

# POOL SCHEDULE SPRING EFFECTIVE April 2 to June 30, 2012

**STAT HOLIDAYS** Victoria Day, May 21 – Lengths & Leisure 11 AM – 1 PM and Public Swim 1 – 4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Bird</b> 6 - 9 AM					<b>CLOSED</b>	<b>Rental Block</b> Call 474-8616
<b>Lengths &amp; Lessons</b> 9 - 11:30 AM	<b>Lengths, Lessons &amp; Little Ones</b> 9 - 11:30 AM	<b>Lengths &amp; Lessons</b> 9 - 11:30 AM	<b>Lengths, Lessons &amp; Little Ones</b> 9 - 11:30 AM	<b>Lengths &amp; Lessons</b> 9 - 11:30 AM	<b>Lengths &amp; Lessons</b> 9 - 12 PM <i>(Limited Lengths)</i>	
<b>Leisure &amp; Lengths</b> 11:30 - 3 PM <i>(Shared with Lessons Monday &amp; Wednesday 1-2:30 PM)</i>					<b>Leisure &amp; Lengths</b> 12 - 1:30 PM	<b>Family Swim*</b> 12 - 1:30 PM
<b>Public Swim*</b> 3 - 5 PM					<b>Public Swim*</b> 1:30 - 4 PM	
<b>Leisure &amp; Lengths</b> 5 - 6 PM	<b>Lengths &amp; Lessons</b> 3 - 7:30 PM	<b>Lengths &amp; Lessons</b> 3 - 5 PM	<b>Lengths &amp; Lessons</b> 3 - 7:30 PM	<b>Lengths &amp; Lessons</b> 3 - 5 PM	<b>Lengths &amp; Lessons</b> 4 - 6 PM <i>(Limited Lengths)</i>	
<b>Lengths &amp; Lessons</b> 6 - 8 PM <i>(Single Lane)</i>		<b>Leisure &amp; Lengths</b> 5 - 6 PM		<b>Leisure &amp; Lengths</b> 5 - 6 PM	<b>Family Swim &amp; Lessons*</b> 6 - 8 PM	<b>Public Swim*</b> 6 - 8:30 PM
<b>Leisure &amp; Lengths</b> 8 - 9:30 PM	<b>Toonie Swim*</b> 7:30 - 8:30 PM	<b>Lengths &amp; Lessons</b> 6 - 8 PM <i>(Single Lane)</i>	<b>Toonie Swim*</b> 7:30 - 8:30 PM	<b>Public Swim*</b> 8 - 9:30 PM	<b>Rental Block</b> Call 474-8616	
	<b>Leisure &amp; Lengths*</b> 8:30 - 9:30 PM	<b>Leisure &amp; Lengths</b> 8 - 9:30 PM	<b>Leisure &amp; Lengths*</b> 8:30 - 9:30 PM			

\* Indicates Slide & Spray Toys are available during this session. Children under 7 years must be accompanied by a person 16 years or older at all times in the pool. Ratio of 1 adult for 4 children. Schedule subject to change.

## DESCRIPTIONS

### PUBLIC SWIM

240' slide, try it on your front, on your back, or on a tube. No length swimming available.

### FAMILY SWIM

Join us Friday night and Sunday afternoon for this family only swim time. Children must be accompanied by an adult.

### EARLY BIRD

Lane & leisure swimming available. Lap Pool shared with swim clubs M/W/F 6-7:30 AM. Water Fit offered M-F, see schedule.

### LENGTHS, LESSONS & LITTLE ONES

Drop-in time for you and your preschooler, lengths and registered lessons offered.

### LENGTHS & LESSONS

Need flexibility? Some lane swimming will be available (# of lanes varies on lessons and rentals). Sauna, steam & swirl pool open.

### LEISURE & LENGTHS

Some lengths available. Adventure pool, spray toys, toddler and big water slide are open. Pool may be shared with lessons M/W/F.

## Stat Holidays

Good Friday	April 6
Easter Monday	April 9
Victoria Day	May 21
Leisure & Lengths	11 - 1 PM
Public Swim	1 - 4:30 PM

## Special Swims

Pro-D Day Swim	
Friday, April 20	1 - 3 PM
Coast Capital FREE Swim	
Tuesday, May 15	7:30 - 8:30 PM

# POOL SCHEDULE SUMMER EFFECTIVE July 2 to September 2, 2012

**STAT HOLIDAYS** Canada Day, July 1 – Lengths & Leisure 11 AM – 1 PM and Public Swim 1 – 4:30 PM

BC Day, August 6 and Labour Day, September 3 – CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
<b>Early Bird</b> 6 - 9 AM					<b>Rental Block</b> Call 474-8616						
<b>Lengths &amp; Lessons</b> 9 - 11:30 AM											
<b>Leisure &amp; Lengths*</b> 11:30 - 1 PM					<b>Family Swim*</b> 11:30 AM - 1 PM						
<div style="border: 2px dotted blue; padding: 10px; text-align: center;"> <p><b>Bring your friends and have some action packed afternoons at the Pool.</b></p> <p>Join our 'Fun Leader' for lots of organized games, activities and prizes.</p> <p><b>Monday • Wednesday • Friday</b></p> <p><b>2 – 4 PM</b></p> </div>					<b>Public Swim*</b> 1 - 4 PM						
					<b>Lengths &amp; Lessons</b> 1 - 2 PM					<b>Public Swim*</b> 1 - 4 PM	
					<b>Public Swim*</b> 2 - 4 PM						
<b>Leisure &amp; Lengths*</b> 4 - 6 PM	<b>Lengths &amp; Lessons</b> 4 - 7:30 PM	<b>Leisure &amp; Lengths*</b> 4 - 6 PM	<b>Lengths &amp; Lessons</b> 4 - 7:30 PM	<b>Leisure &amp; Lengths</b> 4 - 6 PM	<b>Leisure &amp; Lengths*</b> 4 - 6 PM						
<b>Lessons</b> 6 - 8 PM	<b>Toonie Swim*</b> 7:30 - 8:30 PM	<b>Lessons</b> 6 - 8 PM	<b>Toonie Swim*</b> 7:30 - 8:30 PM	<b>Family Swim &amp; Lessons*</b> 6 - 8 PM	<b>Public Swim*</b> 6 - 8:30 PM						
<b>Leisure &amp; Lengths</b> 8 - 9:30 PM		<b>16 &amp; Over*</b> 8:30 - 9:30 PM		<b>Leisure &amp; Lengths</b> 8 - 9:30 PM	<b>16 &amp; Over*</b> 8:30 - 9:30 PM	<b>Public Swim*</b> 8 - 9:30 PM	<b>Rental Block</b> Call 474-8616				

\* Indicates Slide & Spray Toys are available during this session. Schedule subject to change.

## DESCRIPTIONS

### EARLY BIRD

Lane & leisure swimming available. Lap Pool shared with swim clubs M/W/F 6-8 AM & Water Fit M-F

### LENGTHS & LESSONS

Need flexibility? Some lanes will be available (# of lanes varies on lessons and rentals).  
Sauna, steam & swirl pool open.

### PUBLIC SWIM

240' slide, try it on your front, on your back, or on a tube. No lanes available.

### FAMILY SWIM

Join us Friday night and Sunday afternoon for this family only swim time. Children must be accompanied by an adult.

### LEISURE & LENGTHS

Lengths and leisure available. Adventure pool, spray toys, toddler & big water slide are open. Pool shared with lessons M/W/F.

## Stat Holidays

### Canada Day - Sunday, July 1

Leisure & Lengths 11– 1:00 PM  
Public Swim 1– 4:30 PM

### BC Day - Monday, August 6

CLOSED

### Labour Day - Monday, Sept 3

CLOSED

# WATER FIT SPRING & SUMMER EFFECTIVE April 2 to September 2, 2012

**STAT HOLIDAYS** Canada Day, July 1 – NO WATER FIT

BC Day, August 6 and Labour Day, September 3 – CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Combo</b> 8 – 9 AM	<b>Aqua Jocks</b> 6 – 7 AM	<b>Combo</b> 8 – 9 AM	<b>Aqua Jocks</b> 6 – 7 AM	<b>Combo</b> 8 – 9 AM
<b>Shallow</b> 11 AM -12 PM	<b>Deep</b> 11 AM -12 PM	<b>Shallow</b> 11 AM -12 PM	<b>Deep</b> 11 AM -12 PM	<b>Shallow</b> 11 AM -12 PM
<b>Aqua Bootcamp</b> 7:30 - 8:30 PM				
<b>Deep</b> 8:30 - 9:30 PM	<b>Shallow</b> 8:30 - 9:30 PM	<b>Deep</b> 8:30 - 9:30 PM	<b>Shallow</b> 8:30 - 9:30 PM	

## DESCRIPTIONS

### SHALLOW

The ever-popular workout! This class, catering to all levels, has great music to keep you moving and motivated! Swimming skills not required.

### DEEP

Maximize resistance, minimize impact! Tone and strengthen all major muscle groups without joint stress. The waterfit belt keeps you afloat, abdominal muscles work to keep you upright. A full body workout.

### COMBO

Change up your workout! This class will have you moving from the shallow to the deep and back again! Realize the benefits of exercising in all depths of water. Waterfit belts and bars are used in this class.

### AQUA JOCKS

Increase cardio-vascular fitness, work your core and tone your muscles. Push, pull and move through the water, you set the pace. Get wet & fit!

### AQUA Bootcamp

A high intensity, non-weight bearing class combining cardio, core and strength - guaranteed to charge you up and get you hooked on water workouts!



I started coming to the Juan de Fuca Recreation Centre over ten years ago and I am now an Early Bird swimmer.

I get greeted with a "good morning" from everyone I meet when I come in. If you aren't in a good mood, you can't help getting perked up with the friendly staff and people. You will meet many new friends!

The water is always a perfect temperature for your swim, then after, you can lounge in the swirl pool, steam room or sauna ...

I am sixty four now and am in perfect health thanks to swimming. I enjoy golf with my husband with no aches and pains and now I go to the gym as well. Things are great, thanks to this Recreation Centre!

– Karen Taggart

# SKATING SUMMER (JDF ARENA) EFFECTIVE July 4 to August 29, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		July 4 – Aug 29 <b>Everyone Welcome</b> 7:30-8:50 PM (Excluding July 11)			July 7 – Aug 25 <b>Everyone Welcome</b> 7:30 – 8:50 PM	

Skating may be cancelled for special events. Call 250-478-8384 to confirm schedule.

# SWIMMING LESSONS

## Spring & Summer

# Get Ready for Lessons

**Suit up for lessons**, bathing suits need to be snug fitting around the legs and waist. Boys shorts must have an internal lining. Children under 3 years of age must wear a swim diaper.

**Practice.** Talk to your child about what they are learning in class and what they need to work on. Come to the pool and practice with your child. We have super family rates and lessons.

**Bring your child** to the pool and show them around. If your child has taken lessons with us before, bring their report card for the instructor.

**Connect with your instructor**, get first hand knowledge of your child's progress, come to Parent Teacher Conference Day or connect with your Team Leader at the lesson set. Learn what they need to work on and which level to register them in next.

## Private Lessons

Sometimes a little help can make a big difference! Does your child need work on a specific stroke or skill or could they benefit from one-on-one instruction? One of our instructors will be happy to help. Juan de Fuca Pool requires 24 hours notice to re-book a private lesson. In the event of illness a doctor's note may be required.

### INDIVIDUAL PRIVATE:

**\$25 for 1 Lesson (30 Minutes)**  
**\$78 for 4 Lessons (30 Minutes)**

### SEMI PRIVATE:

*(Max 2 students)*  
**\$39 for 1 Lesson (30 Minutes)**  
**\$125 for 4 Lessons (30 Minutes)**

### MAY to JUNE PRIVATE LESSONS

<b>MON</b>	6:00 PM	7:00 PM	8:30 PM
	6:30 PM	7:30 PM	9:00 PM
<b>TU/TH</b>	3:30 PM	4:30 PM	5:30 PM
	4:00 PM	5:00 PM	6:00 PM
<b>WED/FRI</b>	3:30 PM	4:00 PM	
<b>WED</b>	6:00 PM	7:00 PM	8:30 PM
	6:30 PM	7:30 PM	9:00 PM
<b>FRI</b>	6:00 PM		
<b>SAT</b>	9:00 AM	11:00 AM	5:00 PM
	9:30 AM	11:30 AM	5:30 PM
	10:00 AM	4:00 PM	
	10:30 AM	4:30 PM	
<b>SUN</b>	9:00 AM	11:00 AM	5:00 PM
	9:30 AM	11:30 AM	5:30 PM
	10:00 AM	4:00 PM	
	10:30 AM	4:30 PM	

### JULY to AUG PRIVATE LESSONS

<b>MON</b>	1:00 PM	6:30 PM	8:30 PM
	1:30 PM	7:00 PM	9:00 PM
	6:00 PM	7:30 PM	
<b>TU - FRI</b>	9:00 AM	9:30 AM	
<b>TU/TH</b>	10:00 AM	4:00 PM	6:00 PM
	10:30 AM	4:30 PM	6:30 PM
	1:00 PM	5:00 PM	7:00 PM
	1:30 PM	5:30 PM	
<b>WED</b>	1:00 PM	6:00 PM	7:30 PM
	1:30 PM	6:30 PM	8:30 PM
		7:00 PM	9:00 PM
<b>FRI</b>	1:00 PM	1:30 PM	
<b>SAT</b>	9:00 AM	10:00 AM	
	9:30 AM	10:30 AM	
<b>SUN</b>	9:30 AM	10:00 AM	10:30 AM

## Contact Us

### Have a program idea?

Let us know and we can work together.

**Kristy MacKinnon**

*Aquatics Coordinator*

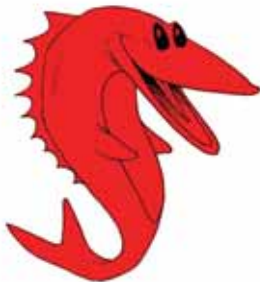
*kmackinnon@westshorerecreation.ca*

**Chris McGregor**

*Aquatics Programmer*

*cmcmgregor@westshorerecreation.ca*

# PRESCHOOL SWIMMING LESSONS



## PRESCHOOL LEARNING OBJECTIVES

Our preschool levels will enable your children to have successful experiences at the pool. Our instructors offer a balanced swim program that allows children to learn alongside their peers in a fun and encouraging environment.

**6 M – 2 Years**

### Diaper Dive

Parents and tots will be comfortable entering and exiting the pool safely. Bubble blowing, front and back floats and submersions will be taught through creative games and songs. (Parent participation required.)

### Little Learners

To complete, swimmers will be comfortable floating independently on their fronts and backs, performing jumps, bobs and rollover floats. (Parent participation required.)

**2 Years**

### Twos in Training

To complete, children will be confident participating independently, blowing bubbles, submerging and doing front floats and kicks with teacher. (Parent participation required.)

### Terrific Twos

This level is designed for swimmers who are ready to participate without parent support. To complete, they will be proficient doing front floats, glides and kicks on their own. (Prerequisite: twos in training)

**3-5 Years**

### Yellow Seahorse

For 3 to 5 year old beginners! To move on to orange jellyfish, children will be comfortable submerging. They perform front and back floats and glides with a buoyant aid.

### Orange jellyfish

Focusing on front and back glides! Children will be confident gliding and kicking independently on their fronts and backs before moving on to red snapper.

### Red Snapper

Front and back swims are developed here! Children will be skilled doing front swims with big arms and back swims. Recovery to the pool edge in the big pool is also required to advance to maroon starfish.

### Maroon Starfish

Students refine their front and back swims and continue with confidence building in the big pool. To complete, swimmers must be competent with side glides, change of direction and deep water skills.

### Blue Dolphin

Children will demonstrate basic front crawl and back swims with shoulder rolls. They can perform kneeling dives and deep-water surface support.

*Occasionally, classes may be overbooked due to special circumstances or if a child requires a support worker. Whenever possible we will have a volunteer assist with these classes.*

## Family Swim Lessons

Families that play together stay together! These lessons are a great way for families to practice their swimming skills and have some quality family time.

F	7:00-7:30pm	Jul 06-Aug 31	\$144/9	74369
F	7:30-8:00pm	Jul 06-Aug 31	\$144/9	74370
Sa	11:00-11:30am	Jul 07-Aug 25	\$112/7	74371

Registration made Easy

Swimming Lessons  
Registration Guide

Download a PDF at  
[westshorerecreation.ca/swimlessons](http://westshorerecreation.ca/swimlessons)  
with detailed swim times and codes.



# SCHOOL AGE SWIMMING LESSONS



## SCHOOL AGE LEARNING OBJECTIVES

Red Cross SwimKids Program is designed for children 5-13 years. We teach more than swimming skills and encourage kids to strive for and reach their personal bests. Our instructors offer a balanced program of swimming and water safety skills that allow youth to learn alongside peers in a fun, encouraging environment.

45 Minutes

### SwimKids 1

For beginners! To complete this level, children will be comfortable floating on their front and back. Glides with kicks will be mastered.

### SwimKids 2

Confidence performing front and back swims will determine advancement to level 3. Children will be comfortable performing deep water activities.

### SwimKids 3

Front crawl is the focus of this level. Diving, change of direction and treading water are also introduced in this level.

### SwimKids 4

Front crawl, back glides and shoulder rolls are developed. Students must complete a 25m endurance swim to move to level 5.

45 Minutes

### SwimKids 5

Back crawl is introduced, along with sculling and whip kick on the back. Stride dives are taught and endurance is increased to 50 m.

### SwimKids 6 & 7

Continue work on front and back crawl. Elementary backstroke is introduced, endurance increases to 150 metres and basic rescue skills are taught.

### SwimKids 8, 9, & 10

Strokes are refined, butterfly and scissor kick are introduced. Sun and ice safety are discussed and children learn about making wise choices and peer influence. Endurance swim increases to 500m.

*Occasionally, classes may be overbooked due to special circumstances or if a child requires a support worker. Whenever possible we will have a volunteer assist with these classes.*



### Family Swim Lessons

Families that play together stay together! These lessons are a great way for families to practice their swimming skills and have some quality family time.

F	7:00-7:30pm	Jul 06-Aug 31	\$144/9	74369
F	7:30-8:00pm	Jul 06-Aug 31	\$144/9	74370
Sa	11:00-11:30am	Jul 07-Aug 25	\$112/7	74371

Registration made Easy

**Swimming Lessons  
Registration Guide**

Download a PDF at  
[westshorerecreation.ca/swimlessons](http://westshorerecreation.ca/swimlessons)  
with detailed swim times and codes.

# SCHOOL AGE LESSONS

			SwimKids 1	SwimKids 2	SwimKids 3	SwimKids 4	SwimKids 5	SwimKids 6/7	SwimKids 8/9/10
<b>SPRING SESSIONS May - June</b>									
<b>TUES &amp; THUR</b>	#1 May 01-May 31	10 Classes	5:00 PM	4:00 PM	4:00 PM	4:30 PM	4:15 PM	6:45 PM	
	#2 Jun 5-Jun 28	8 Classes	5:30 PM 6:00 PM	6:00 PM 6:30 PM	5:00 PM 7:00 PM	6:30 PM			
<b>TUES</b>	#1 May 15-Jun 26	7 Classes	6:30 PM	5:30 PM	6:00 PM				
<b>WED &amp; FRI</b>	#1 May 2-Jun 1	10 Classes	5:00 PM	5:30 PM	4:00 PM	4:30 PM	3:30 PM	4:15 PM	
	#2 Jun 6-Jun 29	8 Classes							
<b>THUR</b>	#1 May 17-Jun 28	7 Classes			6:00 PM	5:30 PM			
<b>SUMMER SESSIONS July - August</b>									
<b>MON</b>	#1 Jul 2-Aug 27	8 Classes	6:30 PM 7:30 PM	6:00 PM 7:30 PM	6:30 PM 7:00 PM	6:00 PM 7:30 PM	6:00 PM	6:30 PM	6:45 PM
<b>TUES TO FRI</b>	#1 Jul 3-Jul 20	12 Classes	10:30 AM	10:00 AM	10:00 AM	10:30 AM	9:00 AM	9:45 AM	
	#2 Jul 24-Aug 10	12 Classes	11:00 AM						
	#3 Aug 14-Aug 31	12 Classes							
<b>TUES &amp; THUR</b>	#1 Jul 3-Jul 26	8 Classes	10:30 AM	9:30 AM	9:30 AM	9:00 AM	6:45 PM	6:00 PM	
	#2 Jul 31-Aug 30	10 Classes	5:00 PM 7:00 PM	4:30 PM 5:30 PM	10:00 AM 6:30 PM	7:00 PM			
<b>TUES</b>	#1 Jul 3-Jul 26	9 Classes	5:30 PM	6:30 PM	6:00 PM				
<b>WED</b>	#1 Jul 4-Aug 29	8 Classes	6:00 PM 7:00 PM	6:30 PM 7:30 PM	6:00 PM 7:00 PM	6:30 PM	6:00 PM	6:45 PM	
<b>THUR</b>	#1 Jul 5-Aug 30	9 Classes			6:00 PM	5:30 PM			
<b>SAT</b>	#1 Jul 7-Aug 25	7 Classes	10:00 AM	11:00 AM	10:30 AM	10:00 AM	9:00 AM		
	<i>No class August 4</i>								
<b>SUN</b>	#1 Jul 8-Aug 26	7 Classes	9:30 AM	11:00 AM	9:30 AM	11:00 AM			
	<i>No class August 5</i>								

LESSON COSTS	7 CLASSES	8 CLASSES	9 CLASSES	10 CLASSES	12 CLASSES
Swim Kids 1 – 4	\$37.00	\$42.00	\$47.00	\$53.00	\$63.00
Swim Kids 5 – 10	\$56.00	\$64.00	\$72.00	\$80.00	\$96.00

\*Number of classes are detailed in session dates information.