

BV REGIONAL POOL & REC CENTRE

WINTER PROGRAMS 2025

★ WINTER ★ REGISTRATION

Opens Nov. 21
at 8am

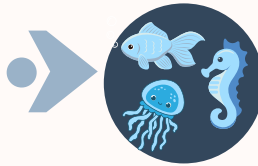
JUNIOR LIFEGUARD CLUB 8-13yrs

Are you ready to dive into some serious fun while learning important lifeguarding skills?

Jan 15 - Mar 12	Wed	3:45-5:15pm	\$115.70
Mar 17-21	Mon-Fri	10am-12pm	\$85.70

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

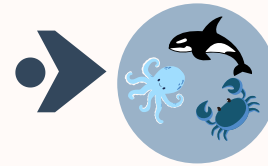
PARENT & TOT



- Jan 10 - Mar 14
- Jan 11 - Mar 15
- Jan 12 - Mar 16
- Jan 14 - Mar 11
- Jan 14 - Feb 13
- Jan 15 - Mar 12
- Feb 18 - Mar 13

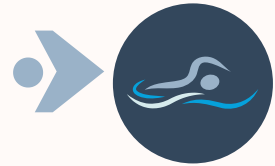


SWIM LESSONS PRESCHOOL



- Fri** 10 Sessions
- Sat** 9 Sessions
no class on Feb 15
- Sun** 9 Sessions
no class on Feb 16
- Tue ONLY** 9 Sessions
- Tue/Thu** 10 Sessions
- Wed** 9 Sessions
- Tue/Thu** 8 Sessions

SWIMMER 1-9 ADULT/TEEN



- Mornings
- Mornings
- Evenings
- Evenings
- Afternoons
- Afternoons
- Afternoons

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



RED CROSS BABYSITTER 11 yrs +

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.

Jan 19 & 26	Sun	11:30-4:30pm	\$82.95
Feb 21 - 28	Fri Sat	5-8:30pm 9am-1pm	\$82.95

FIRST AID and LIFESAVING

BRONZE MEDALS

BRONZE MEDALLION \$247.60

Pre-req.: 13 yrs + or Bronze Star
Jan 11 - Feb 1 Sat 10am-3:30pm

BRONZE CROSS \$199.00

Pre-req.: 13 yrs +, Br. Medallion
Feb 8-16 Fri/Sat/Sun 10am-4pm

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

FIRST AID COURSES 14 yrs +

New WorkSafeBC first aid requirements are in effect as of November 1, 2024.

CPR-C/AED

EMERGENCY FIRST AID / CPR-C (BASIC)

STANDARD FIRST AID & CPR-C/AED (INTERMEDIATE)

March 2025 TBA

Add your name to our interest list!

FIRST AID RECERTIFICATIONS

CPR-C/AED - RECERT

Apr 13 Sun 10am-2pm \$69.30

NATIONAL LIFEGUARD

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

Mar 17-26 Mon-Wed 10-6:30pm \$542.50

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



NATIONAL LIFEGUARD RECERT

Spring 2025

Add your name to our interest list!

LIFEGUARD
TRAINING
Subsidy



250-847-4244

info@bvpool.com

bvpool.com

bv regional
Pool & Recreation Centre
1316 Toronto St. Smithers, BC 250-847-4244 www.bvpool.com



FITNESS



SQUASH



CLIMBING

★ DRYLAND CLASSES ★

Participate in any of the Fitness classes! Drop-in \$17. Winter Fitness 10-punch pass for \$140 and save!

➔ **KIDS**

LITTLE ROCKERS (18mo-5yrs)	Jan 7 - Mar 11	Tuesday	9:30-11am	\$58.85
<i>Drop-in fee: \$7.00. Additional tots of the same family: \$4.</i>				
SUPER KIDS CLIMBING CLUB (6-11yrs)	Jan 14 - Mar 11	Tuesday	3:45-5pm	\$79.30
	Jan 15 - Mar 12	Wednesday	3:45-5pm	\$79.30
KIDS CAMP NID (5-12yrs)	Feb 14	Friday	8:30am-4pm	\$48/day
	Mar 17 - 28	Mon-Fri	8:30am-4pm	\$48/day or \$215/week

EARLY SWEATCAMP

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

Jan 3 - Mar 28	Wed/Fri	6:15-7:15am
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➔ **YOUTH**

VERTICAL CLIMBING CLUB (12-18yrs)	Jan 17 - Mar 14	Friday	3:45-5pm	\$127.80
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POWER LUNCH

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

Jan 2 - Mar 13	Tue/Thu	12:05-12:55pm
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➔ **ADULT**

INTRO TO CLIMB (14yrs +)	Jan 23 or Mar 13	Thursday	6:30-9pm	\$65.00
BEGINNER CLIMBING COURSE (19yrs +)	Feb 6 - 20	Thursdays	6-8pm	\$77.00
WALL CLUB ORIENTATION (19yrs +)	Jan 30	Thursday	6:30-8pm	FREE

FITNESS STUDIO ORIENTATION

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

Jan 11	Sat	10-11:30am	\$36
Feb 6	Thu	6:30-8pm	\$36

SINGLE Belayed SESSIONS

Beginner-friendly, gear included

MONKEY CLIMB (7-18yrs)	Wed/Fri/Sat	5:30-7pm	\$11.05
<i>Registration required. Children under 7 need a caregiver 16+yrs.</i>			
TEEN CLIMB (12yrs +)	Fri	8-9pm	\$11.05
ADULT CLIMB (19yrs +)	Wed	8-9pm	\$18
FAMILY CLIMB (max of 5 immediate family members)	Sat	11:30-1pm	\$23.10

WINTER AQUAFIT SCHEDULE

Regular Admission applies or swipe your membership.

TUE/THU	WED/FRI
Gentle Fit 9:05-9:50am	Water Fit 9:05-9:50am
Power Aqua 7:15-8pm	

INTRO TO SQUASH

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

Feb 4 - 25	Tue	6-7pm	\$72.50	18yrs +
Mar 4 - 25	Tue	6-7pm	\$72.50	18yrs +
Feb 6 - 26	Wed	4-5pm	\$28.64	7-13yrs

improve your game - meet new players

SQUASH LADDER

Birthday Bookings

Celebrate your child's birthday at the BV Pool & Rec Centre 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!

DRILL NIGHTS! IMPROVE YOUR GAME.

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

TEEN NIGHT	Dec 6, Jan 3, Feb 7, Mar 7	Fri	8:30pm-10pm	\$5
CLIMB WITH SANTA	Dec 7	Sat	1-2:30pm	\$12

WINTER WONDERLAND SWIM	Jan 3	Fri	1:30-3pm	\$5
FAMILY DAY WEEKEND	Feb 14-17	Stay tuned for some family fun at the BV Pool & Rec Centre!		