

Spring 2024

BV Regional Pool & Recreation Centre

RED CROSS BABYSITTERS COURSE 11 yrs+



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 yrs



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	TUES	10 Sessions	Afternoons
Apr 10 - Jun 12	WED	10 Sessions	Afternoons
Apr 11 - Jun 13	THU	10 Sessions	Afternoons
Apr 13 - Jun 15	SAT	9 Sessions	Mornings
<i>no class on May 18</i>			



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)

FIRST AID & LIFESAVING

BRONZE MEDALS



BRONZE MEDALLION \$247.60

Pre-req.: 13 yrs + or Bronze Star
Mar 25-28 Mon-Thu 1-6pm

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

BRONZE CROSS \$199.00

Pre-req.: 13 yrs +

Apr 2-6	Tue/Wed	3:30-6pm
	Thu	2:30-9pm
	Sat	9-5:30pm
Apr 13	Sat	9-2pm

FIRST AID COURSES

14 yrs +

Standard First Aid & CPR-C /AED \$281.40
(Includes Emergency First Aid)

Apr 23	Tue	4-9pm
Apr 25	Thu	5-9pm
Apr 27	Sat	8:30-5pm

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

CPR-C /AED
\$104.20 / Apr 23

RECERTIFICATIONS

Standard First Aid & CPR-C/AED \$120.00

Apr 30 & May 2 Tue & Thu 5-9pm

CPR-C /AED \$69.30
Apr 30 Tue 5-9pm

SWIM INSTRUCTOR

15 yrs +
\$572.50

Pre-req.: 15 yrs + & Bronze Cross

May 3	Fri	3:30-5pm
May 4-16	Sat	9am-5:30pm
	Tue/Thu	5-9pm

*Mandatory practical teaching experience:
May 24, 31 & Jun 7*

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.

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

May 25 Sat 9-5:30pm \$130.40



250-847-4244



www.bvpool.com



Register Online



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 Fri 9:30-11am \$88.95
(not Apr 19 or May 17)

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 12-18 yrs



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.

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

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 BREAK	Mar 18-22	Mon-Fri	8:30-4:30pm	\$215/wk
	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

TEEN ONLY POOL PARTY

Every 1st Friday of the month!



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:



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

EVENTS:

BOULDERFEST	March 16	Saturday	Competition Kick Off: Kids (6 yrs +) @ 12pm Youth/Adults (14 yrs +) @ 3pm
EASTER BUNNY CLIMB	Mar 23	Saturday	2:30-4pm \$12
SPRING SPLASH	Apr 19	Friday	1:30-3pm \$5
BV POOL TRIATHLON	Jun 2	Sunday	More Info to Come
SCHOOL'S OUT PARTY	Jun 27	Thursday	1:30-3pm \$5