

BV Regional Pool & Rec Centre

FALL PROGRAMS 2025



JUNIOR LIFEGUARD CLUB (8-13 yrs)

Plunge into Adventure! Unleash your inner hero and embark on an aquatic journey filled with skills, fun, and friendship.



Sep 25 - Dec 11 Thu 2:45-4pm \$128.58

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

BRONZE MEDALS

Bronze Medallion

Pre-req.: 13 yrs + or Bronze Star

Sep 18 - 27 Thu 3-7pm Sat 10am-5pm \$247.60

Bronze Cross

Pre-req.: Bronze Medallion

Oct 3 - 18 Fri 4-8pm Sat 10am-4pm \$199

Dive Into Your Future: Make Waves in Aquatics!



FIRST AID AND LIFESAVING

FIRST AID COURSES (14 yrs +)

CPR-C/AED

Oct 12 Sun 10am-3pm \$104.20
Dec 7 Sun 10am-3pm \$104.20

Standard First Aid & CPR-C/AED (Intermediate)

Oct 12 & 19 Sun 10am-6:30pm \$281.40
Dec 7 & 14 Sun 10am-6:30pm \$281.40

FIRST AID RECERT (14 yrs +)

CPR-C/AED

Nov 9 Sun 10:30am-2:30pm \$69.30

Standard First Aid & CPR-C/AED (Intermediate)

Nov 9 Sun 10:30am-7pm \$120

LIFEGUARD TRAINING SUBSIDY



Swim Lesson

PARENT & TOT



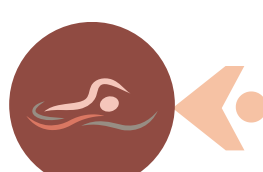
Sep 22 - Dec 8
Sep 23 - Dec 9
Sep 24 - Dec 10
Sep 25 - Dec 11
Sep 26 - Dec 12
Sep 27 - Dec 13
Sep 28 - Dec 14

PRESCHOOL



Mon 10 Sessions
Tue 10 Sessions
Wed 12 Sessions
Thu 12 Sessions
Fri 12 Sessions
Sat 11 Sessions
Sun 11 Sessions

SWIMMER 1-9 ADULT/TEEN



Afternoons
Evenings
Evenings
Evenings
Mornings
Mornings
Evenings



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

Oct 20 - Nov 1 Monday 5:30-8:30pm Saturday 12-4pm \$82.95

NATIONAL LIFEGUARD

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

Oct 26 - Nov 30 Sun 10am-6:30pm
Mon (NID) 10am-6:30pm \$542.50
Sun (Nov 30) 10am-6:30pm



Birthday Bookings

Celebrate your child's birthday at the BV Pool & Rec Centre in the Pool or Climbing Wall! For more information, available dates or to book online, visit:





Single Belayed Sessions

Beginner-friendly, gear included

MONKEY CLIMB (7-18 yrs)

Wed/Fri/Sat 5:30-7pm \$11.05

Registration required. Children under 7 need a caregiver 16+yrs.

TEEN CLIMB (12-18 yrs)

Fri 8-9pm \$11.05

ADULT CLIMB (19 yrs +)

Wed 8-9pm \$18

FAMILY CLIMB (max of 5 immediate family members)

Sat 11:30-1pm \$23.10

WALL CLUB \$15 yearly fee for membership

Orientation Oct 2 Thu 6:30-8pm

Renewal Oct 23 Thu 6:30-8pm



Access the wall any time the facility is open!

INTRO TO SQUASH

Adult - Women Only
Sep 22 - oct 1 Mon/Wed 6-7pm \$72.50

Adults
Oct 7 - 28 Tue 6-7pm \$72.50
Nov 5 - 26 Wed 6-7pm \$72.50

Youth
Nov 5 - 26 Wed 4-5pm \$28.65

DRYLAND FITNESS (16 yrs +)

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

Sep 9 - Dec 18 Tue/Thu 12:05-12:55pm

Early Sweatcamp

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

Sep 17 - Dec 19 Wed/Fri 6:10-7am



LITTLE ROCKERS (18 mo-5 yrs)

Oct 7 - Dec 16 Tuesday 9:30-11am \$58.85

Drop-in fee: \$7.00. Additional tots of the same family: \$4.

KIDS CAMP (5-12 yrs)

Oct 24 Friday 8:30am-4pm \$48/day

Nov 10 Monday 8:30am-4pm \$48/day

SUPER KIDS CLIMBING CLUB (6-11yrs)

Sep 22 - Dec 1 Monday 3:45-5pm \$88.10

Sep 24 - Nov 26 Wednesday 3:45-5pm \$88.10

VERTICAL CLIMBING CLUB (12-17yrs)

Sep 26 - Dec 5 Friday 3:45-5pm \$142

INTRO TO CLIMB (14yrs +)

Sep 25 Thursday 6:30-9pm \$65

Oct 16 Thursday 6:30-9pm \$65

Nov 13 Thursday 6:30-9pm \$65

SQUASH DRILL NIGHTS (13 yrs +)

These sessions are for players of all levels, focusing on improving technique, agility, and tactical skills in a fun and supportive environment.

Dec 2 Tue 6-7pm Regular Admission
Dec 4 Thu 6-7pm Regular Admission
Dec 9 Tue 6-7pm Regular Admission
Dec 11 Thu 6-7pm Regular Admission

Join our squash drill nights to elevate your game!

SQUASH LADDER



Improve your game, meet new players!



Fall Aquafit Schedule

Tue & Thu

Gentle Fit
9:05-9:30am

Power Aqua
7:05-7:50pm

Wed & Fri

Water Fit
9:05-9:30am

EVENTS:

TEEN NIGHT

Oct 3, Nov 7, Dec 5 Fri 9-10:30pm \$5

SQUASH SOCIAL

Oct 9 Thu 6-8pm Regular Admission

SPOOKTACULAR

Oct 25 Sat 1:30-3pm \$12

SPOOK SWIM

Oct 25 Sat 3:30-5pm \$5

CLIMB WITH SANTA

Dec 6 Sat 1-2:30pm \$12

WINTER WONDERLAND SWIM

Jan 2 Fri 1:30-3pm \$5



Fall Fitness 10-punch pass for \$140!
Drop-in for \$17
Join our Fitness classes!