

Crystal Pool & Fitness Centre

Admission	Single	10 punch	Gold 1 month	Gold* 3 month	Bronze* 12 month	Silver* 12 month	Gold* Annual
Adult (18–59)	\$5	\$42.86	\$47.62	\$107.14	\$255.24	\$300	\$333.33
Senior (60 plus)	\$4	\$34.29	\$38.10	\$85.71	\$203.81	\$240	\$266.67
***Youth (13–17)	\$3.50	\$30	\$34.52	\$77.62	N/A	N/A	\$241.52
**Child (5–12)	\$2.50	\$21.43	\$23.81	\$53.57	N/A	N/A	\$166.67
Preschool (0–4)	N/C	N/C	N/A	N/A	N/A	N/A	N/A
*Family	\$10	\$85.71	N/A	N/A	N/A	N/A	N/A

***Students with valid student card will pay this fee.

**Children 6 years of age and younger must be accompanied into the pool (at arms reach at all times) by an adult (16 years or older).

*Family: 2 adults and up to 3 children/youth or 1 adult and up to 4 children/youth.

Monthly payment plans are available for pass purchase. Visa, Mastercard and Amex, or void cheque will be accepted. A \$25 fee will apply to cancellations of monthly plans.

NEW: Drop-In admissions include applicable taxes. All passes and punchcards will have tax added

CRYSTAL POOL PASSES

GOLD	SILVER	BRONZE
Full access to the pool, weightroom and cardio areas and access to any of our fitness and aquafit classes.	Mon–Fri: 9 a.m.– 4 p.m. and 7 p.m.– 11 p.m., Sat and Sun: all hours open	Mon–Fri: 9 a.m.– 11 a.m., 1 p.m.– 4 p.m., 8:30 p.m.– 10:30 p.m. Sat: 6 a.m.– 9 a.m. and 4 p.m.– close Sun: 4 p.m.– close

Implementation of HST - July 1, 2010.

As we prepare for the implementation of the Harmonized tax on July 1, 2010 we have made some changes to how our fees are listed in the Active Living Guide. All fees (punchcards, passes, and programs) will now have Tax added on the listed fee. For any of these items purchased and entirely paid for prior to April 30th, 2010 there will only be GST applied (5%). Any programs or passes purchased after May 1st and covering a period that goes beyond July 1st will be charged HST (12%) for the portion of the pass or program occurring after July 1st.

Programs for children 14 years and under will continue to be exempt from HST.

Crystal Pool & Fitness Centre

2275 Quadra Street
Victoria, BC V8T 4C4

Phone: 250.361.0732

Hours

Monday – Friday 5:30 a.m.– 11 p.m.
Saturday 6:30 a.m.– 6 p.m.
Sunday 8:30 a.m.– 6 p.m.

Crystal Pool Session Descriptions

Early Bird Lengths

Drop-in for some early morning fitness or relax in the hot tub, sauna or steam room. Four 50m lanes are available for length swimming.

25m Leisure & Lengths

Join in for 25m length swimming or a leisurely soak. Three 25m lanes are available, as well as hot tub, sauna and steam room. Check out our Aquafit schedule as classes are offered during every swim.

50m Leisure & Lengths

A great way to fit in a workout! Three 50m lanes are available, as well as hot tub, sauna and steam room. Use the cardio machines or weight room as part of your fitness routine. Check out our Aquafit schedule for daytime Water Works classes.

Everyone Welcome

Ride the waterslide, shoot some hoops, relax in the steam room, play in the small pools, run the water walkway, play some games... something for everyone!

Family Swim

An ideal time for the family to get together and enjoy some good clean fun in the shallow

end of the big pool and two small pools. The deep end is reserved but the hot tub, sauna, steam room, waterslide, and basketball net are all available. One parent/guardian must accompany children in the water.

Adult Swim (18 yrs+)

Come in for a workout in the weight room or cardio area and finish your day with a relaxing time in the hot tub, sauna or steam room. Two 20m lanes are available.

Lessons and Clubs

A busy time in the pool for swim lessons and club practices. Adults may drop-in for the hot tub, sauna and steam room. The remaining pool area is reserved for lessons and clubs.

Friday Night Bites

A chance for youth ages 11–15 to enjoy the pool to themselves from 9 p.m.–10 p.m. every Friday night! The lifeguards will have plenty of activities to join in on. Only \$2!

Parent & Tot

Bring your little one (5 years and under) for a splash in our small pools.

Crystal Pool & Fitness Centre: Spring Drop-in Schedule

SPRING PUBLIC SWIM DROP-IN SCHEDULE (APRIL 1 – JUNE 30, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50M Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50M Early Bird Lengths and Parent & Tot 6 a.m.–9 a.m.	
25M Leisure & Lengths and Parent & Tot 9 a.m.–11 a.m.	50M Leisure & Lengths and Lessons 9 a.m.–11 a.m.	25M Leisure & Lengths and Parent & Tot 9 a.m.–11 a.m.	50M Leisure & Lengths and Lessons 9 a.m.–11 a.m.	25M Leisure & Lengths and Parent & Tot 9 a.m.–11 a.m.	Lessons and Clubs 9 a.m.–11 a.m.	50M Early Bird Lengths and Parent & Tot 8:30 a.m.–11 a.m.
50M Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50M Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50M Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50M Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50M Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	25M Leisure & Lengths and Family Swim 11 a.m.–1 p.m.	50M Leisure & Lengths and Family Swim 11 a.m.–1 p.m.
Everyone Welcome and School Lessons 1 p.m.–3:30 p.m.	Everyone Welcome and School Lessons 1 p.m.–3:30 p.m.	Everyone Welcome and School Lessons 1 p.m.–4 p.m.	Everyone Welcome and School Lessons 1 p.m.–3:30 p.m.	Everyone Welcome 1 p.m.–3:30 p.m.	Everyone Welcome 1 p.m.–4 p.m.	Everyone Welcome 1 p.m.–4 p.m.
Family Swim and Clubs 3:30 p.m.–5 p.m.	Lessons and Clubs 3:30 p.m.–5 p.m.	Family Swim and Clubs 4 p.m.–5 p.m.	Lessons and Clubs 3:30 p.m.–5 p.m.	Family Swim and Clubs 3:30 p.m.–5 p.m.		25M Leisure & Lengths and Family Swim 4 p.m.–6 p.m.
25M Leisure & Lengths and Family Swim 5 p.m.–6 p.m.	25M Leisure & Lengths and Lessons 5 p.m.–6 p.m.	25M Leisure & Lengths and Family Swim 5 p.m.–6 p.m.	25M Leisure & Lengths and Lessons 5 p.m.–6 p.m.	25M Leisure & Lengths and Family Swim 5 p.m.–6 p.m.	After Hours Rentals	
25M Leisure & Lengths and Family Swim 6 p.m.–7 p.m.	Lessons and Clubs 6 p.m.–7:30 p.m.	25M Leisure & Lengths and Family Swim 6 p.m.–7 p.m.	Lessons and Clubs 6 p.m.–7:30 p.m.	25M Leisure & Lengths and Family Swim 6 p.m.–7 p.m.		
Everyone Welcome 7 p.m.–9 p.m. Loonie/Twoonie Night	Adult Swim 7:30 p.m.–9:30 p.m. \$2 after 9 p.m.	Everyone Welcome 7 p.m.–9 p.m.	Adult Swim 7:30 p.m.–9:30 p.m. \$2 after 9 p.m.	Everyone Welcome 7 p.m.–8:30 p.m.		
50M Leisure & Lengths 9 p.m.–11 p.m. \$2	50M Leisure & Lengths 9:30 p.m.–11 p.m. \$2	50M Leisure & Lengths 9 p.m.–11 p.m. \$2	50M Leisure & Lengths 9:30 p.m.–11 p.m. \$2	Friday Night Bites Swim 8:30 p.m.–10 p.m. 11–15 yrs \$2 NO ADULTS		

Please Note: Lifeguards may require up to 10 minutes to change the lane-rope configuration at the beginning and end of each swim.

Note: last entry into the facility 30 minutes prior to closing.

>> Spring Special Events

Easter Swim

Get your Easter hopping with our always popular Easter egg hunt. There will be lots to see and do!

Sunday, April 4 1:00p.m.–4:00p.m.

Pro D-Day Swim Friday April 23

Watermania!!! Be prepared to get soaked for this wet 'n' wild day of fun.

Friday April 1 1:00p.m.–3:00p.m.

The 1st Annual Cardboard Boat Derby

See Special events pg35 for details

May 1 10a.m.–1pm \$40/team

Mother's Day Swim

Mom's Swim for free

Sunday, May 9 1:00p.m.–4:00p.m.

National Lifejacket Day

Lifejackets save lives! Test your lifejacket knowledge and join us for a day filled with fun lifejacket activities.

Friday, May 14 All Day

Pro D-Day Swim

Superhero Academy. Do you have what it takes to make it? Find out at this Special Event full of challenging games and skills competitions.

Friday, May 21 1:00p.m.–3:00p.m.

Father's Day Swim

Dad's Swim for Free.

Sunday, June 20 1:00p.m.–4:00p.m.

School's Out Swim Wednesday June 30

No more pencils, no more books! Come start your summer vacation with a splash!

Wednesday June 30 1:00p.m.–3p.m.

Crystal Pool & Fitness Centre Summer Drop-In Schedule

SUMMER PUBLIC SWIM DROP-IN SCHEDULE (JULY 2 – AUGUST 31, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
50m Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50m Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50m Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50m Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50m Early Bird Lengths and Parent & Tot 5:30 a.m.–9 a.m.	50m Early Bird Lengths and Parent & Tot 6a.m.–9 a.m.	
25m Leisure & Lengths and Lessons 9 a.m.–11 a.m.	25m Leisure & Lengths and Lessons 9 a.m.–11 a.m.	25m Leisure & Lengths and Lessons 9 a.m.–11 a.m.	25m Leisure & Lengths and Lessons 9 a.m.–11 a.m.	25m Leisure & Lengths and Lessons 9 a.m.–11 a.m.	Family Swim and Clubs 9 a.m.–11 a.m.	50M Early Bird Lengths and Parent & Tot 8:30 a.m.–11 a.m
50m Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50m Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50m Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50m Leisure & Lengths and Parent & Tot 11 a.m.–1 p.m.	50m Leisure & Lengths and Family Swim 11 a.m.–1 p.m.	25m Leisure & Lengths and Family Swim 11 a.m.–1 p.m.	50m Leisure & Lengths and Family Swim 11 a.m.–1 p.m.
Everyone Welcome 1 p.m.–4 p.m	Everyone Welcome 1 p.m.–4 p.m.	Everyone Welcome 1 p.m.–4 p.m	Everyone Welcome 1 p.m.–4 p.m	Everyone Welcome 1 p.m.–4 p.m	Everyone Welcome 1 p.m.–4 p.m.	Everyone Welcome 1 p.m.–4 p.m.
Family Swim and Clubs 4 p.m.–6 p.m.	Lessons and Clubs 4 p.m.–6 p.m.	Family Swim and Clubs 4 p.m.–6 p.m.	Lessons and Clubs 4 p.m.–6 p.m.	Family Swim and Clubs 4 p.m.–6 p.m.	After Hours Rentals	After Hours Rentals
25m Leisure & Lengths and Family Swim 6 p.m.–7 p.m.	Lessons and Clubs 6 p.m.–7:30 p.m.	25m Leisure & Lengths and Family Swim 6 p.m.–7 p.m.	Family Swim and Clubs 6 p.m.–7:30 p.m.	25m Leisure & Lengths and Family Swim 6 p.m.–7 p.m.		
Everyone Welcome 7 p.m.–9 p.m. Loonie/Twoonie Night	Adult Swim 7:30 p.m.–9:30 p.m. \$2 after 9 p.m.	Everyone Welcome 7 p.m.–9 p.m.	Adult Swim 7:30 p.m.–9:30 p.m. \$2 after 9 p.m.	Everyone Welcome 7 p.m.–8:30 p.m.		
50m Leisure & Lengths 9 p.m.–11 p.m. \$2	50m Leisure & Lengths 9:30 p.m.–11 p.m. \$2	50m Leisure & Lengths 9 p.m.–11 p.m. \$2	50m Leisure & Lengths 9:30 p.m.–11 p.m. \$2	Friday Night Bites Swim 8:30 p.m.–10 p.m. 11–15 yrs \$2 NO ADULTS		

Please Note: Lifeguards may require up to 10 minutes to change the lane-rope configuration at the beginning and end of each swim.

Note: last entry into the facility 30 minutes prior to closing.



**FREE
L.I.F.E.*
SWIM**

**Wednesday, May 19
7 p.m.–9 p.m.**

*Leisure Involvement For Everyone

>> Summer Special Events

Weekly Fun Swim Themes

Watch for weekly themes during July and August.

Daily Jun 28–Aug 28 1 p.m.–3 p.m.



National Drowning Prevention Week

99% of drownings occur in areas unsupervised by a lifeguard but next to traffic incidents, drowning is the second most common cause of accidental death in Canada. Completely preventable, drowning can happen to anyone. Swimming is a life skill that everyone needs to learn. Everyday Canadians make safe choices around water and ice, the staff at the Crystal Pool encourages you to learn more on how to protect yourself and others by participating in some of the fun activities we have planned for this week..

All Week Jul 17–Jul 24 All Day

Crystal Pool Spring Lessons

SPRING 2010 LESSON GRID																												
Sessions			Tuesday (a.m.)			Thursday (a.m.)			Tuesday (p.m.)							Thursday (p.m.)					Saturday (a.m.)				Sunday (p.m.)			
6 sessions	\$25.50	\$31.50	Spring 1: Mar 23–Apr 27 (6 sessions)			Spring 1: Mar 25–Apr 29 (6 sessions)			Spring 1: Mar 23–Apr 27 (6 sessions)							Spring 1: Mar 25–Apr 29 (6 sessions)					Spring 1: Mar 27–May 1 (6 sessions)				Spring 1: Mar 28–May 2 (6 sessions)			
8 sessions	\$34.00	\$42.00	Spring 2: May 4–Jun 22 (8 sessions)			Spring 2: May 6–Jun 24 (8 sessions)			Spring 2: May 4–Jun 22 (8 sessions)							Spring 2: May 6–Jun 24 (8 sessions)					Spring 2: May 8–Jun 19 (6 sessions)				Spring 2: May 9–Jun 20 (6 sessions)			
GST will be added to all adult classes.																					No lessons: May 22				No lessons: May 23			
			9:30 am	10 am	10:30 am	9:30 am	10 am	10:30 am	4 pm	4:30 pm	5 pm	5:30 pm	6 pm	6:30 pm	7 pm	5 pm	5:30 pm	6 pm	6:30 pm	7 pm	9 am	9:30 am	10 am	10:30 am	4 pm	4:30 pm	5 pm	5:30 pm
Parented Preschool Program	30 Minute Classes	Starfish (4–18 mos)	X								X		X		X								X			X		
		Duck (18–30 mos)	X									X		X		X								X			X	
		Sea Turtle (18–30 mos)			X				X		X		X				X		X					X	X		X	
Preschool Program 3–5yrs	30 Minute Classes	Salamander	X				X		X	X	X	X	X		X	X	X	X		X	X	X	X	X	X	X		
		Sunfish	X				X		X		X		X			X	X	X		X		X		X		X		
		Crocodile		X			X				X		X			X		X		X		X		X		X		
		Whale		X			X				X		X			X		X		X		X		X		X		
School Aged Program	30 Minute Classes	Swim Kids 1							X		X		X		X		X		X		X		X	X	X			
		Swim Kids 2							X		X		X			X		X		X		X		X	X			
		Swim Kids 3								X		X		X			X		X		X		X		X	X		
		Swim Kids 4								X		X		X			X		X		X		X		X	X		
	45 Minute Classes	Swim Kids 5 & 6								4:15–5			5:30–6:15									9–9:45				4:30–5:15		5:15–6
		Swim Kids 7 & 8								4:45–5:30			6:30–7:15			5:15–6		6:15–7				9:45–10:30				4:45–5:30		
		Swim Kids 9 & 10											6:30–7:15			6:45–7:30			9:45–10:30				4–4:45					
*Adults 14+	45 Minute Classes	Adult Beg.					9:15–10								7–7:45						7–7:45	9–9:45						
		Adult Intr.					9:15–10								7–7:45						7–7:45	9–9:45						
		Adult Mast.					9:15–10								7–7:45						7–7:45	9–9:45						
Private Lessons Available									X2	X2	X	X	X	X	X2	X2	X	X	X	X	X	X	X	X	X	X	X	

Red Cross Swim Preschool

(with caregiver participation, 4–36 mos)

Starfish (4 to 18 months)

Experience buoyancy, movement, entries, and songs and play in the water with your water baby.

Duck (18 to 30 months)

The next step for your little one. Build confidence while learning entries, submersions, floats through play.

Sea Turtle (24 to 36 months)

A transitional level. Parents participate in first four lessons to gradually transfer the preschoolers to the care of the instructor. Develop floats, glides, deep water safety, and safe entries.

Red Cross Swim Preschool

(without caregiver participation, 3–5 years)

Salamander

Learn assisted floats and glides and chest deep water activities through games and songs. Introduction to basic swimming skills. Distance swim is 2m.

Sunfish

Work on stroke and skills progressions. Learn safety skills in, on and around the water, and entries and floats in deep water. Distance swim is 5m.

Crocodile

Start unassisted glides and kicking in deep water. Increase distance for front and back swims. Distance swim is 10m.

Whale

Learn to swim independently and participate in team games. Continue to increase distance swims and improve front and back swim skills. Distance swim is 2 x 10m.

Crystal Pool & Fitness Centre

2275 Quadra St., Victoria, BC V8T 4C4

Phone: 250.361.0732

Hours

Monday – Friday 5:30 a.m.– 11 p.m.

Saturday 6:30 a.m.– 6 p.m.

Sunday 8:30 a.m.– 6 p.m.

Crystal Pool Summer Lessons

Red Cross Swim Kids (6–13 yrs)

Level 1

A beginner level for children who haven't had lessons. Introduction to the water and the pool area. Learn floats and glides with kicks. Distance swim is 5m.

Level 2

Build skills in front and back swims. Introduction to deep water activities. Endurance is built on flutter kicking with assisted glides. Distance swim is 10m.

Level 3

Introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced. Distance swim is 15m.

Level 4

Develop front crawl, back glide and shoulder roll for back crawl. Work on kneeling dives and surface support. Distance swim is 25m.

Level 5

Introduction to back crawl, sculling skills and whip kick on the back. Learn stride dives. Distance swim is 50m.

Level 6

Front and back crawl continue to be refined and elementary backstroke is introduced. Children are also introduced to treading water and front dives. Distance swim is 75m.

Level 7

Build skills and endurance for front crawl, back crawl and elementary back stroke and learn front whip kick. Distance swim is 150m.

Level 8

Introduction to breaststroke and rescue entries. Continue to refine strokes and skills. Distance swim is 300m.

Level 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined with a focus on fitness. Master the front dive. Distance swim is 400m.

Level 10

Introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Perfect strokes and water safety skills. Distance swim is 500m.

SUMMER 2010 LESSON GRID																					
Sessions	30 min	45 Min	Monday – Friday (a.m.)				Tuesday (p.m.)							Thursday (p.m.)							
			9 am	9:30 am	10 am	10:30 am	4 pm	4:30 pm	5 pm	5:30 pm	6 pm	6:30 pm	7 pm	4 pm	4:30 pm	5 pm	5:30 pm				
8 sessions	\$34	\$42	Monday – Friday (a.m.) Summer 1: July 5–16 (10 sessions) Summer 2: July 19–30 (10 sessions) Summer 3: August 3–13 (9 sessions) Summer 4: August 16–27 (10 sessions)				Tuesday (p.m.) Summer: July 6–August 24 (8 sessions)							Thursday (p.m.) Summer: July 8–August 26 (8 sessions)							
9 sessions	\$38.25	\$47.25																			
10 sessions	\$42.50	\$52.50																			
GST will be added to all adult classes																					
Parented Preschool Program	30 Minute Classes		Starfish			X	X					X		X					X		
			Duck			X	X					X		X					X		
Preschool Program 3–5yrs	30 Minute Classes		Sea Turtle	X	X				X				X					X			
			Salamander	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
			Sunfish	X		X	X	X	X		X		X		X		X		X	X	X
			Crocodile		X	X	X				X			X	X	X	X	X	X	X	
			Whale		X		X				X			X	X	X	X	X	X	X	
			SK 1	X		X				X		X				X	X		X		
School Aged Program	45 Minute Classes		SK 2	X		X			X		X			X	X		X				
			SK 3		X		X	X		X		X		X		X		X			
			SK 4		X		X	X		X		X		X		X		X			
			SK 5 & 6	9–9:45	10:15–11			4–4:45	5:30–6:15								4:30–5:15, 5:15–6				
* Adults 14+	45 Minute Classes		SK 7 & 8		9:30–10:15				4:30–5:15	5:15–6	6:15–7				4–4:45	5–5:45					
			SK 9 & 10		9:45–10:30				4:45–5:30						4:45–5:30						
			Adult Beg.	8:45–9:30											7–7:45						
Adult Intr.	8:45–9:30												7–7:45								
Adult Mast.	8:45–9:30												7–7:45								
Private Lessons Available			X2	X	X	X	X	X2	X	X	X	X	X	X	X	X	X	X	X		

Adult (14 yrs+)

Adult Beginner

For the beginner swimmer. Learn the swimming basics of breathing, flotation, and propulsion. For those that are ready, the basics of front and back crawl are introduced. Swimmers learn at their own pace. Distance swim is 10m.

Adult Intermediate

Develop front and back crawl working on proper breathing technique, stroke proficiency and increased endurance. Introduction to deep water activities, diving, breaststroke and elementary backstroke. Distance swim is 50m.

Adult Masters

For those looking to improve their strokes and endurance with a focus on fitness. Our instructors will provide stroke instruction while offering workouts of up to 500m depending on ability.

Rethink your Drink

Drinking water keeps your body working effectively and efficiently. Watch those glasses of juice. They are high in sugar and calories and reverse the hydration process.