

**SWIMMING SCHEDULE**

**Monday, September 2 - Friday, December 20, 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	
Leisure & Lengths* 9am-3pm  This symbol denotes Playtime childminding service available Mon-Fri 8:45-11:15am	Swim Lessons 9-11am	Swim Lessons 9-11am	Swim Lessons 9-11am	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					Integrated Swim 11:30am-1pm	Family Swim 11:30am-1pm
	Leisure & Widths* 10:30-11:30am	Leisure & Lengths* 10:30am-3pm	Leisure & Widths* 10:30-11:30am		Leisure & Lengths* 11:30am-1:30pm	Kid's Fun Swim 1-5pm	Kid's Fun Swim 1-5pm
	Leisure & Lengths* 11:30am-1:30pm		Leisure & Lengths* 11:30am-1:30pm		50 & Better 1:30-3pm		
Everyone Welcome 3-5pm	☆ NEW ☆ Swim Lessons & Family Drop In 3-8pm	Swim Lessons 3-5pm	☆ NEW ☆ Swim Lessons & Family Drop In 3-8pm	Parent & Tot 3-5pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	
Adult Lengths 5-6:30pm	Swim Lessons & Family Drop In 3-8pm	Adult Lengths 5-6:30pm	Swim Lessons & Family Drop In 3-8pm	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	Leisure & Lengths* 8-11pm	Leisure & Lengths* 8-11pm	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* 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.

**Note: During swim lessons the pool & hot tub are not available for drop-in use as there is no lifeguard on duty**

**SWIM LESSONS & FAMILY DROP IN ★ NEW ★**

The pool is available for registered group and private swim lessons, and for families and friends to drop in and enjoy a section of the pool. 6 lanes of the main pool will be allotted for swim lessons and 2 lanes will be allotted to family swimming fun. Balls, Mats, and the yellow slide will be available and the Slidewinder will be run at set times each swim. The small pool will be a shared area for families and preschool swim classes. The Hot Tub, Sauna and Steam room will also be available to all patrons at this time.

**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 evening 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, table tennis, chess and foosball. 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. 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.

**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. Starts September 10th.

**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.

## AQUAFIT SCHEDULE

September 3 - December 20, 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> 10:15 - 11:15 am	<b>Shallow Water</b> 10:30 - 11:30 am			
<b>50 &amp; Better</b> 11 am - Noon		<b>50 &amp; Better</b> 11:15am - 12:15pm		<b>50 &amp; Better</b> 11am - Noon	<b>Look online for up to date schedules or download the free Recreation Oak Bay schedule app! (at Apple App Store or Google Play)</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

## 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.

Sep 3-24	Tue	7-8pm	\$35/4	54079
Oct 1-22	Tue	7-8pm	\$35/4	54080
Oct 29-Nov 19	Tue	7-8pm	\$35/4	54081
Nov 26-Dec 17	Tue	7-8pm	\$35/4	54082

### WATER WORKS

19 yrs+

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.

Sep 4-Dec 18	Wed	10:15-11:15am	\$105/16	54077
Sep 6-Dec 20	Fri	Noon-1pm	\$105/16	54078
Sep 9-Dec 16	Mon	10-11am	\$85/14	54075



### Pro-D Day Swims

Monday,  
Sept 23  
3-5pm

Fridays:  
Oct 25  
Nov 22  
1:15-3:15pm

## 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.



4135 Lambrick Way, Victoria, B.C. V8N 5R3  
Tel: (250) 477-6314 Fax: (250) 477-6046  
E-mail: [information@rivonline.org](mailto:information@rivonline.org)  
Web: [www.rivonline.org](http://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 universal changerooms 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  
Begins September 10<sup>th</sup>

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.

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.

Sep 7-Oct 26	Sat	9-9:45am	\$75/8	56917
Sep 10-Oct 10	Tue,Thu	7:30-8:15pm	\$94/10	56919
Oct 15-Nov 14	Tue,Thu	7:30-8:15pm	\$94/10	56920
Nov 2-Dec 14	Sat	9-9:45am	\$66/7	56918
Nov 19-Dec 19	Tue,Thu	7:30-8:15pm	\$94/10	56922

**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.

Sep 7-Oct 26	Sat	9-9:45am	\$75/8	56923
Sep 10-Oct 10	Tue,Thu	7:30-8:15pm	\$94/10	56925
Oct 15-Nov 14	Tue,Thu	7:30-8:15pm	\$94/10	56926
Nov 2-Dec 14	Sat	9-9:45am	\$66/7	56924
Nov 19-Dec 19	Tue,Thu	7:30-8:15pm	\$94/10	56927

**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.

Sep 7-Oct 26	Sat	9-9:45am	\$75/8	56928
Sep 10-Oct 10	Tue,Thu	7:30-8:15pm	\$94/10	56930
Oct 15-Nov 14	Tue,Thu	7:30-8:15pm	\$94/10	56931
Nov 2-Dec 14	Sat	9-9:45am	\$66/7	56929
Nov 19-Dec 19	Tue,Thu	7:30-8:15pm	\$94/10	56932

**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**

50 yrs +

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.

Sep 10-Oct 8	Tue	2:45-3:30pm	\$47/5	56963
Oct 15-Nov 12	Tue	2:45-3:30pm	\$47/5	56964
Nov 19-Dec 17	Tue	2:45-3:30pm	\$47/5	56965

**50+ ADULT - INTERMEDIATE**

50 yrs +

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.

Sep 10-Oct 8	Tue	2:45-3:30pm	\$47/5	56966
Oct 15-Nov 12	Tue	2:45-3:30pm	\$47/5	56967
Nov 19-Dec 17	Tue	2:45-3:30pm	\$47/5	56968

**50+ ADULT - ADVANCED**

50 yrs +

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.

Sep 10-Oct 8	Tue	2:45-3:30pm	\$47/5	56969
Oct 15-Nov 12	Tue	2:45-3:30pm	\$47/5	56970
Nov 19-Dec 17	Tue	2:45-3:30pm	\$47/5	56971

**LIGHTNING FAST SWIM SERIES 3-10 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 aged 3 to 10.

**LIGHTNING FAST 1**

Pacific Coast Swimming

Sep 8-Oct 27	Sun	11-11:30am	\$64/8	54083
Sep 8-Oct 27	Sun	11:30am-noon	\$64/8	54084
Nov 3-Dec 15	Sun	11-11:30am	\$56/7	54085
Nov 3-Dec 15	Sun	11:30am-noon	\$56/7	54086

**LIGHTNING FAST 2**

Sep 8-Oct 27	Sun	11-11:30am	\$64/8	54087
Sep 8-Oct 27	Sun	11:30am-noon	\$64/8	54088
Nov 03-Dec 15	Sun	11-11:30am	\$56/7	54089
Nov 03-Dec 15	Sun	11:30am-noon	\$56/7	54090

**LIGHTNING FAST 3**

Sep 8-Oct 27	Sun	9-9:45am	\$80/8	54091
Sep 8-Oct 27	Sun	10-10:45am	\$80/8	54092
Nov 3-Dec 15	Sun	9-9:45am	\$70/7	54093
Nov 3-Dec 15	Sun	10-10:45am	\$70/7	54094

**LIGHTNING FAST 4**

Sep 8-Oct 27	Sun	9-9:45am	\$80/8	54095
Sep 8-Oct 27	Sun	10-10:45am	\$80/8	54096
Nov 3-Dec 15	Sun	9-9:45am	\$70/7	54097
Nov 3-Dec 15	Sun	10-10:45am	\$70/7	54098

**LIGHTNING FAST 5**

Sep 8-Oct 27	Sun	9-10am	\$96/8	54099
Sep 8-Oct 27	Sun	10-11am	\$96/8	54100
Nov 3-Dec 15	Sun	9-10am	\$84/7	54102
Nov 3-Dec 15	Sun	10-11am	\$84/7	54101



250-727-9243  
pacificcoastswimming.com

**HOMESCHOOL LESSONS****HOMESCHOOL**

5-12 yrs

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.

**LEVELS 1-10 Thurs 9:45-10:30am**

Sep 12-Oct 31 \$75/8

Nov 7-Dec 19 \$66/7

**HOMESCHOOL SWIMMING LESSONS + WATERSPORT 8-12 yrs**

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.

Sep 12-Oct 31	Thu	9:45-10:30am	\$75/8	569
Nov 7-Dec 19	Thu	9:45-10:30am	\$66/7	569

# 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>	3-5:30pm	<b>Thursdays</b>	3-5:30pm
Sept 7 – Oct 26	8/\$208	Sept 10 – Oct 29	8/\$208	Sept 12 – Oct 31	8/\$208
Nov 2 – Dec 14	7/\$182	Nov 5 – Dec 17	7/\$182	Nov 7 – Dec 19	7/\$182
<b>Sundays</b>	9-11:30 am	<b>Wednesdays</b>	3-5pm	<b>Tuesday/Thursdays</b>	5:30-8pm
Sept 8 – Oct 27	8/\$208	Sept 11 – Oct 30	8/\$208	Sept 10 – Oct 10	10/\$260
Nov 3 – Dec 15	7/\$182	Nov 6 – Dec 18	7/\$182	Oct 15 – Nov 14	10/\$260
				Nov 19 – Dec 19	10/\$260

Add a second swimmer:

Semi-Private lessons (for 2 people)

are also available for: 7/\$210

8/\$240

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.

## 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 am
Sunday	9 - 11:30 am
Tuesday & Thursday	5 - 8 pm

	Private (One-on-One)	Semi-Private (for 2 people)	Semi-Private (for 3 people)
30 min:	\$34	\$40	\$46
45 min:	\$51	\$60	\$69

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.**

POOL

# ADVANCED AQUATIC ASSISTANCE PROGRAM



Are you over the age of 15 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.



**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.*

**FALL WEEKDAY SESSIONS**

Preschool: 30 min sessions 7/\$45 8/\$51 10/\$64	Swim Kids 1-4: 30 min sessions 7/\$45 8/\$51 10/\$64	Swim Kids 5-10: 45 min sessions 7/\$66 8/\$75 10/\$94
<b>TUESDAYS • 10-11am / 3-5:30pm</b> Sep 10-Oct 29 8 lessons Nov 5-Dec 17 7 lessons	<b>TUESDAYS • 3-5:30pm</b> Sep 10-Oct 29 8 lessons Nov 5-Dec 17 7 lessons	<b>TUESDAYS • 3-5:30pm</b> Sep 10-Oct 29 8 lessons Nov 5-Dec 17 7 lessons
<b>TUESDAY/THURSDAY • 5:30-8pm</b> Sep 10-Oct 10 10 lessons Oct 15-Nov 14 10 lessons Nov 19-Dec 19 10 lessons	<b>TUESDAY/THURSDAY • 5:30-8pm</b> Sep 10-Oct 10 10 lessons Oct 15-Nov 14 10 lessons Nov 19-Dec 19 10 lessons	<b>TUESDAY/THURSDAY • 5:30-8pm</b> Sep 10-Oct 10 10 lessons Oct 15-Nov 14 10 lessons Nov 19-Dec 19 10 lessons
<b>WEDNESDAYS • 10-11am / 3-5pm</b> Sep 11-Oct 30 8 lessons Nov 6-Dec 18 7 lessons	<b>WEDNESDAYS • 3-5pm</b> Sep 11-Oct 30 8 lessons Nov 6-Dec 18 7 lessons	<b>WEDNESDAYS • 3-5pm</b> Sep 11-Oct 30 8 lessons Nov 6-Dec 18 7 lessons
<b>THURSDAYS • 10-11am / 3-5:30pm</b> Sep 12-Oct 31 8 lessons Nov 7-Dec 19 7 lessons	<b>THURSDAYS • 3-5:30pm</b> Sep 12-Oct 31 8 lessons Nov 7-Dec 19 7 lessons	<b>THURSDAYS • 3-5:30pm</b> Sep 12-Oct 31 8 lessons Nov 7-Dec 19 7 lessons

**FALL WEEKEND SESSIONS**

Preschool: 30 min sessions 7/\$45 8/\$51	Swim Kids 1-4: 45 min sessions 7/\$66 8/\$75	Swim Kids 5-10: 60 min sessions 7/\$93 8/\$106
<b>SATURDAYS • 9-11:30am</b> Sep 7-Oct 26 8 lessons Nov 2-Dec 14 7 lessons	<b>SATURDAYS • 9-11:30am</b> Sep 7-Oct 26 8 lessons Nov 2-Dec 14 7 lessons	<b>SATURDAYS • 9-11:30am</b> Sep 7-Oct 26 8 lessons Nov 2-Dec 14 7 lessons
<b>SUNDAYS • 9-11:30am</b> Sep 8-Oct 27 8 lessons Nov 3-Dec 15 7 lessons	<b>SUNDAYS • 9-11:30am</b> Sep 8-Oct 27 8 lessons Nov 3-Dec 15 7 lessons	<b>SUNDAYS • 9-11:30am</b> Sep 8-Oct 27 8 lessons Nov 3-Dec 15 7 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

# SWIMMING LESSON DESCRIPTIONS

## 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>

POOL

## 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.

Sep 8-Oct 27	Sun	11:30am-1pm	\$135/8	56974
Nov 3-Dec 15	Sun	11:30am-1pm	\$118/7	56975

**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 150 m and 1 minute treading water.

Sep 8-Oct 27	Sun	11:30am-1pm	\$135/8	56976
Nov 3-Dec 15	Sun	11:30am-1pm	\$118/7	56977

**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.

Sep 8-Oct 27	Sun	11:30am-1pm	\$135/8	56978
Nov 3-Dec 15	Sun	11:30am-1pm	\$118/7	56979

**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.

Sep 10-Oct 29	Tue	7-8pm	\$106/8	56982
Nov 5-Dec 17	Tue	7-8pm	\$93/7	56983

OnLine Registration

[recreation.oakbay.ca](http://recreation.oakbay.ca)**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.

Sep 8-Oct 27	Sun	1-2:30pm	\$135/8	56972
Nov 3-Dec 15	Sun	1-2:30pm	\$118/7	56973

**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](mailto:registrar@oakbayorcas.ca)*

**Red Cross Swim**

**Make waves- become a Water Safety Instructor**

**Swim with the best**

**WATERPOLO****JUNIOR DEVELOPMENT WATER POLO**

9-14 yrs

I Love Water Polo (ILWP) 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.

Sep 12-Oct 31	Thu	7:15-8pm	\$75/8	56980
Nov 7-Dec 19	Thu	7:15-8pm	\$66/7	56981



**Did you know? The Oak Bay Recreation Centre Reception Desk sells: Goggles for adult and children - various prices; Shampoo / Conditioner \$3 each; Ear Plugs and Nose Plugs \$5 each; Caps for Kids and Adults - Silicone \$11.40 or Latex \$4.60; Bathing Suits: Mens \$32 • Womens- Sizes 6-28, \$56 • Girls- Sizes 2-16, \$20 • Boys- Sizes 2-Xlarge, \$20**



## 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.

Sep 21-Oct 5	Sat	9am-4:30pm	\$165/3	54103
Nov 16-30	Sat	9am-4:30pm	\$165/3	54104

### 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.

Oct 19-Nov 2	Sat	9am-4:30pm	\$165/3	54253
Dec 7-21	Sat	9am-4:30pm	\$165/3	54254

### 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.

Dec 22-28	Sun, Mon	9am-6pm; Tue 9am-1pm; Wed no class Thu 12-5pm; Fri, Sat 9am-6pm	\$310/6	54255
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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.

Nov 16-Dec 1	Sat, Sun	9am-5pm	\$347/6	54256
Dec 22-28	Sun, Mon	8:30am-6pm; Tue 8:30am-1pm; Wed no class Thu 12-6pm; Fri, Sat 8:30am-6pm	\$347/6	54257
Dec 29-Jan 4	Sun, Mon	8:30am-6pm Tue 8:30am-1pm; Wed no class Thu, 12-6pm; Fri, Sat 8:30am-6pm	\$347/6	54258

### 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.

Sep 6-7	Fri, Sat	6-10pm	\$103/2	54259
Oct 18-19	Fri, Sat	6-10pm	\$103/2	54260
Nov 15-16	Fri, Sat	6-10pm	\$103/2	54261
Dec 13-14	Fri, Sat	6-10pm	\$103/2	54262

### 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.

Sep 15	Sun	9am-5:30pm	\$240/1	54263
Nov 2	Sat	9am-5:30pm	\$240/1	54264
Dec 1	Sun	9am-5:30pm	\$240/1	54265

### 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, all completed teaching practicum worksheets and teaching practicum journal assignments.

Oct 19-27	Sat, Sun	9am-5:30pm	\$185/4	54266
Dec 7-15	Sat, Sun	9am-5:30pm	\$185/4	54267
Dec 27-30	Thu-Sun	9am-5:30pm	\$185/4	54268
Jan 2-5	Thu-Sun	9am-5:30pm	\$185/4	54269

### 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.

Sep 29	Sun	Noon-5pm	\$101/1	54270
Oct 27	Sun	Noon-5pm	\$101/1	54271
Nov 24	Sun	Noon-5pm	\$101/1	54272
Dec 29	Sun	Noon-5pm	\$101/1	54273



POOL

## Advanced Aquatic Assistance Program

Are you over the age of 15 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)