



## Swim for Life (Ages 5-9)

### Aquatic Daycamp Itinerary

**March 24-28, 2025 | 10:00 - 3:00 pm**  
**CVRD's Aquatic Centre, 377 Lerwick Road**

*The CVRD respectfully acknowledges the land on which it operates is on the unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land.*

10:00 am	Drop off at the Aquatic Centre—Wave Room
10:30 am	Swim Lesson #1 & Water Activities
12:00 pm	Lunch
12:30 pm	Classroom Activities & Games
1:00 pm	Swim Lesson #2 & Free Pool Time
2:45 pm	Shower & Change Time for Pickup
3:00 pm	Pick up at the Aquatic Centre—Lobby

### Upcoming Programs & Events

April 11	Beach Splash Bash
April 11	Galactic Glow Ice Event
April 19	Egg-Cited Goo Zone

### What to Bring

- Your bathing suit & 2 towels
- Healthy lunch, snack & water
- Active wear & running shoes
- Weather appropriate clothing
- Sunscreen

### Reminders

- Do not send your child with money or other valuables.
- You will receive a welcome letter a few days before the start of camp.
- If you have any questions please contact the Aquatic Program Coordinator, Tammy Matfin at: 250-898-3712.

For more information,  
call: 250-334-9622 ext. 2 or  
visit: [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec)