

Spring 2024 BV Regional Pool & Recreation Centre

FIRST AID & LIFESAVING

RED CROSS BABYSITTERS COURSE 11 vrs+



For many youth, babysitting is their first job. The Canadian Red Cross Babysitting course can help you become a real "pro"!

Jun 18-20

Tue-Thu

5-8pm

\$82.95

JUNIOR LIFEGUARD CLUB 8-13 vrs



Want to get a glimpse into what it's like to be a lifeguard? Sign up for the Club!

Apr 11-Jun 13

Thursdays

2:30-4pm

\$107.15

Must be able to swim one length of the pool independently and tread water for 1 minute.

MORE SWIM LESSONS INFORMATION:



SWIM LESSONS

Participants must complete their current program and receive their report card result before registering in the following program set or season.

LEVELS & OFFERINGS

PARENT & TOT	PRESCHOOL	SWIMMER 1-8	ADULT 1-3
4 mths - 3 years	3 - 5 years	6 - 15 years	16 years +

Apr 9 - Jun 11 Apr 10 - Jun 12

WED THU SAT

10 Sessions

Afternoons 9 Sessions

no class on May 18

BRONZE MEDALS

14 yrs +

"The First Step to get your aquatic career started!"

FIRST AID COURSES

Standard First Aid & CPR-C /AED \$281.40

(Includes Emergency First Aid)

Apr 23 Apr 25 Apr 27 8:30-5pm

Emergency First Aid (OFA Level 1) \$125.50 / Apr 23 & Apr 25

CPR-C /AED \$104.20 / Apr 23

Standard First Aid & CPR-C/AED \$120.0

CPR-C /AED \$69.30

Apr 30

SWIM INSTRUCTOR

Pre-req.: 15 yrs + & Bronze Cross

teaching experience: Option 1 - July 2-12 Option - July 16-26

Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs.

NATIONAL LIFEGUARD

15 yrs +

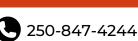
Pre-req.: 15 yrs +, SFA & Bronze Cross

Jul 11-20 Thu-Sat 10-6:30pm

\$617.50

"Lifeguards: ready to rescue, but trained to prevent!'

NATIONAL LIFEGUARD RECERTIFICATION 9-5:30pm May 25





Unsure what swim level to register in?

Complete a Swim Assessment by one of our certified instructors at the BV Pool during opening hours (Subject to Staff Availability)

Apr 11 - Jun 13 Apr 13 - Jun 15

TUES

10 Sessions

10 Sessions

Afternoons Afternoons

Mornings







LITTLE ROCKERS 18 mths - 5 yrs



Bouldering, climbing and a mini gym full of fun equipment and games for your little one. Drop-in fee: \$7.00. Additional tots of the same family: \$4.

Apr 5-Jun 14 (not Apr 19 or May 17) Fri

9:30-11am

\$88.95

SUPER KIDS CLIMBING CLUB 6-11 yrs



Introduction in to the basics of climbing and building muscle strength, improving coordination in a fun way!

Apr 10-Jun 12 Wed 3:45-5pm \$75.15

VERTICAL CLIMBING CLUB



Taking climbing skills to the next level! Learn knots, belay techniques and climbing movement in a fun interactive way!

Apr 26-Jun 21 Fri 3:45-5pm \$127.80

(not May 17)

INTRO TO CLIMBING 13 yrs +



Become a certified belayer and enjoy the challenging sport of climbing! This 2.5-hour course teaches knots, safety checks, belay techniques, and partner communication.

Thu 6:30-9pm \$65.00 Apr 11 Thu \$65.00 May 23 6:30-9pm

GRIP'N' SWIM DAY CAMP 5-12 yrs



Get your friends together and spend an action-packed day climbing, swimming, playing games & doing crafts with the awesome BV Zookeepers. This program is FUN for kids and a choice for parents!

MARCH Mar 18-22 Mon-Fri 8:30-4:30pm **BREAK** Mar 25-28 Mon-Thu 8:30-4:30pm \$48/day

NID Apr 19 Fri 8:30-4:30pm \$48/day May 17 Fri 8:30-4:30pm \$48/day

INTRO TO SQUASH 18 yrs +



Always wanted to learn the game? Now's your chance to learn the basics of squash in a few sessions! Racquets and eye protection are supplied, just bring indoor shoes.

Mar 6-27	Wed	6-7pm	\$72.50
Apr 3-24	Wed	6-7pm	\$72.50
May 1-29	Wed	6-7pm	\$90.60
Jun 5-26	Wed	6-7pm	\$72.50

FITNESS CLASSES

Apr 2 - Jun 14

Participate in any of the Fitness classes and pay \$17/drop-in or buy a Spring Fitness 10-punch pass for \$140 and save!



EARLY SWEATCAMP

Start your morning in a good way with an efficient and fun bootcamp.

Wed/Fri

6:15-7:15am



EVERYBODY WORKOUT

- **Aerobic Fitness**
- Muscular Strength
- Flexibility
- Joint Mobility
- Posture

Thursdays

8:30-9:30am



POWER LUNCH

Energy-boosting lunch time fitness class to get you through the afternoon.

Tue/Thu 12-1pm

MORE



FITNESS STUDIO ORIENTATION

Learn how to use the gym equipment and some tips on how to get started on your fitness goals!

Apr 2 Tue 5-6:30pm \$36 May 4 Sat 10-11:30am \$36



BOULDERFEST

EASTER BUNNY CLIMB

SPRING SPLASH

TEEN ONLY POOL PARTY **SCHOOL'S OUT PARTY**

Competition Kick Off: Kids (6 yrs +) @ 12pm Youth/Adults (14 yrs +) @ 3pm

2:30-4pm

1:30-3pm

8:30-10pm

1:30-3pm