

Crystal Pool Aquatic Programs



AQUATICS – ADULT

Aqua Yoga

Ideal for those recovering from injury or living with chronic health conditions, treat yourself to this relaxing class in warm water. Our BCRPA certified Yoga and Water Fit Instructor will lead you through gentle movements that focus on body alignment, core strength, flexibility and breathing. Pre-Registration recommended, Drop in available for \$10/class.

Crystal Pool & Fitness Centre 6/\$48

31770	T	Mar 30 -May 4	11:30 a.m.–12:30 p.m.
31771	T	Mar 30-May 4	8 – 9 p.m.
31772	Th	Apr 1-May 6	11:30 a.m.–12:30 p.m..
31773	Th	Apr 1- May 6	8–9 p.m.

Crystal Pool & Fitness Centre 7/\$56

31774	T	May 11-Jun 22	11:30 a.m.–12:30 p.m.
31775	T	May 11-Jun 22	8–9 p.m.
31776	Th	May 13-Jun 24	11:30 a.m.–12:30 p.m.
31777	Th	May 13-Jun 24	8–9 p.m.

Crystal Pool & Fitness Centre 5/\$40

31778	T	Jun 29 -Jul 27	11:30 a.m.–12:30 p.m.
31779	T	Jun 29-Jul 27	8–9 p.m.

Crystal Pool & Fitness Centre 4/\$32

31780	Th	Jul 8-29	11:30 a.m.–12:30 p.m.
31781	Th	Jul 8 -29	8–9 p.m.

Crystal Pool & Fitness Centre 5/\$40

31782	T	Aug 3-31	11:30 a.m.–12:30 p.m.
31783	T	Aug 3-31	8–9 p.m.
31784	Th	Aug 5-Sep 2	11:30 a.m.–12:30 p.m.
31785	Th	Aug 5-Sep 2	8–9 p.m.

BCRPA Aquafit Module

For those interested in becoming Aquafit instructors. Topics include class design, use of music, cueing and physical properties of water. Manual and a 5X facility pass are included. Fitness Instructor Theory course is recommended. Pre-requisite: SFA and CPR'C' and BCRPA Fitness Theory Exam.

Crystal Pool & Fitness Centre 2/\$225.75

31507	Sun	May 8 -JMay 15	9 a.m.– 6 p.m.
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CHILDREN

Adapted Aquatics Swim Lessons

An affordable alternative for children with unique physical or educational needs who struggle in our regular Red Cross Swim Program. Our qualified Adapted Aquatics Instructors work with caregivers in the water to help children learn to swim and be water-safe. A ratio of one instructor to five children (and their caregivers) allows the lesson to be tailored to the needs and goals of each child.

Crystal Pool & Fitness Centre 6/\$33

31767	Th	Mar 25-Apr 29	4 p.m.–4:45 p.m.
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Crystal Pool & Fitness Centre 7/\$38.50

31768	Th	May 6 -Jun 17	4 p.m.–4:45 p.m.
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Crystal Pool & Fitness Centre 8/\$44

31769	Th	Jul 8-Aug 26	4 p.m.–4:45 p.m.
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Tyee Wavemakers (3–7 yrs)

Instructors teach fundamental swimming skills using age-appropriate games and movement activities. Swimmers move continuously in each 45-minute class to ensure children develop enhanced levels of endurance, kicking skills, body control, hand control and breathing control. For more information about the program, please call Tyee Aquatic Club at 250.479.3909.

Junior Wavemakers (3–5 yrs)

Crystal Pool & Fitness Centre 12/\$109.20

31732	Th	Apr 1-Jun 17	4:30 p.m.–5:15 p.m.
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Junior Wavemakers (3–5 yrs)

Crystal Pool & Fitness Centre 8/\$72.80

31733	Th	Jul 8-Aug 26	4:30 p.m.–5:15 p.m.
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Wavemakers (5–7 yrs)

Crystal Pool & Fitness Centre 12/\$99

6031734	Th	Apr 1-Jun 17	4:30 p.m.–5:15 p.m.
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Wavemakers (5–7 yrs)

Crystal Pool & Fitness Centre 8/\$66.40

31735	Th	Jul 8-Aug 26	4:30 p.m.– 5:15 p.m.
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Jr Lifeguard Camp (7–12 yrs)

Hey Kids! Do love to spend your time in the water? Start your path to becoming a Lifeguard! Work on water proficiency, first aid and rescue skills in a fun setting, and earn your certification in the Lifesaving Society's Swim Patrol Program. Each session ends with a Jr Lifeguard competition . . . just like the Pros!

Crystal Pool & Fitness Centre 4/\$84

31727	M,T,W,F	Jun 28 -Jul 2	1 p.m.–4 p.m.
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Crystal Pool & Fitness Centre 4/\$84

31728	T-F	Aug 3-6	1 p.m.–4 p.m.
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Crystal Pool & Fitness Centre 5/\$105

31729	M-F	Aug 30-Sep 03	9 a.m.–12 p.m.
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Instructor Profile: Tanille Johnston

Tanille has been a lifeguard and Red Cross Swim Instructor at Crystal Pool for over 2 Years. Originally from Campbell River, Tanille moved to Victoria to study Social Work at UVic. Now in her 3rd Year, Tanille has also become the Advocacy Liaison for the Native Student Union. Tanille is an amazing part of our team, she teaches swim lessons 3 days a week and her favorite levels to teach are Swim Kids 5, 6 and 7. "I love to find new ways to teach the skills and strokes they struggle with to try and make it easier for them". Tanille loves coming to work because of the great team dynamics, comfortable atmosphere and 'awesome' patrons. In her spare time Tanille is often seen in the facility training for charity runs and triathlons.

Greater Victoria Advanced Aquatic Assistance Program

Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor? The Aquatic Assistance Program can help!

Contact your local pool or download an application form at :

www.fitinfitness.ca



Crystal Pool Aquatic Leadership Programs

LEARN TO BE A SWIM INSTRUCTOR

Asst Water Safety Instructor (15+ yrs)

This course prepares candidates for the Water Safety Instructor course. Learn about teaching methods, learning styles, physical principles of water, safety supervision, and giving feedback. Must have completed Red Cross Swim Kids Level 10 or AquaQuest 12 (or equivalent). *NEW: Complete the required 8 practice teaching hours as part of our course so that you can begin your WSI course immediately!*

Crystal Pool & Fitness Centre **9/\$252**
31505 May 2 - Jun 2 Su 11 a.m.-6 p.m., W 5:30-8:30 pm

Crystal Pool & Fitness Centre **5/\$252**
31506 M-F Jul 19 - 23 9 a.m.-5 p.m.

Water Safety Instructor (16+ yrs)

Further develop instructional abilities focusing on lesson planning, student evaluation, emergency response skills, stroke development, and corrective strategies. Please be prepared to complete work outside of class time. *NEW: You have the option of completing the 12 required practice teach hours as part of the course or arranging them on your own at a later date.*

Crystal Pool & Fitness Centre **4/\$252**
31517 S Jun 5 - 26 10 a.m.-5 p.m.

Crystal Pool & Fitness Centre **5/\$252**
31518 M-F Aug 23 - 27 11 a.m.-5 p.m.

LEARN TO BE A LIFEGUARD

Bronze Cross & CPR 'C'

Develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies, while building endurance and fitness training skills. Pre-requisite: Bronze Medallion.

Crystal Pool & Fitness Centre **5/\$131.25**
31509 M-F Jul 12 - 16 1 p.m.-5 p.m.

Bronze Medallion and CPR 'B' (10+ yrs)

Gain an understanding of the lifesaving principles - judgement, knowledge, skill and fitness. Learn techniques for challenging rescues involving conscious and unconscious victims of various types. Develop stroke efficiency and endurance in a 500m timed swim. Pre-requisite: Bronze Star OR 13 years. Canadian Lifesaving Manual is an extra \$30 (required).

Crystal Pool & Fitness Centre **5/\$131.25**
31510 M-F Jul 5 - 09 1 p.m.-5 p.m.

Standard First Aid & CPR

This hands-on interactive 2 day course includes adult, child, infant CPR and choking procedures as well as emergency scene management, dealing with shock, spinal injuries, heart attack, angina, stroke, bleeding, broken bones, seizures, heat related illness, hypothermia, allergic reactions, poisons and burns. Students will be certified in the use of an Automated External Defibrillator. Participants spend the majority of the course doing hands on first-aid, and participating in first-aid scenarios. Training by Alert First Aid. (Red Cross Certification)

Crystal Pool & Fitness Centre **2/\$126**

31787	Sa,Sun	Apr 10 - 11	8:15 a.m.-4:30 p.m.
31788	S,Sun	Apr 17 - 18	8:15 a.m.-4:30 p.m.
31789	S,Sun	Apr 24 - 25	8:15 a.m.-4:30 p.m.
31790	S,Sun	May 1 - 2	8:15 a.m.-4:30 p.m.
31791	S,Sun	May 8 - 9	8:15 a.m.-4:30 p.m.
31792	S,Sun	May 15 - 16	8:15 a.m.-4:30 p.m.
31793	S,Sun	May 29 - 30	8:15 a.m.-4:30 p.m.
31794	S,Sun	Jun 5 - 6	8:15 a.m.-4:30 p.m.
31795	S,Sun	Jun 12 - 13	8:15 a.m.-4:30 p.m.
31796	S,Sun	Jun 19 - 20	8:15 a.m.-4:30 p.m.
31797	S,Sun	Jun 26 - 27	8:15 a.m.-4:30 p.m.
31799	S,Sun	Jul 10 - 11	8:15 a.m.-4:30 p.m.
31801	S,Sun	Jul 24 - 25	8:15 a.m.-4:30 p.m.
31803	S,Sun	Aug 7 - 08	8:15 a.m.-4:30 p.m.
31804	S,Sun	Aug 14 - 15	8:15 a.m.-4:30 p.m.
31805	S,Sun	Aug 21 - 22	8:15 a.m.-4:30 p.m.
31806	S,Sun	Aug 28 - 29	8:15 a.m.-4:30 p.m.
31808	S,Sun	Sep 11 - 12	8:15 a.m.-4:30 p.m.
31809	S,Sun	Sep 18 - 19	8:15 a.m.-4:30 p.m.

Bronze Star Lifesaving (10-13 yrs)

A course to prepare you for Bronze Medallion. Learn the basics of solo & partner rescues, underwater searches, entries, and many other lifesaving skills. A timed swim of 400m in 12 minutes is required by the end of the course. Recommended for ages 10-13 years.

Bronze Star

Crystal Pool & Fitness Centre **4/\$78**
31736 M,Tu,W,F Jun 28-Jul 02 9 a.m.-12 p.m.

National Lifeguard Award Pool Option (16 yrs)

This certification is required for lifeguard employment in aquatic facilities. Learn how to prevent, recognize and deal with aquatic related accidents and injuries. Pre-requisite: Bronze Cross, SFA and CPR 'C'

Crystal Pool & Fitness Centre **8/\$304.50**
31512 M-Th Aug 9 - 19 11 a.m.-5 p.m.

LEARN TO BE AN AQUAFIT INSTRUCTOR

BCRPA Aquafit Module

For those interested in becoming Aquafit instructors. Topics include class design, use of music, cueing and physical properties of water. Manual and 5X facility pass are included. Pre-requisite: SFA and CPR 'C' and BCRPA Fitness Theory Exam.

AQ - Leadership & Training

Crystal Pool & Fitness Centre **2/\$195**
27573 S May 8-May15 9 a.m.-6 p.m.

RE-CERTIFY YOUR AWARDS

Water Safety Instructor Recert

Recertify your instructing award at this clinic. You must be current or have expired within two years.

Crystal Pool & Fitness Centre **1/\$84**
31730 W Mar 31 6p.m.-10 p.m.
Crystal Pool & Fitness Centre **1/\$84**
31731 M Jun 28 5:30 p.m.-9:30 p.m.

NLS Precert/Recert Clinic

Recertify your NLS Pool Option Award in one day!

Crystal Pool & Fitness Centre **1/\$89.25**
31763 Su Jun 27 8:30 a.m.-5:30 p.m.

How to get a Job at Crystal Pool

Lifeguard/Instructor Position

- = Instructor Courses
- ◆ = Lifeguard Courses

Recommended Course Order:

- ◆ Bronze Star (Optional)
- ◆ Bronze Medallion
- Assistant Water Safety Instructor
- ◆ Bronze Cross
- ◆ Standard first Aid
- Water Safety Instructor
- ◆ NLS: Pool Option

Then check out www.victoria.ca for current job postings!

Crystal Pool Drop-In Aquatic Fitness Programs

AQUATIC FITNESS SPRING/SUMMER SCHEDULE (APRIL 1–AUGUST 31, 2010)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Moves A gentle version of Aquafit. Perfect for those just starting out or young at heart seniors.	9:05 a.m.–10 a.m.		9:05 a.m.–10 a.m.		9:05 a.m.–10 a.m.	
Deep H₂O Aquafit A moderate, zero impact workout using a flotation belt. This class works to improve your cardiovascular and muscular fitness.		9:05 a.m.–10 a.m.		9:05 a.m.–10 a.m.		
Shallow H₂O Aquafit Join our instructor for a moderate to intense cardiovascular workout using water resistance to stretch and tone.	10:05 a.m.–11 a.m.		10:05 a.m.–11 a.m.		10:05 a.m.–11 a.m.	NEW 11:05 a.m.–12 p.m.
Youth Shallow H₂O Aquafit Kids, Tweens and Teens, join us for an afterschool fast and fun-filled workout. Everyone welcome. Come for our Fun Swim and join in with the class at anytime. Parents are welcome to join in and try to keep up!				3:30 p.m.–4:30 p.m. April–June only		
Aqualite Formerly our Water Works Plus Class, this non-impact class is designed for those recovering from injury or living with arthritis, fibromyalgia or other joint/tissue injuries or conditions. Join our specially trained instructors for a complete workout including strength, endurance, cardio and stretching exercises, adapted to meet your needs.	11:10 a.m.–12 p.m.		11:10 a.m.–12 p.m.		11:10 a.m.–12 p.m.	
Cardio Blast Get your heart rate up with this intense shallow water class. This workout will challenge you while increasing your cardiovascular and muscular fitness.	5:15 p.m.–6:15 p.m.		5:15 p.m.–6:15 p.m.		5:15 p.m.–6:15 p.m.	
Deep Water Running A moderate to intense cardio workout combining running drills and aquafit moves.		5 p.m.–6 p.m.		5 p.m.–6 p.m.		
Aqua Yoga Ideal for those recovering from injury or living with chronic health conditions, treat yourself with this relaxing class in warm water. Our BCRPA certified Yoga & Water Fit Instructor will lead you through gentle movements that focus on body alignment, core strength, flexibility and breathing. Pre-Registration recommended, Drop in available for \$10.00/class.		8 p.m.–9 p.m.		8 p.m.–9 p.m.		
Deep H₂O Cardiofit A challenging class for any fitness level with a focus on high-energy cardio moves. Follow it up with a strengthen and stretch class.	9 p.m.–10 p.m.		9 p.m.–10 p.m.			
Strengthen and Stretch A warm water class of strength work and stretching.	10 p.m.–10:30 p.m.		10 p.m.–10:30 p.m.			

Victoria Crystal Silver Streaks Swim Club invite you to swim with us

Benefits:

- recreational club geared to older swimmers
- excellent coaching to help with strokes, fitness and speed
- keeping fit and healthy
- competition, if you choose, in Masters' level swim meets and BC Senior Games
- social interaction and fun!



Crystal Pool & Fitness Centre
Monday, Wednesday and Friday 10am - 11am.

For more information:
Please call 250-595-5600

Crystal Pool Drop-In Fitness Programs

AEROBIC FITNESS SPRING/SUMMER (APRIL 1 – AUGUST 31, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 a.m.–9:15 a.m. Abs Attack		8:45 a.m.–9:15 a.m. Abs Attack				
9:15 a.m.–10:15 a.m. Hi/Lo Combo	9:15 a.m.–10:30 a.m. Body Sculpt	9:15 a.m.–10:15 a.m. Hi/Lo Combo		9:15 a.m.–10:15 a.m. Body Sculpt	9:15 a.m.–10:30 a.m. Cardio Plus	9:45 a.m.–10:45 a.m. Moderate Fitness
	10:30 a.m.–11:30 a.m. Mild to Moderate		10:30 a.m.–11:30 a.m. Mild to Moderate		11 a.m.–12 p.m. Body Shop	
5:10 p.m.–6:10 p.m. Interval Body Sculpt	5:10 p.m.–6:10 p.m. Low Impact Power	5:10 p.m.–6:10 p.m. Fitness Fusion	5:10 p.m.–6:10 p.m. Low Impact Power	5:30 p.m.–6:30 p.m. Interval Body Sculpt		
	6:15 p.m.–7:15 p.m. Body Sculpt	6:15 p.m.–7:15 p.m. Ultimate Sculpt	6:15 p.m.–7:15 p.m. Body Sculpt	6:30 p.m.–7 p.m. Abs Attack		
7:30 p.m.–8:30 p.m. Step		7:30 p.m.–8:30 p.m. Step				



Fitness Program Description

Abs Attack

30 minutes of abdominal work, core strengthening and flexibility.

Body Sculpt

Tone your muscles and shape your body in this strength and cardio building class.

Cardio Blast

40 min cardio workout followed by some strength work.

Hi/Lo Combo

Energetic cardio burning with hi/lo combos to enhance fat burning and cardiovascular efficiency.

Interval Body Sculpt

A great workout that includes cardio and muscle work.

Lo Impact Power

Lo impact cardio workout that includes lots of power moves...a great fat burner.

Mild to Moderate

For those who are just getting started, returning after a break or are looking for a class that is easy to follow. This class covers all fitness components.

Moderate Fitness

Maintain a consistent heart rate, while at the same time strengthening your core and overall fitness. This class is for all levels.

STEP

Low impact moderate class with 30 minutes of cardio. Great for all levels.

Ultimate Sculpt

A full class of strength work and stretching.

Body Shop

A dynamic strength and conditioning class that utilizes a variety of equipment to achieve a total body workout. This class also includes a cardio component.

Fitness Fusion

Yoga, Pilates and Fitness all wrapped into one class! This class is designed to improve strength, balance and flexibility while connecting your body, mind and spirit.



Childminding Services

Quality child-care with crafts, creative play and painting so that you can relax and enjoy the many activities that Crystal Pool offers.

Crystal Pool & Fitness Centre

Monday through Friday

9:00a.m.–12:00p.m.

\$3/hr or \$27/10

Crystal Pool Strength Training

Personal Training

Have a strength training program designed just for you. Register at the Crystal Pool and complete a pre-consult information package. Your trainer will contact you to confirm days and times. Enjoy two complimentary passes with your consultation.

Single Session

First Time Client Package \$55
Initial Assessment/Tour + 60 min Training Session

Returning Client* 1/\$45
60 min Training Session

Multiple Sessions* \$40 each
60 min Training sessions (2 or more)

*must have completed a "First Time Client Package"

Fitness Orientations

Let our trainers show you not only how our equipment works, but how it works best for you and your body. This 60 minute session covers equipment use and general fitness tips. These sessions will be tailored to your individual needs and goals. Register at the front desk.

Orientation

Private	1 hour	\$25
Semi Private (2 people)	1 hour	\$15/person
Group (3+ people)	0.5 hour/person	\$15/person

Teen Orientations

In order to access the weight room, youth ages 13–15 are required to complete this program or be accompanied by a supervising parent or guardian. The Teen Orientation is an introduction to the weight room that will give you the basics of using the equipment plus tips on working out safely and effectively. Orientations are taught by personal trainers.

Crystal Pool & Fitness Centre		2/\$20
31000	T Apr 6-13	7:30–8:30 p.m.
31001	T May 11-18	7:30–8:30 p.m.
31002	T Jun 8-15	7:30–8:30 p.m.
31003	T Jul 13-20	7:30–8:30 p.m.
31004	T Aug 17-24	7:30–8:30 p.m.

Teen Training (13–17 yrs)

If you are between the ages of 13–17 years and want to increase your health and fitness, sign up for this program. You will learn about safety and responsibility in the weight room, how to use the fitness equipment, basic anatomy, and you will walk away with a personalized fitness program. Upon completion of the program, you will receive an access card that allows you into the weight room without a supervisor or having to be accompanied by an adult. Call 250.361.0719 for more information or sign up at the Front Desk.

4/1 hour sessions \$100



SUPERVISOR ON DUTY

The strength training centre is available to those 16 years and older. If you are between 13–15 years old, you may use the equipment during supervised times or when accompanied by a parent or guardian.

Call **250.361.0732** to find out if a supervisor is on duty. Schedule changes periodically.

Rehabilitation Services

Exercise rehabilitation and pain management programs for back pain, pre and post surgery, injuries from a motor vehicle accident, arthritis and other chronic conditions.

Aqua-therapy and land based programs are available. Programs will focus on core stability, stretching, balance training and education specific to your condition.

Prices: \$32 initial assessment
\$55 per session
\$150 for three sessions

Contact: Pam Liebich at 250.888.5530 for more information.



Shiatsu Massage with John Greaves

Shiatsu is a Japanese healing therapy. It combines finger pressure techniques, stretches and joint rotations to improve overall health by stimulating the parasympathetic nervous system and encouraging the body's own healing.

The aim of Shiatsu is to relax the nervous system and improve the body's natural abilities to recuperate. It facilitates the flow of energy, which raises vitality and improves resistance to disease.

Tuesdays and Thursdays: 9 a.m.–12 p.m. **Packages:** 15 min \$15 30 min \$30
45 min \$45 60 min \$60

Appointments can be made at the Front Desk at the Crystal Pool & Fitness Centre or call 250.361.0719 for more information.

Drop-In Community Acupuncture at the Crystal

Acupuncture does not need to be expensive or scheduled to be effective! We offer licensed and caring acupuncture treatments in a small group setting at a low cost and on a drop-in basis. Call **250.361.0719** for the drop-in schedule or more information. No appointments necessary. \$25/Treatment