcome 9-11am	Everyone Welcome 9-11am
Leisure & Lengths* 10:30am-2pm	Leisure & Widths* 10:30-11:30am	Leisure & Lengths* 10:30am-2pm	Leisure & Widths* 10:30-11:30am	Leisure & Lengths* 10:30am-2pm	Integrated Swim 11am-1pm	Family Swim 11am-1pm
	Leisure & Lengths* 11:30am-2pm		Leisure & Lengths* 11:30am-2pm		Kids Fun Swim 1-5pm	Kids Fun Swim 1-5pm
Kids Fun Swim 2-5pm	Kids Fun Swim 2-5pm	Kids Fun Swim 2-5pm	Kids Fun Swim 2-5pm	Kids Fun Swim 2-4pm		
				Parent & Tot 4-5pm		
Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm
Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Everyone Welcome 6:30-8:30pm	Kids Fun Swim 6:30-9:30pm	Everyone Welcome 6:30-9:30pm	Everyone Welcome 6:30-9:30pm
Leisure & Lengths 8:30-11pm	Leisure & Lengths 8:30-11pm w/ Masters	Leisure & Lengths 8:30-11pm	Leisure & Lengths 8:30-11pm w/ Masters		Leisure & Lengths 9:30-11pm	Leisure & Lengths 9:30-11pm
Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am	Late-night \$3 11pm-12:30am
All children, under 7 years of age, must be accompanied in the water & remain in arms reach of a responsible adult/guardian (16 years of age or older) AT ALL TIMES. * FAMILIES ARE WELCOME IN THE SMALL POOL ONLY.					<b>Note: During swim lessons the pool &amp; hot tub are not available for drop-in use as there is no lifeguard on duty</b>	

### SPRING BREAK AQUAFIT SCHEDULE - Saturday, March 16 to Sunday, March 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>Deep Water</b> 6:45 - 7:45 am		<b>Deep Water</b> 6:45 - 7:45 am	Schedule subject to change	
<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water Energizer</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water Energizer</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am	<b>Shallow Water</b> 7:45 - 8:45 am
	<b>Shallow Water</b> 10:30 - 11:30 am		<b>Shallow Water</b> 10:30 - 11:30 am			
<b>50 &amp; Better</b> 11 am - Noon		<b>50 &amp; Better</b> 11am - Noon		<b>50 &amp; Better</b> 11am - Noon	Drop-in Deep Water aquafit classes share the pool on Monday and Wednesday evenings at 6:30pm with the Everyone Welcome swim.	
<b>Shallow Water</b> 12:45 - 1:45 pm	<b>Shallow Water</b> 12:45 - 1:45 pm	<b>Shallow Water</b> 12:45 - 1:45 pm	<b>Shallow Water</b> 12:45 - 1:45 pm			
<b>Deep Water</b> 6:30 - 7:30 pm		<b>Deep Water</b> 6:30 - 7:30 pm				

**MORE  
SPRING BREAK  
FUN!**

See pages 16-21

### 2019 SWIM 'N' SKATE ALL SPRING BREAK FOR \$27

Valid Saturday, March 16 to Sunday, March 31  
for 6-12 years at appropriate sessions.

During Spring Break you can swim and skate as many times as you please for just \$27  
Please purchase your pass at Oak Bay Recreation Centre Reception.

# PRIVATE SWIMMING LESSONS

## SIMPLE SET

## 1/2 HOUR LESSONS

Simply choose a time then call reception at 250-595-SWIM (7946) to register.

<b>Saturdays</b>	9-11:30 am	<b>Tuesdays</b>	3-5pm	<b>Thursdays</b>	3-5pm
Jan 12 - Mar 9	\$234/9	Jan 8 - Mar 12	\$260/10	Jan 10 - Mar 14	\$260/10
Apr 6 - Jun 1	\$234/9	Apr 2 - May 28	\$234/9	Apr 4 - May 30	\$234/9
<b>Sundays</b>	9-11:30 am	<b>Wednesdays</b>	3-5pm	<b>Tuesday/Thursdays</b>	6:30-8pm
Jan 13 - Mar 10	\$234/9	Jan 9 - Mar 13	\$260/10	Jan 8 - Feb 7	\$260/10
Apr 7 - Jun 2	\$234/9	Apr 3 - May 29	\$234/9	Feb 12 - Mar 14	\$260/10
				Apr 2 - May 2	\$260/10
				May 7-30	\$208/8

Add a second swimmer:

Semi-Private lessons (for 2 people)

are also available for: 8/\$240

9/\$270

10/\$300

**SIMPLE SET CANCELLATION POLICY:** Prorated refunds or credits may be obtained if requested before the second class. Classes cannot be rescheduled. Make up lessons are not provided.

## SPRING BREAK PRIVATE SWIM SIMPLE SET LESSONS

**SIMPLY CHOOSE THE WEEK AND A TIME, THEN REGISTER WITH RECEPTION AT 250-595-SWIM (7946)**

*Simple Set* private swim lessons have the option of individualized or semi-private instruction.

Come with a friend, learn together!

**Monday-Friday**

**9-9:30am • 9:30-10am • 10-10:30am**

**March 18-22 or March 25-29**

**Private: 5/\$130 Semi-Private: 5/\$150**



POOL

## PERFECT FIT

## LESSONS THAT SUIT YOU!

You pick YOUR lesson dates, times and instructor.

Call: 250-370-7107 or email: [privateswim@oakbay.ca](mailto:privateswim@oakbay.ca)

Choose the times most convenient to you:

Monday to Friday	3 - 5 pm
Tuesday to Thursday	9 - 10:30 am
Saturday	9 - 11:30 am
Sunday	9 - 11:30 am
Tuesday & Thursday	6:30 - 8 pm

	<b>Private</b> (One-on-One)	<b>Semi-Private</b> (for 2 people)	<b>Private</b> (for 3 people)
30 min:	\$33	\$39	\$45
45 min:	\$49.50	\$58.50	\$67.50

Receive a 10% discount when booking Perfect Fit lessons in a set of 5 or more! Adults add tax.

**PERFECT FIT CANCELLATION POLICY:** To cancel a private lesson, please call reception at 250-595-SWIM (7946). Morning lessons must be cancelled by 6pm the night before and afternoon and evening lessons must be cancelled by 9am the day of the lesson, or you will be charged for the lesson. **ALL LESSONS MUST BE PAID IN FULL AT THE TIME OF BOOKING.**

**SCHEDULING**

For specific lesson times, please refer to the lesson pdf on-line, sign in to **OnLine Registration** recreation.oakbay.ca, or contact Reception 250-595-7946

**FREE SWIM ASSESSMENTS**

Unsure which level to register in? Have your swimmer's skills assessed by an instructor.  
To book a free 15 minute assessment, call Reception **250-595-7946**

**OUR GUARANTEE:**

If you have been in THREE lesson sets at Oak Bay Recreation Centre in the last 12 months and have not progressed to the next level, we will provide you with two private lessons of 30 minutes each at no extra cost.  
*This applies to Pre-school (Sea Otter to Whale) and Swim Kids lessons only.*

**SPRING WEEKDAY SESSIONS**

Preschool: 30 min sessions 8/\$50 9/\$56 10/\$62	Swim Kids 1-5: 30 min sessions 8/\$50 9/\$56 10/\$62	Swim Kids 6-10: 45 min sessions 8/\$77 9/\$87 10/\$96
<b>TUESDAYS • 10-11am / 3-5pm</b> Jan 8 - Mar 12 10 lessons Apr 2 - May 28 9 lessons <b>TUESDAY/THURSDAY • 6:30-8pm</b> Jan 8 - Feb 7 10 lessons Feb 12 - Mar 14 10 lessons Apr 2 - May 2 10 lessons May 7-30 8 lessons <b>WEDNESDAYS • 10-11am / 3-5pm</b> Jan 9 - Mar 13 10 lessons Apr 3 - May 29 9 lessons <b>THURSDAYS • 10-11am / 3-5pm</b> Jan 10 - Mar 14 10 lessons Apr 4 - May 30 9 lessons	<b>TUESDAYS • 3-5pm</b> Jan 8 - Mar 12 10 lessons Apr 2 - May 28 9 lessons <b>TUESDAY/THURSDAY • 6:30-8pm</b> Jan 8 - Feb 7 10 lessons Feb 12 - Mar 14 10 lessons Apr 2 - May 2 10 lessons May 7-30 8 lessons <b>WEDNESDAYS • 3-5pm</b> Jan 9 - Mar 13 10 lessons Apr 3 - May 29 9 lessons <b>THURSDAYS • 3-5pm</b> Jan 10 - Mar 14 10 lessons Apr 4 - May 30 9 lessons	<b>TUESDAYS • 3-5pm</b> Jan 8 - Mar 12 10 lessons Apr 2 - May 28 9 lessons <b>TUESDAY/THURSDAY • 6:30pm-8pm</b> Jan 8 - Feb 7 10 lessons Feb 12 - Mar 14 10 lessons Apr 2 - May 2 10 lessons May 7-30 8 lessons <b>WEDNESDAYS • 3-5pm</b> Jan 9 - Mar 13 10 lessons Apr 3 - May 29 9 lessons <b>THURSDAYS • 3-5pm</b> Jan 10 - Mar 14 10 lessons Apr 4 - May 30 9 lessons

**SPRING WEEKEND SESSIONS**

Preschool: 30 min sessions 9/\$56	Swim Kids 1-5: 45 min sessions 9/\$87	Swim Kids 6-10: 60 min sessions 9/\$116
<b>SATURDAYS • 9-11:30am</b> Jan 12 - Mar 9 9 lessons Apr 6 - Jun 1 9 lessons <b>SUNDAYS • 9-11:30am</b> Jan 13 - Mar 10 9 lessons Apr 7 - Jun 2 9 lessons	<b>SATURDAYS • 9-11:30am</b> Jan 12 - Mar 9 9 lessons Apr 6 - Jun 1 9 lessons <b>SUNDAYS • 9-11:30am</b> Jan 13 - Mar 10 9 lessons Apr 7 - Jun 2 9 lessons	<b>SATURDAYS • 9-11:30am</b> Jan 12 - Mar 9 9 lessons Apr 6 - Jun 1 9 lessons <b>SUNDAYS • 9-11:30am</b> Jan 13 - Mar 10 9 lessons Apr 7 - Jun 2 9 lessons

**RETURN YOUR REPORT CARD!**

All of the Red Cross Preschool and Swim Kids cards can be returned so swimmers can track their progress!

Return to the instructor or into the Report Card Box in the viewing area.

**Lessons Reminders**

- On the first day of lessons, please check the whiteboard for your child's class and instructor's name
- If you have questions please speak to the on-deck lesson Team Leader
- Ensure your child showers before lessons
- Feel free to walk your child to class on the first day
- Ask your child to wait for their instructor under their level sign
- Avoid eating large meals right before lessons
- Ensure your child has used the bathroom before lessons begin
- Do not bring a sick swimmer to lessons
- Swimmers are not permitted in the pools or hot tub before or after lessons as there is no lifeguard on duty
- Children who are not toilet trained must wear swim diapers under their bathing suit. Reusable swim diapers are available for purchase at reception
- Make-up lessons are not offered

## PRESCHOOL AGE (4months - 6yrs)



Preschool	Age	Description
<b>STARFISH</b>	4-12 months	<ul style="list-style-type: none"> <li>Orientation to water for babies and their parent/caregiver.</li> <li>To enter this level, babies must be able to hold their head up.</li> </ul>
<b>DUCK</b>	12-24 months	<ul style="list-style-type: none"> <li>Orientation to water for toddlers and their parent/caregiver.</li> <li>Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety.</li> </ul>
<b>SEA TURTLE</b>	24-36 months	<ul style="list-style-type: none"> <li>Orientation to water for toddlers and their parent/caregiver.</li> <li>Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.</li> </ul>
<b>SEA OTTER</b>	3-5 years	<ul style="list-style-type: none"> <li>Swimmers enter this level when they are 3 years of age</li> <li>Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.</li> </ul>
<b>SALAMANDER</b>	3-5 years	<ul style="list-style-type: none"> <li>Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a Personal Flotation Device (PFD).</li> <li>Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present.</li> </ul>
<b>SUNFISH</b>	3-5 years	<ul style="list-style-type: none"> <li>Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a Personal Flotation Device (PFD).</li> <li>Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water.</li> </ul>
<b>CROCODILE</b>	3-6 years	<ul style="list-style-type: none"> <li>Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres.</li> <li>Safety skills include jumping into deep-water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device (PFD) in deep water.</li> </ul>
<b>WHALE</b>	3-6 years	<ul style="list-style-type: none"> <li>Through fun activities, swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres.</li> <li>Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5 metres, surface support for 20 seconds a return to safety, throwing assists and sitting dives.</li> <li>Children 5 years or older are ready for the appropriate level of Red Cross Swim Kids.</li> </ul>

## SCHOOL AGE (5-12yrs)

### LEVEL 1

This level provides an orientation to the water and the pool area and introduces your child to floats and glides with kicks.

### LEVEL 2

This level will help your child build skills in front & back swims. Your child is introduced to deep water activities & proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

### LEVEL 3

This level provides your child with an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and your child will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15 metre swim.

### LEVEL 4

The front crawl, back glide and shoulder roll for back crawl are further developed. Your child will work on kneeling dives, surface support and developing a greater sense of self-safety by understanding his/her own limits. Endurance is built through a 25 metre swim.

### LEVEL 5

Back crawl is introduced to your child along with sculling skills and whip kick on the back. Your child will try stride dives and receive an introduction to safe boating skills. Endurance is developed through a 50 metre swim.

### LEVEL 6

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Your child is also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75 metre swim.

### LEVEL 7

This level continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces your child to whip kick on the front. Your child will learn about mild & severe airway obstructions, and participate in timed treading water for increasing endurance. The endurance swim is 150 metres.

### LEVEL 8

This level provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Your child will learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built through a 300 metre swim.

### LEVEL 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level your child is encouraged to try combining different strokes and kicks for fitness. Your child also works on head-first shallow dives and standing dives and learns about wise choices, peer influences, and self-rescue from ice. Endurance with a 400 metre swim.

### LEVEL 10

Further refinement of strokes, with an introduction to side-stroke and scissor kick as a warm-up/cool-down stroke for fitness. Your child will learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives. Endurance is built using dolphin kick drills and a 500 metre swim.



The Canadian Swim Patrol Program provides enriched training for those who are ready to go beyond learn-to-swim.

**ROOKIE PATROL**

8-12 yrs

Rookie Patrol is the first of three levels that develop participant's swim strokes, fitness, and self-rescue skills. Learning these skills will help prepare them for success in the Lifesaving Society's Bronze medal awards. This level is recommended for swimmers aged 8-12 years. Minimum swimming ability required is 100m (4 lengths of Oak Bay Pool) and 1 minute treading water.

Jan 13-Mar 10	Sun	11:30am-1pm	\$155/9	39745
Apr 7-Jun 2	Sun	11:30am-1pm	\$155/9	39747

**RANGER PATROL**

8-12 yrs

Ranger Patrol is the second of three levels. Ranger Patrol features continued stroke development and personal fitness, assessment of an unconscious breathing patient requiring EMS, treatment of choking and an introduction to in-water rescue techniques. This level is recommended for swimmers aged 8-12 years who have completed Swim Kids level 7 and Rookie Patrol. Minimum swimming ability required is 25m and 1 minute treading water.

Jan 13-Mar 10	Sun	11:30am-1pm	\$155/9	39749
Apr 7-Jun 2	Sun	11:30am-1pm	\$155/9	39751

**STAR PATROL**

8-12 yrs

The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Star Patrol features continued stroke development and personal fitness, primary assessments, and in-water rescue techniques. This level is recommended for swimmers aged 8-12 years who have completed Ranger Patrol. Minimum swimming ability required is 200m (8 lengths of Oak Bay Pool) and 2 minutes treading water.

Jan 13-Mar 10	Sun	11:30am-1pm	\$155/9	39758
Apr 7-Jun 2	Sun	11:30am-1pm	\$155/9	39765

POOL

**JR MASTERS SWIM CLUB**

**JUNIOR MASTERS SWIM CLUB**

8-14 yrs

Junior Masters Swim Club is a program that offers a recreational swim workout for fitness to swimmers who have completed Red Cross Swim Kids Level 10 or equivalent and are looking to maintain aquatic fitness and meet new friends! A coach will be on deck to provide a swim workout designed to refine swimming technique and improve your best time for each stroke.

Jan 8-Mar 12	Tue	7-8pm	\$129/10	39781
Apr 2-May 28	Tue	7-8pm	\$116/9	39782

**LIFEGUARDS IN TRAINING CLUB**

**LIFEGUARDS IN TRAINING CLUB**

8-14 yrs

The fun of being a lifeguard starts now! If you like to be in and around water or you have enjoyed Junior Lifeguard Camp in the past, Lifeguards in Training is for you! Participants will learn water rescues and first aid skills, improve their swimming, plan and participate in Fun Swim events, and shadow real lifeguards. Each participant will continuously work at their own pace to complete a variety of Lifeguard challenges and skills with an opportunity to participate in a Junior Lifeguard competition held annually in July. This program is designed for progressive learning and does not award a certification. Participants must be able to swim continuously for 100 metres.

Jan 13-Mar 10	Sun	1-2:30pm	\$152/9	39767
Apr 7-Jun 2	Sun	1-2:30pm	\$152/9	39768

**WATERPOLO**

**JUNIOR DEVELOPMENT WATER POLO**

9-14 yrs

Junior Development Water Polo is an introductory program created by Water Polo Canada. Swimmers will discover the game of water polo in a positive, play based environment that promotes fitness, fun, teamwork and sportsmanship. This non-contact program will develop aquatic skills including treading water, endurance and buoyancy.

No prior water polo experience is required. Prerequisite, Red Cross Swim Kids Level 5.

Jan 10-Mar 14	Thu	7:15-8pm	\$96/10	39783
Apr 4-May 30	Thu	7:15-8pm	\$87/9	39784

**HOMESCHOOL LESSONS**

**HOMESCHOOL**

5-12yrs

These lessons provide children who are homeschooled with an opportunity to participate in the Red Cross Swim Kids program during the day. Lessons will include 30 minutes of Red Cross instruction, followed by 15 minutes of water games and activities facilitated by instructors. Lessons must meet minimum registration numbers to run.

<b>LEVELS 1-10</b>	Thurs	9:45-10:30am		
	Jan 10-Mar 14		10/\$96	
	Apr 4-May 30		9/\$87	

**HOMESCHOOL SWIMMING LESSONS + WATERSPORT**

8-12yrs

This program provides children who are homeschooled with an opportunity to maintain aquatic strength and endurance and to meet new friends! Lessons will include a 15 min swim workout with technique feedback from an instructor, followed by a weekly sampling of a new water sport! Sports covered will vary but may include water polo, water volleyball, underwater hockey, synchronized swimming and snorkeling.

Jan 10-Mar 14	Thu	9:45am-10:30am	\$96/10	39770
Apr 4-May 30	Thu	9:45am-10:30am	\$87/9	39771

**Oak Bay Orcas Swim Club**



[oakbayorcas.ca](http://oakbayorcas.ca)

*Swim Strong,  
Challenge Yourself, Have Fun,*

*For a no obligations tryout  
visit website for information  
or email: registrar@oakbayorcas.ca*

recreation.oakbay.ca

You will receive a practice pass for the duration of your lessons that allows you to enter the pool free of charge during appropriate times.

## ADULT BASICS 1

13 yrs+

It's never too late to learn to swim! This class will help you develop or increase your comfort in the water and give you the skills you need to stay safe. No previous swimming experience required.

Jan 8-Feb 7	Tue,Thu	7:30-8:15pm	\$96/10	39137
Feb 12-Mar 14	Tue,Thu	7:30-8:15pm	\$96/10	39139
Apr 2-May 2	Tue,Thu	7:30-8:15pm	\$96/10	39141
May 7-30	Tue,Thu	7:30-8:15pm	\$77/8	39142
Jan 12-Mar 9	Sat	9-9:45am	\$87/9	39069
Apr 6-Jun 1	Sat	9-9:45am	\$87/9	39140

## ADULT BASICS 2

13 yrs+

This class will help you increase your swimming skills and the distance you can swim. You will be introduced to dives, front crawl, and back crawl. Prerequisite: Red Cross Swim Basics 1 or the ability to swim 15m continuously.

Jan 8-Feb 7	Tue,Thu	7:30-8:15pm	\$96/10	39144
Feb 12-Mar 14	Tue,Thu	7:30-8:15pm	\$96/10	39145
Apr 2-May 2	Tue,Thu	7:30-8:15pm	\$96/10	39147
May 7-30	Tue,Thu	7:30-8:15pm	\$77/8	39148
Jan 12-Mar 9	Sat	9-9:45am	\$87/9	39143
Apr 6-Jun 1	Sat	9-9:45am	\$87/9	39146

## ADULT - SWIM STROKES

13 yrs+

This class will help you develop or improve your stroke techniques as well as increase the distance that you can swim. You will decide which strokes you want to work on and then receive the instruction and feedback you need to achieve your goals. Prerequisite: Red Cross Swim Basics 2 or the ability to swim front crawl and back crawl continuously for 15m and comfortable swimming in deep water.

Jan 8-Feb 7	Tue,Thu	7:30-8:15pm	\$96/10	39150
Feb 12-Mar 14	Tue,Thu	7:30-8:15pm	\$96/10	39151
Apr 2-May 2	Tue,Thu	7:30-8:15pm	\$96/10	39153
May 7-30	Tue,Thu	7:30-8:15pm	\$77/8	39154
Jan 12-Mar 9	Sat	9-9:45am	\$87/9	39149
Apr 6-Jun 1	Sat	9-9:45am	\$87/9	39152

## 50+ LESSONS

These classes are offered during a quiet swimming time and are perfect for swimmers 50 years or better.

Includes a free practice pass for the duration of the course.

### 50+ ADULT - BEGINNER

50yrs +

It's never too late to learn how to swim! You will learn how to become comfortable in chest deep water while working on relaxed breathing, floats and glides. Participants must be 50 years or older.

Jan 8-Feb 5	Tue	2:45-3:30pm	\$48/5	39155
Feb 12-Mar 12	Tue	2:45-3:30pm	\$48/5	39157
Apr 2-30	Tue	2:45-3:30pm	\$48/5	39217
May 7-28	Tue	2:45-3:30pm	\$39/4	39275

### 50+ ADULT - INTERMEDIATE

50yrs +

This course will help you develop water safety skills like boat safety and treading water. You will also learn the basic swimming strokes including the breathing technique for front crawl. Participants must be 50 years or older and comfortable in chest deep water.

Jan 8-Feb 5	Tue	2:45-3:30pm	\$48/5	39276
Feb 12-Mar 12	Tue	2:45-3:30pm	\$48/5	39422
Apr 2-30	Tue	2:45-3:30pm	\$48/5	39423
May 7-28	Tue	2:45-3:30pm	\$39/4	39426

### 50+ ADULT - ADVANCED

50yrs +

Make swimming part of your fitness routine. Fine tune your swimming skills, increase your fitness and strength and practise your water safety knowledge. Participants must be 50 years or older and able to swim 25m.

Jan 8-Feb 5	Tue	2:45-3:30pm	\$48/5	39493
Feb 12-Mar 12	Tue	2:45-3:30pm	\$48/5	39494
Apr 2-30	Tue	2:45-3:30pm	\$48/5	39497
May 7-28	Tue	2:45-3:30pm	\$39/4	39498

## LIGHTNING FAST SWIM SERIES 5-10 yrs

The Lightning Fast Swim Series is based on a Swimming First Philosophy and designed by the award winning Pacific Coast Swimming coaches.

This program introduces the techniques of competitive swimming to develop efficiency, endurance and confidence in the water. The series is an innovative skills-based program designed to be mastered quickly by young children. Swimmers receive a Lightning Fast T-shirt and Progress Report.

### LIGHTNING FAST 1

Pacific Coast Swimming

Jan 13-Mar 10	Sun	11-11:30am	\$72/9	38959
Jan 13-Mar 10	Sun	11-11:30am	\$72/9	38958
Apr 7-Jun 2	Sun	11-11:30am	\$72/9	38960
Apr 7-Jun 2	Sun	11-11:30am	\$72/9	38961

### LIGHTNING FAST 2

Jan 13-Mar 10	Sun	11-11:30am	\$72/9	38963
Jan 13-Mar 10	Sun	11-11:30am	\$72/9	38965
Apr 7-Jun 2	Sun	11-11:30am	\$72/9	38966
Apr 7-Jun 2	Sun	11-11:30am	\$72/9	38969

### LIGHTNING FAST 3

Jan 13-Mar 10	Sun	9-9:45am	\$81/9	38971
Jan 13-Mar 10	Sun	10-10:45am	\$81/9	38973
Apr 07-Jun 02	Sun	9-9:45am	\$81/9	38974
Apr 07-Jun 02	Sun	10-10:45am	\$81/9	38975

### LIGHTNING FAST 4

Jan 13-Mar 10	Sun	9-9:45am	\$81/9	39015
Jan 13-Mar 10	Sun	10-10:45am	\$81/9	39016
Apr 07-Jun 02	Sun	9-9:45am	\$81/9	39057
Apr 07-Jun 02	Sun	10-10:45am	\$81/9	39058

### LIGHTNING FAST 5

Jan 13-Mar 10	Sun	9-10am	\$90/9	39061
Jan 13-Mar 10	Sun	10-11am	\$90/9	39062
Apr 7-Jun 2	Sun	9-10am	\$90/9	39063
Apr 7-Jun 2	Sun	10-11am	\$90/9	39068



250-727-9243

[pacificcoastswimming.com](http://pacificcoastswimming.com)



**ADVANCED AQUATIC COURSE INFORMATION**

Pre-requisite courses must be completely finished to register.

Please bring the following to all courses:

- Proof of age
- All ORIGINAL COPIES of prerequisite certificates
- Bathing suit, towel, pen, paper and snack/meal as required.

**Please Note: All courses require 100% mandatory attendance.****1 BRONZE MEDALLION AND CPR A** 13 yrs+

Candidates in Bronze Medallion will learn spinal injury recovery in shallow water, CPR, solo and partner rescues, underwater searches, first aid, and a variety of rescue techniques. The Canadian Lifesaving Manual (required text) can be purchased at OBRC Reception. 100% attendance is required. Pre-requisites: 13 years of age by last day of course, or successful completion of Bronze Star by first day of course.

Jan 5-19	Sat	9am-4:15pm	\$162/3	39499
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**2 BRONZE CROSS & CPR C** 13 yrs+

Candidates in Bronze Cross develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies. Bronze Cross includes CPR 'C' and is a required pre-requisite for the National Lifeguard Award (NL).

The Canadian Lifesaving Manual (required text) may be purchased at OBRC Reception. 100% attendance is mandatory. Pre-requisite: Successful completion of Bronze Medallion by first day of course.

Jan 26-Feb 9	Sat	9am-4:15pm	\$162/3	39500
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**1 + 2 BRONZE MEDALLION & CROSS COMBINATION COURSE** 13 yrs+

In this intensive course, candidates will have the opportunity to earn their Bronze Medallion, Bronze Cross and CPR C. Challenges include: an 18 minute 600 m swim, shallow water rescues, management of spinal injuries and CPR. The Canadian Lifesaving Manual (required text) may be purchased at OBRC Reception. 100% attendance required. Pre-requisites: 13 years of age by last day of course, or successful completion of Bronze Star by first day of course.

Mar 18-22	M-F	8:45am-5pm	\$306/5	39604
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Apr 24-May 29	Mon,Wed	5:30pm-9:30pm	\$306/10	39613
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**3 NATIONAL LIFEGUARD AWARD** 16 yrs+

The NL Pool certification is designed to develop the fundamental values, judgment, knowledge, skills, and fitness required by lifeguards in swimming pool environments. The ALERT Manual may be purchased at Oak Bay Recreation Center. Pocket mask and whistle are included in the cost of the course. 100% attendance is required.

Pre-requisites: 1) Bronze Cross 2) 16 hour Standard First-Aid (must have been taken in Canada) 3) CPR C 4) 16 years of age by last day of course (no exceptions). It is strongly recommended that CPR C and Standard First Aid are current for success in this course.

Jan 2-6	Wed-Sun	8:30am-6pm	\$347/5	31738
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Jan 26-Feb 10	Sat,Sun	9am-5pm	\$347/6	39643
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Mar 2-17	Sat,Sun	9am-5pm	\$347/6	39656
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Mar 25-29	M-F	8:30am-6pm	\$347/5	39658
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Apr 27-May 12	Sat,Sun	9am-5pm	\$347/6	39659
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**4 NL RECERT** 16 yrs+

Lifeguards must re-certify every 2 years to remain current.

Candidates must bring wallet cards to first class. Prerequisites: Previous NL certification. It is strongly recommended that CPR C and Standard First Aid are current for success in this course.

Jan 4-5	Fri,Sat	6-10pm	\$103/2	39663
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Feb 15-16	Fri,Sat	6-10pm	\$103/2	39664
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Mar 22-23	Fri,Sat	6-10pm	\$103/2	39665
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Apr 19-20	Fri,Sat	6-10pm	\$103/2	39666
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May 24-25	Fri,Sat	6-10pm	\$103/2	39667
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Jun 24-25	Mon,Tue	6-10pm	\$103/2	39669
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**WATER SAFETY INSTRUCTOR - STEP 1** 15 yrs+

This is the first step in the Canadian Red Cross Swim Instructor development program. Step 1 involves: a swim stroke and water safety skills screening, online modules, and a teaching practicum (8-10 hours). The swim stroke and water safety skills screening is designed to ensure candidates can swim to a Red Cross Swim Kids Level 10 standard and will include an evaluation (evaluation dates listed below). All online and teaching practicum components will be explained in detail at the screening session. Prerequisite: 1) 15 years of age by first day of the course 2) Standard First Aid or Bronze Cross. It is strongly recommended that Standard First Aid or Bronze Cross are current for success in this course.

Jan 20	Sun	9am-5:30pm	\$235/1	39670
Mar 2	Sat	9am-5:30pm	\$235/1	39671
Apr 14	Sun	9am-5:30pm	\$235/1	39672
Jun 2	Sun	9am-5:30pm	\$235/1	39704

**WATER SAFETY INSTRUCTOR - STEP 2** 15 yrs+

Apply everything you have learned in both classroom and pool sessions! 100% attendance is required to complete this course.

Prerequisite: Completion of Step 1. Candidates will need to provide the following to their instructor on the first day: completed swim stroke and water safety skills screening worksheet, online module completion certificate and all completed teaching worksheets and journal assignments.

Feb 15-18	Fri 5:30-9:30pm + Sat, Sun, Mon 9am-6pm	\$180/4	39711
Mar 25-28	Mon-Thu 9am-5:30pm	\$180/4	39725
May 25-Jun 2	Sat,Sun 8:45am-4:15pm	\$180/4	39727

**WATER SAFETY INSTRUCTOR RECERT** 16 yrs+

Red Cross Water Safety Instructors must recertify every 2 years to remain current. Please bring your WSI wallet card to the course. 100% attendance is required. Pre-requisite: WSI.

Jan 27	Sun	Noon-5pm	\$99/1	39728
Feb 24	Sun	Noon-5pm	\$99/1	39729
Mar 31	Sun	Noon-5pm	\$99/1	39733
Apr 28	Sun	Noon-5pm	\$99/1	39734
May 26	Sun	Noon-5pm	\$99/1	39736
Jun 26	Wed	5-10pm	\$99/1	39737

**Advanced Aquatic Assistance Program**

Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor?

The Aquatic Assistance Program can help!

Contact your local pool for more information.

[recreation.oakbay.ca](http://recreation.oakbay.ca) (search Advanced Aquatic Assistance)