

COMOX VALLEY RECREATION GUIDE

SPRING
2019



TOWN OF
COMOX
Recreation



2



Comox Valley
REGIONAL DISTRICT

30



CITY OF
COURTENAY
Recreation

55



THE VILLAGE OF
CUMBERLAND

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MESSAGE FROM THE CHAIR

Spring is around the corner and we invite you and your families to enjoy a healthy and active season at the Sports and Aquatic Centres!

Check out the variety of spring break daycamps where the kids can learn new skills while making new friends and having fun. Also, rec staff have been busy behind the scenes organizing a number of special events in the pools and rinks, including Pro D Day adventure fun, for all to enjoy.

For arena and pool schedule updates, be sure to visit our website at comoxvalleyrd.ca/rec. Happy spring!

Jesse Ketler
Chair
Comox Valley Sports Centre
Commission

CVRD SPORTS CENTRE

**3001 Vanier Drive
Courtenay, V9N5Y2**

Phone 250-334-9622
Fax 250-334-1042

6-lane pool, sauna, hot tub, wellness centre, 2 ice arenas, outdoor track and field and meeting rooms.

CVRD AQUATIC CENTRE

**377 Lerwick Road
Courtenay, V9N9G4**

Phone 250-334-2527
Fax 250-334-2587

Wave pool, 2 indoor waterslides, tot slide, 8-lane pool, fitness studio, sauna, steam room, hot tub, meeting rooms and swim shop.

EXHIBITION GROUNDS

**4839 Headquarters Road
Courtenay**

Phone 250-334-9622

Horseback riding, special events and other seasonal activities.

2019 Casual rider passes available. Purchase your annual pass at the CVRD sports centre customer service desk. Must present horse council #.

Individual: \$56.08 + GST
Family: \$140.66 + GST
Happy Trails!



ADMISSION RATES - UNTIL AUGUST 31, 2019

	POOLS, FITNESS, WELLNESS CENTRES & ARENAS		MEMBERSHIPS - FULL FACILITIES ACCESS			
ADMISSION	SINGLE DROP IN	10 VISIT PASS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
ADULT (19-59)	\$5.90	\$53.10	\$70.80	\$180.55	\$297.35	\$467.30
SENIOR (60-89)	\$5.00	\$45.00	\$60.00	\$153.00	\$252.00	\$396.00
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$3.70	\$33.30	\$44.40	\$113.20	\$186.50	\$293.05
CHILD (3-12) OR PWD	\$3.15	\$27.40	\$37.80	\$96.40	\$158.75	\$249.48
GOLDEN AGE (90+)	NO CHARGE					
TOT (2 & UNDER)	NO CHARGE		MEMBERSHIP PASSES: <ul style="list-style-type: none"> Membership fees take into consideration the shorter arena season and pool shutdowns. Drop-in activities may be subject to change or cancellation. Prorated refunds may be granted for medical reasons with a doctor's note, or proof of relocation outside the CVRD. Membership extensions will be granted for 6 month passes (up to 7 day extension) & 1 year passes (up to 14 day extension) during the term of the pass - pass will be suspended for the period. Must be requested in advance/one time only. For 1 year passes - pre-authorized monthly payment plans are available - 50% due at time of purchase and three subsequent monthly payments with Visa or MC. 			
FAMILY (6 MAX - MIN 1 ADULT/ SENIOR & 1 CHILD/TEEN)	\$12.65	\$113.80				
LOCKERS	\$0.50	N / A				
SKATE RENTAL	\$3.50	\$31.50				
SKATE SHARPENING	\$5.40	\$48.60				

SWIMMING & ICE LESSON PRICE LIST

School Age (½ Hour Class) Pre-school (½ hour class)

6 Sessions - \$33.00	6 Sessions - \$36.60
7 Sessions - \$38.50	7 Sessions - \$42.70
8 Sessions - \$44.00	8 Sessions - \$48.80
9 Sessions - \$49.50	9 Sessions - \$54.90
10 Sessions - \$55.00	10 Sessions - \$61.00
11 Sessions - \$60.50	11 Sessions - \$67.10
12 Sessions - \$66.00	12 Sessions - \$73.20

School Age (¾ Hour Class) H2O x 2 Combo Classes

6 Sessions - \$50.10	7 Sessions - \$64.05
7 Sessions - \$58.45	8 Sessions - \$73.20
8 Sessions - \$66.80	9 Sessions - \$82.35
9 Sessions - \$75.15	10 Sessions - \$91.50
10 Sessions - \$83.50	11 Sessions - \$100.65
11 Sessions - \$91.85	
12 Sessions - \$100.20	

Private up to 14 yr - \$29.00
Semi-private up to 14 yr - \$18.05/person
Private over 14 yr - \$32.80
Semi-private over 14 yr - \$20.40/person

SPECIAL SESSIONS

Super Saver Admission \$2.50/person

*Professional Admission \$20.00/instructor

*Professional admission applies to instructors/trainers bringing clients to facilitate personal training or instruction sessions during public pool, wellness centre or arena programs. Please note that the clients are required to pay regular admission fees.

WELLNESS CLASSES PRICE LIST

Registered Fitness Classes

Aquamotion level 2

Aquamotion level 3

Aquatic Hip & Knee

10 Classes \$88.00

Board Fit - 10 Classes \$130.00

(Fees are pro-rated to the number of classes)



HAPPY BIRTHDAY TO YOU...HAPPY BIRTHDAY TO YOU!



BIRTHDAY PARTIES

Call 250-334-9622, ext 2 or drop into the Sports or Aquatic Centres for party registration and information.

SWIM BIRTHDAY PARTY PACKAGES AQUATIC CENTRE

Includes swimming for up to 10 children and 2 adults during an everyone welcome swim, locker tokens and a 3 hour room rental.

Cost is \$63.00 (Pre-register)
Available **Fridays, Saturdays & Sundays**
September - June
(48 hour cancellation notice required)

WAVE POOL PARTY AQUATIC CENTRE

Up to 25 people can enjoy the wave pool and waterslides
5:00-6:00 PM Saturdays & Sundays!

Cost is \$122.80 (Pre-register)
Available Saturdays & Sundays
September - May
(Locker tokens and room rental are an additional cost - 7 day cancellation notice required)

SKATE BIRTHDAY PARTY PACKAGES SPORTS CENTRE

Includes skating for up to 10 children and 2 adults during an everyone welcome skate, skate rentals and room rental.

Cost is \$63.00 (Pre-register)
Available **Saturdays & Sundays**
September-May
(48 hour cancellation notice required)

EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for up to 100 people. Includes room rental and birthday child gets a Zamboni ride! **Call 250-334-9622 ext 233 for information.

Cost is \$185.94
(includes insurance)

**subject to ice & room availability
(14 day cancellation notice required)



Does your party need a PARTYOLOGIST? What's that? It's a fun, energetic lifeguard/swim instructor or skate/hockey instructor dedicated to making sure your party attendees have a great time. The \$30 cost includes a 1 hour activity leader to organize and lead a variety of age appropriate games for your party. Call 250-334-9622 ext 2 for more information.

Did you know the pools, arenas, meeting rooms and Exhibition Grounds are available to rent? For facility bookings phone 250-334-9622 ext 233 or visit the CVRD Sports Centre at 3001 Vanier Drive for rental information.

HOW TO REGISTER

You may register for any of our programs or classes in person or by phone.

Fees must be paid in full at the time of registration.

IN PERSON

At the Sports Centre or the Aquatic Centre during operating hours. Payment methods include cash, cheque, debit, Visa or MasterCard. We also accept Quality Foods Rec Bucks.

Locations to register:

Sports Centre - 3001 Vanier Drive, Courtenay

Aquatic Centre - 377 Lerwick Road, Courtenay

BY PHONE

250-334-9622, EXT 2

	September to June
Monday to Friday	8:00am-7:30pm
Saturday	8:00am-1:30pm
Sunday	8:00am-1:30pm

Registration is not available on statutory holidays.



REGISTRATION GUIDELINES

Course Full? Add your name to a waitlist so we can contact you if space becomes available or classes are added.

Cancellations: Classes may be cancelled due to low registration numbers. Register early to avoid disappointment.

Classes Missed due to illness, weather, power failures or other events beyond our control will not be refunded or credited.

Change of Plans? Unless advised otherwise:

1. If you withdraw or transfer before 7 calendar days prior to the course start date, a full refund or credit will be issued.
2. If you withdraw or transfer within 7 calendar days prior to course start date, or to the end of the 3rd class, a \$5.00 admin fee will be charged, and a pro-rated refund or credit for the remainder will be issued.*
3. Pro-rated refunds or credits after the 3rd class will only be considered for medical reasons or relocation outside the CVRD.
4. Seven days cancellation notice is required for leisure pool rentals.

*Exceptions apply to all leadership courses.

Swimming & Skating Lessons - late registrations for these courses may be accepted until the 3rd class and will be pro-rated.

FINANCIAL ASSISTANCE

PROVIDING LEISURE ACCESS FOR YOU (PLAY)

The Comox Valley Regional District, through the Sports Centre commission, offers financial assistance to qualifying residents in Comox, Courtenay and Electoral Areas A, B & C who would like to participate in any of our recreational activities but find it difficult to do so because of financial limitations. Assistance includes 52 free admissions and up to 4 free/discounted programs for each family member per year.

Ask our customer service representatives for more information.



AQUATIC CENTRE SCHEDULE UNTIL JUNE 28, 2019

WAVE POOL - Please note facility is **CLOSED** statutory holidays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN Swim Monday, Wednesday, Friday 6:00-11:00 AM Tuesday & Thursday 6:00-9:00 AM & 10:00-11:00 AM Shared Space - Leisure/Rehab Drop In's & Rentals/Programs						OPEN Swim 10:30 AM-1:00 PM Shared Space
Everyone Welcome 11:00-1:00 PM Waves & Slides Open + min 2 Lanes					Everyone Welcome 1:00-5:00 PM Waves & Slides Open	
OPEN Swim Monday, Tuesday, Thursday, Friday 1:00-3:00 PM Wednesday 1:00-2:00 PM Shared Space - Leisure/Rehab Drop in's & Rentals/Programs						
Everyone Welcome 6:30-8:00 PM Waves & Slides Open				Everyone Welcome 3:00-9:30 PM Waves & Slides Open	Leisure Pool Party Rentals 5:00-6:00 PM Call to Book!	
16+ Swim 8:00-9:30 PM Shared Space - Leisure/Rehab Drop In's & Rentals/Programs Waves & Slides Open					Everyone Welcome 6:00-8:00 PM Waves & Slides Open *cancelled after Apr 26	

25 METRE LANE POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<div>Lane Swim+ 6:00-11:00 AM Shared Space - Lengths (min 2) & Rentals/Programs</div>					<div>Lane Swim+ 9:00 AM-1:00 PM (lengths min 2)</div>	<div>Lane Swim+ 9:00 AM-10:30 AM (lengths min 2)</div>		
						<div>OPEN Swim 10:30 AM - 1:00 PM (lengths min 2)</div>		
<div>Everyone Welcome 11:00 AM-1:00 PM Waves & Slides Open - Lengths (min 2)</div>					<div>Everyone Welcome 1:00-5:00 PM Waves & Slides Open - Lengths (min 2)</div>			
<div>OPEN Swim + 1:00-3:00 PM Shared Space - Lengths (min 2) & Rentals/Programs</div>								
<div>Lane Swim+ 3:00-6:30 PM Shared Space - Lengths (min 2) & Rentals/Programs</div>				<div>Everyone Welcome 3:00-9:30 PM Waves & Slides Open Lengths (min 2)</div>	<div>FITNESS SCHEDULE SEE PAGE 41 SEE PAGE 35 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION</div>			
<div>Everyone Welcome 6:30-8:00 PM Waves & Slides Open - Lengths (min 2)</div>				<div>Lane Swim + (min 2) Kayak Hour 5:00-6:00 PM <i>*cancelled after Apr 26</i></div>				
<div>16+ Swim 8:00-9:30 PM Shared Space - Lengths (min 2) & Rentals/Programs Waves & Slides Open</div>						<div>Everyone Welcome 6:00-8:00 PM Waves & Slides Open - Lengths (min 2) <i>*cancelled after Apr 26</i></div>		

Water Play (all ages)

Until April 26, 2019

Join the guards at the Aquatic Centre for a variety of activities including group challenges, games, dance offs and more. Regular admission rates apply.

Fridays 7:00-9:00 PM

Saturdays 2:00-4:00 PM

Sundays 2:00-4:00 PM



AQUATIC CENTRE FITNESS STUDIO, SAUNA & HOT TUB HOURS (16+)

Until April 26, 2019

Monday – Friday	6:00 AM – 9:30 PM
Saturday	9:00 AM – 8:00 PM
Sunday	9:00 AM – 5:00 PM

From April 27 to June 28, 2019

Monday – Friday	6:00 AM-9:30 PM
Saturday & Sunday	9:00 AM-5:00 PM

Please note the facility is CLOSED statutory holidays unless noted otherwise in special swims & events listing.

SPECIAL SWIMS & SCHEDULE CHANGES

Mar 18-22 – CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:30 PM

Mar 25-29 – CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:30 PM

Apr 19 – STAT – Good Friday – CLOSED

Apr 22 – STAT – Easter Monday – CLOSED

Apr 26-Jun 28 – CVAC Pool CLOSED on Saturdays after 5 PM

Apr 29-May 31 – Monday/Wednesday/Friday 6:30-7:15 AM AquaFit class Cancelled

May 4 – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed 1:00-7:00 PM

May 5 – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed until 2:00 PM

May 20 – STAT – CLOSED

Apr 26-Jun 28 – CVAC pool CLOSED on Saturdays after 5 PM Check the events listing on page for more info.

Jun 29-Aug 5 – CVAC CLOSED

Jul 2-26 – CVSC Summer schedule

Aug 6-30 – CVAC Summer schedule

Sep 3 – CVAC & CVSC Regular schedule



DROP-IN PROGRAM DESCRIPTIONS

Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted. The backstroke flags will be up whenever possible (i.e. when the diving board is not in use). Lane etiquette pamphlets are available on site and online for your convenience.

Everyone Welcome Swim

All ages welcome and fun encouraged at this high energy swim time. The waves, slides and various water features will be on intermittently throughout the swim. The diving board and space for large toys (i.e. foam canoes, mats etc.) in the lane pool is also available. 2 lanes are also reserved for length swimmers and other areas of the pools may be set aside for other programs or rentals. See special event calendar & Water Play schedule for the “extra” fun times.

OPEN Swim

Although this swim is open to everyone it is targeted at people looking for a more relaxed pace than the Everyone Welcome Swim. The waves and slides will generally be off and a minimum of 2 lanes will be reserved for length swimmers. Rentals and programs will be taking place in the pools at the same time so the space will be shared. Please give organized group activities the right of way.

16+ Swim

This time is for youth 16+ and adults only. 2 lanes are available for length swimming and the waves and slides will be on intermittently. Rentals and programs will be taking place in the pools at the same time including an AquaFit class you are welcome to participate in. Please note the diving board will be closed if there are rentals/programs using that space.

Rehab & Therapy Swim

A more relaxing swim targeting those with sensory challenges and/or those working on self or group rehabilitation or therapy. Associated rentals and programs will be taking place in the pool at the same time and at least 2 lengths will be available for length swimming.

Kayak Hour

Bring your kayak and practice your moves. \$8 per person with kayak. Sharing a kayak - extra kayakers pay regular admission.



SPORTS CENTRE POOL

25 METRE LANE POOL UNTIL JUNE 28, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/Programs				Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/Programs	<div>FITNESS SCHEDULE SEE PAGE 41</div> <div>SEE PAGE 35 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION</div> <div>*Tue & Thu 6:30-8:00 PM lane swim cancelled after April 26</div>	
Rehab & Therapy Swim 7:30-9:00 AM Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs						
Lane Swim+ Monday, Wednesday, Friday 10:00-11:30 AM Tuesday & Thursday 9:00-11:30 AM Lengths (2) & Rentals/Programs						
Rehab & Therapy Swim 11:30-1:45 PM Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs						
	Lane Swim+ 1:45-3:30 PM Lengths (2) & Rentals/Programs Lane Swim+ *6:30-8:00 PM Lengths (2) & Rentals/Programs		Lane Swim+ 1:45-3:30 PM Lengths (1) & Rentals/Programs Lane Swim+ *6:30-8:00 PM Lengths (2) & Rentals/Programs			

SPORTS CENTRE HOT TUB & SAUNA (16+)

Until April 26, 2019

Monday/Wednesday/Friday	6:00 AM-6:00 PM
Tuesday & Thursday	7:30 AM-8:00 PM
Saturday & Sunday	CLOSED

April 27-June 28, 2019

Monday/Wednesday/Friday	6:00 AM-6:00 PM
Tuesday & Thursday	7:30 AM-6:30 PM
Saturday & Sunday	CLOSED

WELLNESS CENTRE

The Wellness Centre is open to everyone aged 16+ or for 12-15 year olds that are supervised by an adult. See pool schedule for list of special events and/or cancellations.

General Hours of Operation

Until June 28, 2019

Monday to Friday	6:00 AM-8:00 PM
Saturday & Sunday	8:00 AM-2:00 PM

Supervised Hours Until April 26, 2019

This is a great time for youth aged 12-15 to use the facility without an adult or for anyone with questions about equipment or workouts to drop-in.

Monday/Wednesday/Friday	12:00-2:00 PM
Saturday/Sunday	9:00 AM-12:00 PM

Supervised Hours April 27-June 28, 2019

Monday/Wednesday/Friday	12:00-2:00 PM
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COMOX VALLEY SPORTS & AQUATIC CENTRES POOL RULES

In our pools you must:

- Wear clean & appropriate bathing attire.
- Take a cleansing shower with soap and warm water before entering the pools or saunas.
- Ensure all children under the age of 7 are closely supervised (within arms reach) and accompanied in the water by a responsible person at least 16 years of age. We recommend a maximum of three children under the age of 7 to one adult.

The following is not allowed in our pools:

- Entering the pool while ill—this includes open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Strollers or outside shoes on the pool deck.
- Bringing food, gum or drinks in the pool area.
- Running, fighting, or engaging in other conduct likely to cause an injury.
- Foul language or aggressive behaviour.
- Contaminating or fouling the pool.
- Using or being under the influence of intoxicants.

Articles on the pool deck are left at your own risk. Lockers are available in the changerooms for your convenience.

SPECIAL EVENTS

MARCH

Build, Bail & Hope to Float (all ages)

We supply the cardboard and duct tape – you supply the ingenuity and teams of 4. Design, build and hope to float your cardboard boat across the pool. Fun for all!

Aquatic Centre

Sunday, Mar 3, 2:00-4:00 PM

Regular Admission

Beach Party (all ages)

Skate along with the beach boys and other summer time tunes while we celebrate the coming of spring after a long and cold winter. We will host a variety of fun games with prizes to be won!

Sports Centre Arena #2

Friday, Mar 8, 3:00-4:45 PM

Regular Admission



Welcome to the St. Paddy Day Special - GOO ZONE (all ages)

Messy Wet Aquatic Fun

Lifeguards have stocked up on all kinds of goo for this event including slime, spaghetti, pudding and shaving cream. Come prepared to get covered and have fun. Think GREEN!

Aquatic Centre

Saturday, Mar 16, 2:00-4:00 PM

Regular Admission



SuperSaver Spring Break Swims (all ages)

Visit the CVAC Wave Pool this spring break!

Aquatic Centre

Mar 18-22 & 25-29

3:00-6:30 PM

SuperSaver Rate (\$2.50)

SCUBA (13+)

The CVRD has partnered with 2 local dive companies so youth aged 13+ and adults can give scuba a try at no additional cost. Please note: youth aged 13-18 must have a waiver signed by a guardian.

Try It Scuba

Pacific Pro Dive offers this program. 30 minute sessions available – 1st come, 1st served. Sign up on the pool deck starting at 6:30 PM.

Contact

www.pacificprodiver.com

for more info.

Aquatic Centre

Mondays Jan 7- Mar 11

April 1-29

(no class Apr 22)

6:30-8:00 PM

Regular Admission



Discover Scuba

UB Diving offers this full lesson, sign up at **www.ubdiving.com**

Aquatic Centre

Fridays Feb 22, Mar 8, Apr 12 &

26, May 10 & 24

7:00-8:30 PM

Regular Admission



SPECIAL EVENTS

APRIL

Egg-Cited (all ages)

Eggs, Eggs and Eggs! Join the hoppingly egg-citing lifeguards for an egg-tastic good time hunting for the elusive Easter Bunny and the treasured eggs.

Aquatic Centre

Thursday, Apr 18, 6:30-8:00 PM

Regular Admission

Welcome to the

GOO ZONE (all ages)

Messy Wet Aquatic Fun

Lifeguards have stocked up on all kinds of goo for this event including slime, spaghetti, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre

Saturday, Apr 20, 2:00-4:00 PM

Regular Admission

Flower Power (all ages)

Spring has sprung - help decorate the pool to celebrate spring. Help us make a flower and your admission will be at the supersaver rate!

Aquatic Centre

Saturday, Apr 27, 1:00-5:00 PM

Supersaver Rate (\$2.50)

Statutory Day Special

(all ages)

For one fee today you can swim and skate - great, cheap family fun!

Sports Centre

Friday, Apr 19 & Monday, Apr 22

Skate 1:00-3:00 PM

Swim 1:00-5:00 PM

Regular Admission - 2 Activities for the price of one!

Did you know the pools, arenas, meeting rooms and Exhibition Grounds are available to rent? For facility bookings phone 250-334-9622 ext 233 or visit the CVRD Sports Centre at 3001 Vanier Drive for rental information.

CVRD SPECIAL EVENTS



SPECIAL EVENTS

MAY & JUNE

EXTREME REC NIGHT (11-16)

All 4 Rec Centres - only \$10!

Meet at Mox between 3:30-5:00 PM and take the free bus to each of the events or meet at the LINC by 4 PM to get a ride to the Mox. You can join the event anytime/location below.

3:30-5:00 PM	The Mox Youth Centre (19 Wing Fitness and Community Centre): Meet & Greet, Snacks & Games
5:30-7:00 PM	LINC: Skate Park, Games Room & BBQ
7:30-9:00 PM	Cumberland Rec: Rock Climbing (need climbing waiver signed by parent @cumberland.ca)
9:30-10:30 PM	CVAC: Swim, Games and Snack Bar

Friday, May 3, 3:30-10:30 PM

Cost \$10.00 pre-purchased wristband at any participating facility or \$15.00 drop-in day of the event



Poolside Luau (7-12)

Pizza & Swimming Party

Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more. Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Aquatic Centre

Friday, May 10, 6:00-8:00 PM
\$10.00



Tiny Tot Wrap Up Party (2018/2019 Tiny Tot Participants)

All Tiny Tot participants and their families are invited to a fun wrap up party. The event will include a fun hockey game, family skate and a pizza party. There will also be a staff photographer on hand to take pictures of your hockey star. If you wish to attend this free event simply register the number of people in your family that will be attending.

Arena #2

Saturday, May 18, 1:30-3:30 PM
FREE to all 2018/2019 Tiny Tot Participants



Graffiti Ice (all ages)

The ice is coming out! Don't miss out on all the fun and help us paint it before it's gone. We supply the spray paint, bingo dabbers and felts! Skates or shoes with spike welcome for this artistic challenge. Prizes available for a variety of categories.

Arena #2

Sunday, May 19, 1:15-3:15 PM
FREE!



Welcome to the

GOO ZONE (all ages)

Messy Wet Aquatic Fun

See previous event description for more information.

Saturday, May 18, 2:00-4:00 PM
Regular Admission



Pull the Plug (all ages)

Last Swim of the Regular Season

Help us shut down the pool in style. Do all the things you have always wanted to do at the pool - but were told no: bubbles in the hot tub, shaving cream lifeguard pie, graffiti the windows, sidewalk chalk the decks and dunk a life-guard!

Aquatic Centre

Friday, Jun 28, 6:00-8:00 PM
Regular Admission



REGISTERED WELLNESS PROGRAMS

ADAPTIVE FITNESS PROGRAMS - REGISTERED

AquaMotion Level 2 – gentle shallow water class with an introduction to deep water for those wanting to increase their muscle strength and endurance.

AquaMotion Level 3 – shallow & deep water class ideal for those looking to improve their cardio-respiratory fitness, balance and posture.

Aquatic Hip & Knee – for participants that are pre or 6-week post op. This class is designed for people of all abilities looking to strengthen their joints pre and post-surgery and allows participants to work at their own pace for their recovery. Physician's consent required.

REGISTERED FITNESS PROGRAM

Board Fit – the Valley's first indoor stand up paddle board exercise class! Join us for a fun and unique core and balance fitness class. As we are in the pool, bring active wear that you do not mind getting wet. This class offers participants a great cross training opportunity.

DID YOU KNOW? If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!

DROP-IN FITNESS PROGRAMS

AquaFit – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (floatation belts provided).

Swim Fit – this class is all what you make it. We have qualified swim instructors/fitness staff on deck with intense workouts planned. Need stroke correction? We can help you with that too!





REGISTERED WELLNESS PROGRAMS

SESSIONS/ DATES	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	FRIDAY
Registration is on going - sign up anytime for classes in progress.	Apr 8-May 8 (9) May 13-Jun 5 (7) Jun 10-26 (6) (no classes Apr 22 & May 20)	Apr 9-May 9 (10) May 14-Jun 6 (8) Jun 11-27 (6)	Apr 12-May 17 (5) May 24-Jun 28 (6) (no class Apr 19)
AQUATIC HIP & KNEE	Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30 am	Sports Centre 1:45-2:45pm	Sports Centre 10:30-11:30am
AQUAMOTION 2		Sports Centre 9:00-10:00am	
AQUAMOTION 3		Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30am	
BOARD FIT	Sports Centre 6:15-7:15pm		

FITNESS CLASS SCHEDULE UNTIL JUNE 21, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquafit 6:30-7:15am*	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am*	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am*	
Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	
Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	
Aquafit 9:00-10:00am	AquaMotion 2 Registered Class 9:00-10:00am	Aquafit 9:00-10:00am	AquaMotion 2 Registered Class 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:05-10:05am
Aquafit 10:00-11:00am	AquaMotion 3 Registered Class 10:00-11:00am	Aquafit 10:00-11:00am	AquaMotion 3 Registered Class 10:00-11:00am	Aquafit 10:00-11:00am	
Aquatic Hip & Knee Registered Class 10:00-11:00am		Aquatic Hip & Knee Registered Class 10:00-11:00am			
Aquatic Hip & Knee Registered Class 10:30-11:30am	AquaMotion 3 Registered Class 10:30-11:30am	Aquatic Hip & Knee Registered Class 10:30-11:30am	AquaMotion 3 Registered Class 10:30-11:30am	Aquatic Hip & Knee Registered Class 10:30-11:30am	
50+ Aquafit 1:45-2:45pm	Aquatic Hip & Knee Registered Class 1:45-2:45pm	50+ Aquafit 1:45-2:45pm	Aquatic Hip & Knee Registered Class 1:45-2:45pm	50+ Aquafit 1:45-2:45pm	
	Aquafit Warm Water 2:00-3:00pm		Aquafit Warm Water 2:00-3:00pm		
Board Fit Registered Class 6:15-7:15pm	Aquafit 6:45-7:45pm**	Board Fit Registered Class 6:15-7:15pm	Aquafit 6:45-7:45pm**	PLEASE NOTE: * Mon/Wed/Fri 6:30-7:15am Aquafit classes cancelled Apr 29-May 31 **Tue/Thu 6:45-7:45pm Aquafit classes cancelled after Apr 26	
Aquafit 8:00-9:00pm	Swim Fit 8:00-9:00pm	Aquafit 8:00-9:00pm	Swim Fit 8:00-9:00pm		

Drop in Fitness Classes

Regular Admission Rates Apply

Registered Wellness Classes

Board Fit - \$130.00 for 10 classes
All Others - \$88.00 for 10 classes
(sessions are pro-rated)

AQUATIC CENTRE	SPORTS CENTRE
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ARE YOU INTERESTED IN EMPLOYMENT AS A LIFEGUARD/INSTRUCTOR?

You will need Lifesaving Society courses AND Red Cross Water Safety Instructor courses:

BRONZE STAR (optional) Bronze Star is the pre-Bronze Medallion training standard and is excellent preparation for success in Bronze Medallion. Candidates develop problem-solving and decision-making skills as individuals and in partners. They learn self-rescue techniques, in-water searches, CPR, water rescue skills and first aid including how to manage a land spinal injury. Candidates also develop stroke endurance and lifesaving fitness skills.

BRONZE MEDALLION

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR-A certification

BRONZE CROSS

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Includes CPR-C certification.

STANDARD FIRST AID with CPR C

Comprehensive training covering all aspects of first aid and CPR. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Using practical activities and hands-on training, you will learn to recognize and treat injuries including head & spinal, soft tissue, facial, abdominal & chest, burns, bone & joint, and other common medical emergencies. Includes CPR-C certification.

ADVANCED LEADERSHIP COURSES

Lifesaving Instructor (LSI) Lifesaving Instructors are trained to teach and evaluate Canadian Swim Patrol, Bronze Star, Bronze Medallion, Bronze Cross, and Distinction. Candidates are introduced to basic learning approaches and teaching strategies and apply them to teaching water rescue, first aid, and other lifesaving skills. Instructor candidates also learn about long-range and short-term planning, class management, safety supervision, and the principles of evaluation. This introductory instructor level is the base for most Lifesaving Society instructor certifications.

CALA Vertical Water Training This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic water based group classes and one to one sessions geared to a variety of people with a diversity of health conditions from healthy to post rehabilitation. A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions. Course fee includes CALA registration and open book exam.

CALA Group Aqua Fitness Group Aqua Fitness is taken after completing the compulsory Vertical Water Training. This course provides the opportunity for aspiring aquafitness leaders and participants to expand their knowledge about fitness theory related to water. Anatomy and physiology is presented in an applied manner with respect to exercising in water. Group Aqua Fitness provides increased opportunity to practice and fine tune leadership skills to gain confidence in preparation for the certification process. Course fee includes cost of the formal evaluation if completed during the course. If participants wish to have additional practice time before being evaluated the cost of an evaluation is \$35.

Aquatic Fitness - Adaptive Workshop This course is for trained instructors wanting to work with and teach aquatic fitness classes to groups with various chronic conditions (i.e. Parkinson's Disease, MS, post polio, hip/knee replacements etc.). This course includes classroom and practical study. Be prepared to be in the pool for up to five hours over the weekend. BCRPA/CALA credits pending.

Emergency First Aid (EFA)

Using hands-on training and practice this basic first aid course will give you the confidence to respond effectively to an emergency. You will learn lifesaving skills such as patient assessment, rescue breathing, CPR, and obstructed airway procedures. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, bleeding, shock, heart attack and stroke. Includes CPR-A certification.

NATIONAL LIFEGUARD (NL)

Recognized as the standard measurement of lifeguarding performance in Canada, the NLS program develops a sound understanding of lifeguarding principles, good judgment and communication skills, and a mature and responsible attitude toward the role of the lifeguard. The NLS lifeguard's primary role is to prevent injuries (and when necessary, effectively manage emergencies) and to facilitate a safe and enjoyable aquatic experience. NLS training develops the basic lifeguarding skills needed to adapt to different aquatic facilities and situations.

WATER SAFETY INSTRUCTOR (WSI)

This course will provide you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback. The course will include a WSI - Skills Evaluation, WSI - Online, WSI - Teaching Experience, and WSI - Classroom and Pool components.

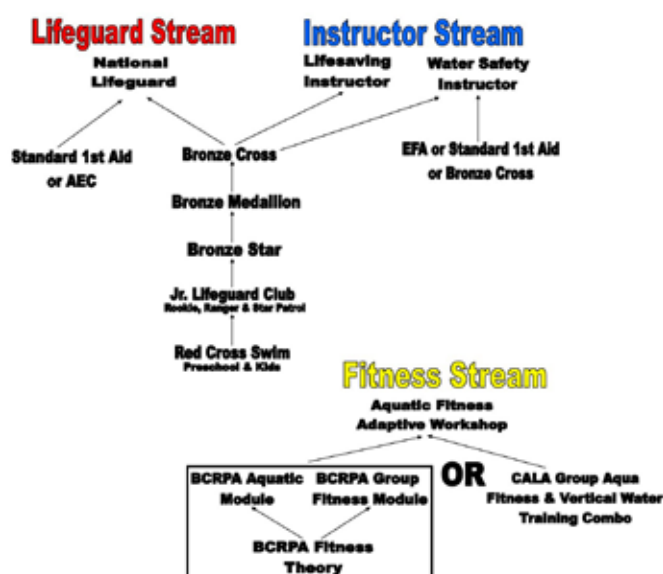


For further information call the Aquatic Coordinator at 250-334-2527 ext 303.

FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES		TIME	COST	PRE-REQUISITES
BRONZE MEDALLION & BRONZE CROSS COMBO	Apr 6-May 18 no class Apr 20 Jul 8-12	Sat Mon-Fri	10:00am-5:00pm	\$375.00*	13 years old by last day of course or Bronze Star
NATIONAL LIFEGUARD (NL)	May 24-Jun 15 Aug 19-24	Fri Sat Mon-Sat	5:00-9:00pm 9:00am-5:00pm 9:00-5:00pm	\$475.00*	16 years old by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
LIFESAVING INSTRUCTOR (LSI)	Jul 3-5	Wed, Thu, Fri	9:00am-5:00pm	\$350.00*	16 years by last day of course, Bronze Cross (need not be current)
WSI (Part 1) - Skills Evaluation, Online & Teach experience	June 2 & teach dates	Sun	12:00-5:00pm	\$185.00	15 years by the last day of course, level 10 swimming skills & previous first aid certification (EFA, Bronze Cross or higher) - does not have to be current
WSI (Part 2) - Classroom & Pool components	Mar 27-29 Jul 15-17	Wed, Thu, Fri Mon, Tue, Wed	9:00am-5:00pm	\$220.00	Success completion of WSI Skills Evaluation, Online & Teaching Experience Components
CALA Vertical Water Training & Group Aqua Fitness Combo	Aug 6-10	Tue-Sat	9:00am-5:00pm	\$650.00	16 years min
AQUATIC FITNESS - Adaptive Workshop	Aug 17-18	Sat & Sun	9:00am-4:30pm	\$150.00	16 years min and must be a current instructor in order to be eligible for BCRPA/CALA credits
EMERGENCY FIRST AID (EFA)	Apr 20 Aug 10	Sat Sat	9:00am-5:00pm	\$95.00*	12 years old minimum/15 years recommended
STANDARD FIRST AID (SFA) & CPR C	Apr 20 & 21 Aug 10-11	Sat & Sun Sat & Sun	9:00am-5:00pm	\$140.00*	12 years old minimum/15 years recommended
NL PRECERT/RECERT	Mar 31 May 26	Sun Sun	9:00am-6:00pm	\$135.00*	Previous NL award and recommended CPR C (current within the year)
WSI RECERT	TBA			\$90.00	WSI Award (issued within 5 years of the expiry date)
LSI RECERT	Mar 30	Sat	1:00-5:00pm	\$90.00*	LSI Award issued within 5 years of the certification date

*Reuseable pocket mask required for this course. If you do not have a pocket mask, you will be charged an additional \$16.00 for one.



Leadership classes may be subject to a \$35.00 withdrawal/transfer fee for withdrawals or transfers less than a week from start date. No withdrawals/refunds after class starts, except for medical reasons.

GET HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Bronze Cross, Lifesaving Instructor, NLS and WSI certifications for credit toward high school graduation. Credits available:

- Bronze Cross is worth 2 credits for Grade 11.
- Lifesaving Instructor + Bronze Cross are worth 3 credits for Grade 11.
- National Lifeguard – Pool/Core option (NLS) is worth 2 credits for Grade 12.
- Water Safety Instructor (WSI) is worth 2 credits for Grade 11.



RED CROSS SWIM LESSONS



PARENT & TOT LESSONS (Ages 4 months-3 years) - 30 minute classes

Starfish 4-12 months	Facility orientation, active supervision, safe entries and exits, staying warm, choking prevention, supports and holds for the caregiver, buoyancy and movement.
Duck 12-24 months	Active supervision, Stop Look Ask!, shallow water entries and exits, PFD and Me, when and how to get help, choking response, rhythmic breathing, buoyancy and movement and submersion (optional.)
Sea Turtle 24-36 months	Stop Look Ask!, jumping into chest deep water, PFD and Me, assisted front and back floats and assisted front swims.

PRESCHOOL LESSONS (ages 3-6 years) - 30 minute classes

Sea Otter	Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 m. They also learn age-appropriate water safety skills.
Salamander	Learn about active supervision. Stop Look Ask an adult, jump into chest deep water, buoyant objects rhythmic breathing, front float and recovery, front glides with kick and a distance swim of 2m.
Sunfish	Safe entries, surface support, floats and recovery in deep water, front and back and side glides with kick, roll over glides and a distance swim of 5m.
Crocodile	Changing direction in deep water, jumping into deep water, surface support, calling for help, glides with kick, front and back swims for 5m and a distance swim of 10m.
Whale	Learn when and where it is safe to swim, jump into deep water and tread water for 20 seconds, stop throw and call for help, front and back swims for 7m as well as a 15m continuous swim.

SWIM KIDS LESSONS (ages 5-12 years) - 30 minute class (levels 1-4)/45 minute class (levels 5-10)

Level 1	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
Level 2	Work on propulsion skills to move through the water and to remain at the surface, the front swim (5m) and learn about deep water activities and proper use of a PFD. Fitness activities include the 10m flutter kick and a 10m distance swim.
Level 3	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.
Level 4	Intro to the front crawl (10m) and back swim with shoulder roll (15m.) Swimmers work on kneeling dives, surface support (45 seconds-deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
Level 5	Intro to the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
Level 6	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Also includes front dive, treading water in deep water for 1.5 minutes, dolphin kick and a 75m swim.
Level 7	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.
Level 8	Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke and breaststroke and a distance swim of 300m.
Level 9	Wise choices and peer influence, boating regulations, self ice rescues, surface dives, shallow dives, front and back crawl, elementary backstroke and breaststroke as well as a 400m distance swim.
Level 10	Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500m endurance swim.
Homeschool lessons	The regular Swim Kids Program curriculum will be taught through a series of blended levels. Just inform the Customer Service Representative what level your child is at when you register. Parents and other siblings can choose to pay a drop in fee and play in the pool during the lesson time or network on the pool deck.

TEEN & ADULT LESSONS (ages 12+) - 45 minute classes

Teen/Adult Beginner	Beginner swimmers welcome! Don't like getting your face wet? Never felt comfortable floating? Want to learn how to do more than just dog paddle?
Teen/Adult Inter/Advanced	Designed for swimmers that feel comfortable in the water and can swim at least 2 lengths. Small class size means we can cater to each individual's needs whether you just want to learn how to do butterfly or work on your strokes for your next triathlon.

PRIVATE LESSONS (ages 3+) - 30 minute classes

Single	Does your child keep repeating the same level? Need that extra practice to get you through to the next level? Register for a single private lesson.
Personalized Lesson Package	Do the scheduled lessons not fit into your schedule? Have difficulty concentrating in a class situation? Registering more than one child in the same level? These private lessons follow the regular lesson set dates and times. Register for personalized lessons for the entire lesson set and receive 10% off.



SWIMMING LESSONS

TO REGISTER CALL 250-334-9622 EXT 2

Please note that children under the age of 7 must have a parent or guardian in the building during their lesson. For prices please see fees on page 31.



LESSON SCHEDULE PLEASE NOTE - NO CLASSES ON APR 19, 20, 21, 22 & MAY 5 & 20.

LEVEL	MONDAY & WEDNESDAY SPRING A APR 1-24 (7) SPRING B APR 29-MAY 29 (9) SPRING C JUN 3-26 (8)	TUESDAY & THURSDAY SPRING A APR 2-25 (8) SPRING B APR 30-MAY 30 (10) SPRING C JUN 4-27 (8)	MONDAY SPRING A APR 1-JUN 24 (11)	TUESDAY SPRING A APR 2-JUN 18 (12)	WEDNESDAY SPRING A APR 3-JUN 19 (12)	THURSDAY SPRING A APR 4-JUN 20 (12)	FRIDAY SPRING A APR 5-JUN 21 (11)	SATURDAY SPRING A APR 6-JUN 22 (11)	SUNDAY SPRING A MAR 31-JUN 23 (11)
STARFISH/ DUCKS	10:30am 3:00pm 4:30pm	5:00pm				10:30am	10:30am	9:00am 10:00am 11:00am	9:00am
SEA TURTLE	10:00am 4:00pm 5:00pm	4:30pm				10:00am	10:00am	9:30am 10:30am	9:30am
SEA OTTER	9:00am 9:30am, 10:00am 10:30am 3:00pm 3:30pm 4:00pm 4:30pm 5:00pm 5:30pm 6:00pm	3:00pm 3:30pm 4:00pm 4:30pm 5:00pm 5:30pm		10:00am 10:30am 6:00pm		10:00am 10:30am	9:00am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00am	9:00am 9:30am 10:00am 10:30am 11:00am 11:30am 12:00am	9:00am 9:30am 10:00am
SALAMANDER	9:00am 9:30am 3:00pm 3:30pm 5:30pm 6:00pm	3:00pm 4:00pm		10:00am 6:00pm		6:00pm	9:00am 9:30am	11:00am 11:30am 12:00pm 12:30pm	9:00am 9:30am 10:00am
SUNFISH	3:30pm 4:00pm 6:00pm	5:00pm		10:30am				9:30am 10:30am	9:00am 10:00am
CROCODILE/ WHALE	5:30pm	5:30pm						12:30pm	9:30am
LEVEL 1	3:00pm 3:30pm 4:30pm 5:30pm 6:00pm	3:30pm 5:30pm		6:00pm				9:00am 9:30am 10:00am 11:00am	9:00am 10:00am
LEVEL 2	3:30pm 5:00pm 6:00pm	3:00pm 3:30pm				6:00pm	3:00pm	10:30am 11:30am 12:30am	9:00am 9:30am
LEVEL 3	3:00pm 4:30pm 5:30pm	3:00pm 4:00pm		6:30pm	6:30pm	6:30pm	3:30pm	9:00am 10:00am 12:00pm	9:30am 10:30am
LEVEL 4	4:00pm 5:00pm 6:00pm	3:30pm 4:30pm		7:00pm	7:00pm	7:00pm	3:15pm	9:30am 11:30am 12:30pm	10:00am 11:00am
LEVEL 5	4:00pm	4:00pm		Levels 5/6 6:30pm	Levels 5/6 6:30pm			10:15am 11:45am	11:30am
LEVEL 6	4:45pm	4:45pm					4:15pm	11:00am	10:30am
LEVELS 7/10	4:45pm			7:15pm	7:15pm		4:15pm	10:30am	11:15pm
HOMESCHOOL			2:00pm 2:30pm						
TEEN/ADULT BEGINNER						6:30pm		9:30am	
TEEN/ADULT INTERMEDIATE/ ADVANCED						7:15pm		12:15pm	
PRIVATE LESSONS	3:30pm 4:00pm 4:30pm 5:30pm	3:00pm 3:30pm 4:00pm 4:30pm 5:00pm 5:30pm		6:30pm 7:00pm 7:30pm			3:45pm	9:00am 12:00pm 12:30pm	9:00am 10:00am
PERSONALIZED LESSON PACKAGE	4:00pm 5:00pm 5:30pm							10:00am 10:30am 11:00am 11:30am	

Please note Spring Break swimming lessons on page 48!

H2O X 2 - Swimming & Skating Lesson Combo - 2 lessons for 1 great price! See pages 53 & 54 for more information.

Important Swim Lesson Information:

- Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level. You will have to have a cleansing shower before entering the water. If you/your child gets cold easily you may want to wait until just before the start of the class to get wet. Please remove your shoes before accessing the pool deck.
- Preschool levels and levels 1-2 generally take place in the Wave Pool with the occasional visit to the 25 meter pool. Levels 3 and up will generally take place in the 25 meter pool.
- Some swim lessons such as the weekday morning lessons take place during public swimming times – so the pool space will be shared.



REGISTERED PROGRAMS

(JLC) Junior Lifeguard Club (8-14)

The Junior Lifeguard Club offers a unique aquatic alternative for those kids who really love the water. JLC keeps kids interested and active in aquatics – especially quick learners and those caught between levels or programs. Friends can join together even if they are of different ages and abilities. Sign up today and develop your swimming, lifesaving, fitness, lifesaving knowledge, community education, leadership and teamwork skills. JLC welcomes members that can swim at least 25 metres and tread water for 2 minutes.

Fridays, 5:00-7:00pm

Apr 5-Jun 21 (11)

(no class Apr 19)

\$115.50

Board Masters (6-13)

Introduction to Springboard Diving

Learn basic jumping and diving skills through progressive land, water and springboard movements. Progress at your own level and learn more advanced skills such as front and back pike jumps and dives, hurdle jumps, tucks, flips and somersaults. Candidates must be comfortable in deep water (level 4 swimming minimum).

Saturdays

Ages 8-13, 11:15-12:00pm

Ages 6-8, 12:00-12:30pm

Apr 6-Jun 22 (11)

(No class Apr 20)

\$91.85 for 8-13 yr olds

\$60.50 for 6-8 yr olds

Babysitting Course (11-14)

Do you want to become a certified Red Cross babysitter? This course will help you understand all the aspects of caring for children and prepare you for the responsibility. Register now, so you can babysit and earn some money while having fun. Fee includes snack, manual and mini first aid kit.

Tuesdays & Thursdays

3:30-5:30 PM

May 7-23 (6)

\$48.00

***DID YOU KNOW?** If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are usually made up to one week prior to the start date so register early to avoid disappointment!*



SPRING BREAK DAYCAMPS

Babysitter SUPERSTAR

Course (11+)

Do you want to become an aquatic and babysitter superstar? Learn the basics of babysitting and earn your Red Cross Babysitters Certificate while also working on your junior lifeguarding skills. What a great combo – serious fun for serious kids! Includes swimming, mini first aid kit, manual and a kid approved snack each day. Please bring a healthy lunch and swim gear.

Aquatic Centre

Monday to Friday, Mar 18-22

10:00-3:00 PM

\$140.00 (5)



Red Cross Swim Camp (5-9)

Have your kids learn valuable swimming skills and water-safe attitudes this spring break. This program includes 2–45 minute Red Cross swim lessons along with other in and out of water activities. Loads of educational fun!

Aquatic Centre

Monday to Friday, Mar 18-22

10:00-3:00 PM

\$140.00 (5)

C.I.A. - CVRD Ice Academy (8-14)

Intermediate Hockey Skills & Conditioning Camp ***

This camp is designed to condition and improve the skills of intermediate players that are looking for a spring break ice fix. Players will improve performance in their endurance, agility and skill development in this fast paced camp. There will be a skills competition on the last day. Full gear is required and snack is included.

Arena #2

Monday to Friday, Mar 18-22

10:00-3:00 PM

\$140.00 (5)

Impact Sports Daycamp (6-12)

Swim, Skate & Play Sports

This action packed camp with introduce your kids to a ton of sports. We will be using the track, playing skill development games and introducing a variety of field sports each day in addition to a visit to the rink or pool each day. Great daycamp for those high energy kids that just want to have fun. Come prepared for all weather and conditions. Snack is included.

Arena #2

Monday to Friday, Mar 18-22

10:00-3:00 PM

\$140.00 (5)

SPRING BREAK SWIMMING LESSONS - Sports Centre, Vanier Drive

LEVELS	Mon-Fri, March 18-29 (10)
Starfish/Duck	5:30 pm
Sea Turtle	5:30 pm
Sea Otter	3:00 pm, 4:30pm, 5:00pm, 5:30pm
Salamander	3:30pm, 4:30pm, 5:00pm
Sunfish	3:00pm, 4:30pm, 5:30pm
Crocodile/Whale	5:00pm
Level 1	3:00pm, 4:00pm
Level 2	4:00pm, 5:00pm
Level 3	3:30pm, 4:30pm
Level 4	3:00pm, 4:00pm
Levels 5/6	3:45pm
Levels 7/8/9/10	3:00pm
Private Lessons - Single	3:30pm, 5:00pm
Personalized Lesson Package	3:30pm, 4:00pm, 4:30pm



SPRING BREAK DAYCAMPS



Coollest Game on Earth (7-12)

Introduction Hockey Camp **

Learn how to play the coolest game on earth in a fun, non-competitive environment. Our coaching staff will teach you skills to improve your skating ability and level of game play with drills and a scrimmage every class. Full gear and a beginner's level of skating is required. Snack included.

Arena #2

Monday to Friday, Mar 25-29

10:00-3:00 PM

\$140.00 (5)

H2O x2 (6-10)

Swim & Skate Daycamp

Swim and skate all day! Program includes swimming and skating instructional sessions plus free time swims/skates, games, crafts and outdoor activities. Program fee includes all facility drop-in fees, skate rentals and a daily snack.

Arena #2

Monday to Friday, Mar 25-29

10:00-3:00 PM

\$140.00 (5)

Junior Lifeguard Daycamp (6-12)

The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards – in a safe, fun and controlled setting. Friends can join together even if they are of different ages and abilities. Kids will learn attitudes and skills that could one day save a life:

- Learn about lifesaving and lifeguarding
- Enjoy friendly competition and special events
- Challenge themselves to aim for personal bests
- Hang out
- Get water fit
- Make friends
- Have a great time!

Participants must be able to swim at least 25 metres and tread water for 2 minutes to sign up. Fee includes a snack.

Aquatic Centre

Monday to Friday, Mar 25-29

10:00-3:00 PM

\$140.00 (5)



PRO-D DAY ACTIVITIES

Surfs Up (5-11)

Pro-D Daycamp for Kids

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear – we will be going outside if the weather is nice. Fee includes a healthy snack. Participants must feel comfortable in deep water.

Aquatic Centre

Friday, Jun 28, 10:00-3:00 PM

\$35.00



SUMMER CAMPS

Splash Zone (6-12)

Aquatics Camp for Kids

Wet, wet fun! Each day kids will work on their swimming and water sport skills in a structured class but they will also get plenty of game and free time in the pool. During the “dry” portion of the day they will be playing active games outside and creating some cool crafts. At least 3 hours of pool time and a healthy snack every day! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

Tuesday to Friday

July 2-5 (4) - Sports Centre

Monday to Friday

July 15-19 (5) - Sports Centre

10:00-3:00 PM

\$140.00 (5) \$112.00 (4)

Babysitter SUPERSTAR Course (11+)

Do you want to become an aquatic and babysitter superstar? Learn the basics of babysitting and earn your Red Cross Babysitters Certificate while also working on your junior lifeguarding skills. What a great combo – serious fun for serious kids! Includes swimming, mini first aid kit, manual and a kid approved healthy snack each day. Please bring a healthy lunch and swim gear.

Monday to Friday

July 15-19 (5) - Sports Centre

10:00-3:00 PM

\$140.00 (5)

Swim to Survive (6-12)

Aquatic Daycamp

This program was designed to teach young people the necessary self-rescue skills they will need if they are going to be around the water. This is an extremely fun and educational week. Don't forget to bring a lunch, lots of towels and a change of clothes you can swim in (including shoes). Learn essential self-rescue skills including how to get oriented after an unexpected entry, support yourself at the surface and how to swim to safety.

Monday to Friday

July 22-26 (5) - Sports Centre

10:00-3:00 PM

\$140.00 (5)



SUMMER CAMPS

Red Cross Swim Camp (5-9)

Have your kids learn valuable swimming skills and water-safe attitudes this summer. This program includes 2–45 minute Red Cross swim lessons along with other in and out of water activities. Loads of educational fun! Fee includes a healthy snack.

Monday to Friday

July 8-12 (5) - Sports Centre

Tuesday to Friday

Aug 6-9 (4) - Aquatic Centre

10:00-3:00 PM

\$140.00 (5) \$112.00 (4)

H2O x 2 (6-12)

Swim & Skate Daycamp

Swim and skate all day! This program includes swimming and skating instructional sessions plus free time during both the ice and pool sessions, games, crafts and outdoor activities. Program fee includes all facility drop-in fees, skate rentals and a snack.

Monday to Friday

July 22-26 (5) - Sports Centre

10:00-3:00 PM

\$140.00 (5)

C.I.A. - CVRD Ice Academy (8-14)

Intermediate Hockey Skills & Conditioning Camp

This camp is designed to condition and improve the skills of intermediate players that are looking for a mid-summer ice fix. Players will improve performance in their endurance, agility and skill development in this faced paced camp. There will be a skills competition on the last day. Full gear is required and snack is included.

Monday to Friday

July 22-26 (5) - Sports Centre

Aug 12-16 (5) - Sports Centre

10:00-3:00 PM

\$140.00

*Registration for Summer programs starts April 1.
Daycamp itineraries will be available online.*



SUMMER CAMPS

Cooler Game on Earth (7-12)

Introduction Hockey Camp

Learn how to play the coolest game on earth in a fun, non-competitive environment. Our coaching staff will teach you skills to improve your skating ability and level of game play with drills and a scrimmage every class. Full gear and a beginner's level of skating is required. Snack and skate rentals included.

Tuesday to Friday

Aug 6-9 (4) - Sports Centre

Monday to Friday

Aug 26-30 (5) - Sports Centre

10:00-3:00 PM

\$140.00 (5) \$112.00 (4)

Tiny Tot Hockey (5-7)

Summer Daycamp - Level 2

This camp is for participants who have completed Tiny Tot Level 1 or have previous hockey experience. Full gear required and all participants must be able to skate on their own. Skate rentals and snack included.

Monday to Friday

Aug 12-16 (5) - Sports Centre

10:00-3:00 PM

\$140.00 (5)

Surfs Up (5-11)

Aquatic Daycamp for Kids

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear - we will be going outside. Fee includes a healthy snack. Participants must feel comfortable in deep water.

Monday to Friday

Aug 12-16 (5) - Aquatic Centre

Aug 26-30 (5) - Aquatic Centre

10:00-3:00 PM

\$140.00 (5)

Registration for Summer programs starts April 1. Daycamp itineraries will be available online.

Junior Lifeguard Camp (6-12)

The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards - in a safe, fun and controlled setting. Friends can join together even if they are of different ages and abilities. Kids will learn attitudes and skills that could one day save a life:

- Learn about lifesaving and lifeguarding
- Enjoy friendly competition and special events
- Challenge themselves to aim for personal bests
- Hang out
- Get water fit
- Make friends
- Have a great time!

Participants must be able to swim at least 25 metres and tread water for 2 minutes to sign up. Fee includes a snack.

Monday to Friday

Aug 19-23 (5) - Aquatic Centre

10:00-3:00 PM

\$140.00 (5)

Ice Blades Skating Camp (6-12)

Fun, skating and games is what this camp is all about. This program provides an introduction into the world of ice-skating and is ideal for beginner skaters that want to improve their skills. This program will help you decide what ice activities to sign up for in the fall: more skating lessons, figure skating or hockey. Lots of fun and games - at least 2.5 hours of ice time every day. Snack and skate rentals are included.

Monday to Friday

Aug 19-23 (5) - Sports Centre

10:00-3:00 PM

\$140.00 (5)

SUMMER CAMPS AT A GLANCE

July 2-5

Splash Zone (6-12)

July 8-12

Bronze Cross Combo (13+)

Red Cross Swim Camp (5-9)

July 15-19

Babysitter Superstar Course (11+)

Splash Zone (6-12)

July 22-26

C.I.A. - CVRD Ice Academy (8-14)

H2O X 2 (6-12)

Swim to Survive (6-12)

August 6-9

Red Cross Swim Camp (5-9)

Cooler Game on Earth (7-12)

August 12-16

Tiny Tot Hockey (5-7)

C.I.A. - CVRD Ice Academy (8-14)

Surfs Up (6-12)

August 19-23

Ice Blades Skating Camp (6-12)

Jr. Lifeguard Camp (6-12)

August 26-30

Cooler Game on Earth (7-12)

Surfs Up (6-12)



PUBLIC SKATING

DROP-IN ICE PROGRAMS UNTIL MAY 19, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
70+ Drop-in Hockey 9:00-10:15 AM Arena #1		70+ Drop-in Hockey 9:00-10:15 AM Arena #1		70+ Drop-in Hockey 9:00-10:15 AM Arena #1	SKATE SHARPENING Hours of Operation until May 19: Mon 9:00-3:30 PM (#1) *6:30-8:30 PM (#2) Tue 10:30-2:00 PM (#1) 3:00-5:00 PM (#2) Wed 9:00-3:30 PM (#1) 6:30-8:30 PM (#2) Thu 10:30-2:00 PM (#1) 3:00-5:00 PM (#2) Fri 9:00-3:30 PM (#1) 3:00-5:00 PM (#2) Sat 3:00-5:00 PM (#2) Sun 1:15-3:15 PM (#2)	
65+ Drop-in Hockey 10:30-12:00 PM Arena #1	55+ Drop-in Hockey 10:30-12:00 PM Arena #1	65+ Drop-in Hockey 10:30-12:00 PM Arena #1	55+ Drop-in Hockey 10:30-12:00 PM Arena #1	65+ Drop-in Hockey 10:30-12:00 PM Arena #1		
Everyone Welcome Skate 12:15-1:30 PM Arena #1	16+ Drop-in Hockey 12:15-1:45 PM Arena #1	Everyone Welcome Skate 12:15-1:30 PM Arena #1	16+ Drop-in Hockey 12:15-1:45 PM Arena #1	Everyone Welcome Skate 12:15-1:30 PM Arena #1		
55+ Drop-in Hockey 1:45-3:15 PM Arena #1		55+ Drop-in Hockey 1:45-3:15 PM Arena #1		55+ Drop-in Hockey 1:45-3:15 PM Arena #1		
	Everyone Welcome Skate & Shiny Hockey 3:00-4:45 PM Arena #2		Everyone Welcome Skate & Shiny Hockey 3:00-4:45 PM Arena #2	Everyone Welcome Skate & Shiny Hockey 3:00-4:45 PM Arena #2	Everyone Welcome Skate 3:00-5:00 PM Arena #2	Everyone Welcome Skate 1:15-3:15 PM Arena #2
Everyone Welcome Skate & Shiny Hockey *6:30-8:30 PM Arena #2		Everyone Welcome Skate & Shiny Hockey 6:30-8:30 PM Arena #2	PLEASE NOTE: <i>No helmets available on site - we strongly encourage all skaters to bring one from home.</i>			

*Monday 6:30-8:30pm Everyone Welcome Skate & Shiny Hockey CANCELLED Apr 1-May 13

Drop-in Program Descriptions

Drop-in Hockey

Full hockey gear including helmet required. Participants must sign in and pay in person at the reception area. Sign in starts 45 minutes before each session starts. Please note the various age divisions. Limited to 26 players/2 goalies.

Everyone Welcome Skate

All ages welcome. Shiny Hockey is only available during designated times where indicated on the schedule.

Shiny Hockey

All ages welcome! A soft puck will be used and a portion of the rink will be blocked off for participants to play shiny hockey. All participants must bring a helmet from home and wear it while playing. Don't forget to bring your hockey stick, gloves and long sleeve shirt and pants! Sign in is required and starts 15 minutes before the start of each session - 20 players/2 goalies max.

Special Skates & Schedule Changes

Apr 1-May 13 – EW on Monday's 6:30-8:30 PM Cancelled

Apr 19 – STAT – Good Friday – Open EW 1-3 PM

Apr 22 – STAT – Easter Monday – Open EW 1-3 PM

Check the events listing on pages for more info.



REGISTERED ICE PROGRAM DESCRIPTIONS

Parent & Tot Skating Lessons (Ages 2-5 years) - 30 minute classes

Parent & Tot Skating Lessons	Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required for either participant - it's all about the fun!
Parent & Tot Hockey Lessons**	Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of family fun - emphasis on skill development.
H2O X 2	Swimming & Skating Lesson Combo - 2 Lessons for 1 Great Price: This program combines both activities in one trip to the CV Sports Centre. Parents and tots will spend the first 1/2 hour on the ice with a skating instructor, then have 15 minutes to get changed and head to the pool for a swimming lesson for the last 1/2 hour. Save time and money with this combo program.
Skate, Snack & Story	Looking for a fun way to get your toddler skating? Caregivers and children are invited to join us for a fun introduction to ice skating. Lesson includes a 30 minute skating lesson followed by a healthy snack and story in the lobby.

Ice Blades - Preschool Learn to Skate Lessons (Ages 3-5 Years) - 30 minute classes

Arctic Bunny	Using games and activities participants will spend quality time learning how to become comfortable on the ice. Proper form and balance is introduced and practiced. Parents may help on ice to encourage student participation.
Arctic Fox	Participants actively participate in group activities and are gaining an increasing distance with forward marching or gliding. Backwards skills are introduced and practiced.
Arctic Owl	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
Arctic Penguin	More complex skating positioning is introduced, such as slalom ski and outside edge work. Participants are encouraged to practice a combination of at least three basic skills together.
Arctic Bear	Participants are comfortable doing backwards crossovers and are introduced to parallel stopping. Participants are encouraged to practice a combination of at least four basic skills together.

Ice Blades - Youth Learn to Skate Lessons (Ages 6-13 Years) - 30 minute classes

Flurry	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
Blizzard	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
Storm	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
Iceberg	Participants are introduced to parallel stops and pumping for speed.
Northern Lights	Participants are comfortable with advanced skills such as pivots, mohawk turns and staggered slalom ski course.
Homeschool Lessons	The regular Ice Blades program curriculum will be taught through a series of blended levels. Just inform the customer service representative what level your child is in when you register. Parents and other siblings can choose to pay a drop in fee and skate during the lesson time or network in the lobby.

Learn to Play Hockey (Ages 3-13 Years) - 45 minute classes for Tiny Tots & 1 hour classes for Coolest Game

Tiny Tot Hockey (3-6 yr)***	Give ice hockey a try and learn basic hockey skills. Instructors will introduce your child to the world of hockey through a variety of fun drills and mini-games. All participants must be able to skate on their own. All tiny tot participants and their families from the 2018-2019 season are invited to the wrap up party on May 18th 1:30-3:30 PM - please register your tiny tot at the front desk.
Coolest Game on Earth (7-13 yr)**	If you have never played ice hockey before, this is the program for you. Learn the basic skills and have fun. All participants must be able to skate on their own.

Private Lessons (ages 3+) - 30 minute classes

Private Lessons	Want to learn how to skate or work on your hockey skills? Private lessons only cost \$29.00 per 1/2 hour (+tax for those 14+). All ages and abilities welcome at our private lessons. Please call 334-9622 ext 2 to register or ext 225 if you are interested in alternative days/times.
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PLEASE NOTE: All on ice participants (caregivers & children) MUST wear a CSA approved helmet. Please bring one from home—hockey helmet with face shield recommended. Skate rentals included in lesson fee.

** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick. Full gear is recommended.

*** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick, neck guard, shin/shoulder/elbow pads, hockey pants/socks & jock or jill.



REGISTERED ICE PROGRAMS

Ice skating is a great way to get exercise, meet people and have fun. To learn the basics of skating, it is important to start out on the right 'foot' by taking a few lessons. On-ice instruction prevents the development of bad habits, improves confidence and helps to master the basic techniques. Learning to skate also develops coordination, poise and good posture. Getting started takes only a little knowledge and plenty of enthusiasm! **For ice program fees see page.**

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
FALL/WINTER 2018/2019	Apr 1-17 (6) Apr 24-May 15 (7)	Apr 4-May 16 (7)	Apr 6-May 18 (7)	Apr 7-May 19 (7)
Parent & Tot Skating Lessons (2-5)	3:15pm			
**Parent & Tot Hockey Lessons (2-5)	3:15pm			
H2O X 2 (2-5) Parent & Tot Class		2:00pm		
Skate, Snack & Story (3-5)		9:00am		
Ice Blades - Preschool Skate Lessons (3-5)				
Arctic Bunny			12:45pm, 2:15pm	11:45am
Arctic Fox			1:30pm, 2:15pm	11:45am
Arctic Owl			12:45pm, 2:15pm	11:45am
Arctic Penguin			1:30pm, 2:15pm	12:15pm
Arctic Bear			12:45pm, 1:30pm	12:15pm
Ice Blades - Youth Skate Lessons (6+)				
Flurry			2:15pm	12:15pm
Blizzard			1:30pm	12:15pm
Storm			12:45pm	12:15pm
Iceberg			12:45pm	11:45pm
Northern Lights			1:30pm	11:45pm
Homeschool Lessons		2:00pm (3-5) 2:30pm (6+)		
***Tiny Tot Hockey (3-6)			12:45pm	12:00pm
**Coolest Game (6+)			1:45pm	
Private Skating Lessons	3:15pm			

