

FITNESS CLASSES

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.

Sep 11-Dec 20 Wed/Fr 6:15-7:15am

Power Lunch

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

Sep 10-Dec 19 Tue/Thu 12:05-12:55pm



FALL AQUAFIT SCHEDULE

MON	TUE	WED	THU	FRI
CLOSED	Gentle Fit 10:15-11AM Power Aqua 7:05-7:50PM	Water Fit 9:05-9:50AM	Gentle Fit 10:15-11AM Power Aqua 7:05-7:50PM	Water Fit 9:05-9:50AM

Regular Admission applies or swipe your membership.

CLIMBING PROGRAMS

Little Rockers (18mo - 5yrs)

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.

Sep 24-Dec 10 Tue 9:30-11am \$64.75
(not Nov 12)

Super Kids Climbing Club (6 - 11yrs)

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

Sep 25-Nov 27 Wed 3:45-5pm \$88.10

Vertical Climbing Club (12 - 18yrs)

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

Sep 27-Dec 6 Fri 3:45-5pm \$142

NID SD54 - Kids Camp

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!

Oct 25 Fri 8:30am-4pm \$48/day
Nov 12 Tue 8:30am-4pm \$48/day

FALL PROGRAMS



Online

Intro to Climbing (14yrs +)

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.

Sep 19 Thu 6:30-9pm \$65
Oct 17 Thu 6:30-9pm \$65
Nov 14 Thu 6:30-9pm \$65

Single Belayed Sessions

Beginner-friendly, gear included

Monkey Climb (7-18yrs)

Wed/Fri/Sat 5:30-7pm \$11.05
Registration required. Children under 7 need a caregiver 16+ yrs.

Adult Climb (19yrs +)

Wed 8-9pm \$18

Family Climb (max of 5 immediate family members)

Sat 11:30-1pm \$23.10

BIRTHDAY BOOKINGS

Celebrate your child's birthday at the BV Pool & Rec in the Pool or Climbing Wall!

Basic booking includes admission for 12 kids (more can be added) and a dedicated celebration space. See available dates and book online!

[BOOK NOW >](#)



BV Regional Pool & Rec Centre

Register Online



Junior Lifeguard Club

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

Sep 26-Dec 12 Thu 2:15-3:30pm \$129.70

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

Red Cross Babysitter Course

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

Sep 19 & 21 Thu 5-8:30pm \$82.95
Sat 12-6:30pm

SWIM LESSONS

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



Sep 24-Oct 24	TUE/THU	10 Sessions	Afternoons
Sep 25-Dec 4	WED	11 Sessions	Afternoons
Sep 28-Nov 30	SAT	8 Sessions	Mornings
Nov 5-Dec 5	TUE/THU	10 Sessions	Afternoons

Levels

PARENT & TOT 4 mths - 3 years	PRESCHOOL 3 - 5 years
SWIMMER 1-9 6 - 15 years	TEEN/ADULT 1-3 16 years +



FIRST AID & LIFESAVING

Bronze Medals

BRONZE MEDALLION \$247.60

Pre-req.: 13 yrs + or Bronze Star

Sep 24-Oct 8 Tue 3:30-7pm
Sat 9am-3pm

BRONZE CROSS \$199.00

Pre-req.: 13 yrs + and Bronze Medallion

Oct 18 Fri 3:30-7pm
Oct 19-26 Fri/Sat 9am-3:30pm

First Aid Course

STANDARD FIRST AID COURSE CPR-C/AED

Nov 1 Fri 4-9pm
Nov 2 Sat 10am-2pm \$281.40
Nov 3 Sun 10am-5:30pm

EMERGENCY FIRST AID (OFA Level 1)

Nov 1 Fri 4-9pm \$125.50
Nov 2 Sat 10am-2pm

CPR-C/AED

Nov 1 Fri 4-9pm \$104.20

First Aid Recertifications

SFA CPR-C/AED - RECERTIFICATION

Sep 10 & 12 Tue/Thu 5-9pm \$120.00

CPR-C/AED - RECERTIFICATION

Sep 10 Tue 5-9pm \$69.30

LIFEGUARD TRAINING PROGRAM AVAILABLE



The Lifesaving Society Swim Instructor course trains candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs.

Swim Instructor

Pre-req.: 15 yrs + & Bronze Cross

Nov 15-29 Wed 4-8pm
Fri 5-9pm \$572.50
Sat/Sun 9am-3pm

Mandatory practical teaching experience: Dec 10, 12, & 14.

SQUASH

Intro to Squash

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.

Oct 1 - 22 Tue 6-7pm \$72.50
Oct 30 - Nov 20 Wed 6-7pm \$72.50 - Women Only

Drill Nights! Improve your game.

Nov 26 - Dec 17 Tue 6-7pm Regular admission

RUSTY ELBOW SQUASH TOURNAMENT

Nov 21-24 Thu-Sun



SQUASH LADDER



Meet new players!



SPECIAL EVENTS:

SPOOKTACULAR:
Oct 26 Sat 2-3:30pm \$12

SPOOK SWIM:
Oct 26 Sat 3:30-5pm \$5

CLIMB WITH SANTA
Dec 7 Sat 1-2:30pm \$12

WINTER WONDERLAND SWIM
Dec 28 Thu 1:30-3pm \$5

SPECIAL EVENTS ARE RECOMMENDED FOR AGES 6 YRS+. CHILDREN UNDER THE AGE OF 7 CAN ATTEND WITH AN ADULT (AND MUST BE WITHIN ARMS REACH IN THE POOL).