

**SWIMMING
LESSONS**
visit
www.vancouver.ca
or see the pool desk

KERRISDALE POOL

LOCATED AT: 5851 West Boulevard Vancouver, BC (Corner of West Boulevard and 42nd)

Children under 8 yrs. MUST be accompanied into the water by a guardian 16 yrs. or over. Admission fees & schedule. Subject to change. Prices include GST.

604-257-8105 www.vancouver.ca/kerrisdalepool					April 3-June 29, 2018																						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																					
Length Swim 6:00-8:55am	Length Swim 7:30-8:55am	Length Swim 6:00-8:55am	Length Swim 7:30-8:55am	Length Swim 6:00-8:55am	Aquafit (mod-int) 9:05-10:05am	Aquafit (mod-int) 10:05-11:05am																					
Aquafit (mod-int) 9:00-10:00am																											
Public Swim-L 10:05-11:15am	Public Swim 10:00-10:30am	Public Swim-L 10:05-11:15am	Public Swim 10:00-10:30am	Public Swim/ Lessons-L 10:05-11:15am	Length Swim 10:10-11:30am	Length Swim 11:10-12:25pm																					
	Range of Motion 10:30-11:15am		Range of Motion 10:30-11:15am			Range of Motion 12:30-1:15pm																					
Length Swim 11:20am-1:30pm																											
Mild Aquafit 1:35-2:30pm	Discount Dip 1:30-3:00pm	Mild Aquafit 1:35-2:30pm	Discount Dip 1:30-3:00pm	Mild Aquafit 1:35-2:30pm	Lessons-L 11:30am-3:00pm	Public Swim/ Lessons-L 1:15-5:00pm																					
Public Swim-L 2:30-3:30pm		Public Swim-L 2:30-3:30pm		Public Swim Lessons-L 2:30-6:00pm	Public Swim-L 3:00-5:00pm																						
Lessons-L 3:30-7:30pm	Lessons-L 3:30-7:30pm	Lessons-L 3:30-7:30pm	Lessons-L 3:30-7:30pm	Discount Dip 50% Admission 6:00-8:00pm Public Swim-L	<div>-L-</div> indicates there is one lane available for length swim. <div>FEES</div> <div>drop-in 10 visit card</div> <table><tr><td>Tot 2 & under</td><td>FREE</td><td>FREE</td></tr><tr><td>3-12 years.....</td><td>\$3.07</td><td>\$24.57</td></tr><tr><td>Youth 13-18 years</td><td>\$4.36</td><td>\$34.88</td></tr><tr><td>Adult 19-64 years</td><td>\$6.10</td><td>\$48.80</td></tr><tr><td>Senior 65+ years</td><td>\$4.36</td><td>\$34.88</td></tr><tr><td>Family</td><td>\$3.05 Per Person</td><td></td></tr><tr><td>Discount Dip</td><td>50%</td><td></td></tr></table> <div>Please use the following prices without GST.</div>		Tot 2 & under	FREE	FREE	3-12 years.....	\$3.07	\$24.57	Youth 13-18 years	\$4.36	\$34.88	Adult 19-64 years	\$6.10	\$48.80	Senior 65+ years	\$4.36	\$34.88	Family	\$3.05 Per Person		Discount Dip	50%	
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DROP-IN AQUATIC CLASSES

All of our Aquafit classes are drop-in programs, regular admission rates apply.

Range of Motion

Focus is on improving joint mobility and balance. Suitable for those with arthritis, injuries, chronic conditions or who are pregnant. This is a non-impact class in shallow water.

Mild Aquafit

This is a mild version of the shallow Aquafit with a 30-35 minute cardio portion followed by strength training and a long soothing stretch.

Deep Water Aquafit

Participants are suspended in deep water using a variety of floatation devices. Buoyant and resistance equipment is used to increase fitness and muscular endurance.

Aquafit

This is a moderate to intense 60-min shallow-water workout to increase cardiovascular fitness and muscular strength/endurance. Moderate to intense cardio drills are included with a strength portion and a short stretch.

Workout Swim

This drop-in program is ideal for length swimmers to increase speed, endurance, and muscular strength. Two workouts (mild or moderate) are provided at each session. Some technique and stroke correction is available, depending on the number of participants

KERRISDALE POOL

SWIMMING LESSONS

Visit the pool to pick up a lesson schedule or go to www.vancouver.ca or www.kerrisdalecc.com

HOW TO REGISTER

Visit recreation.vancouver.ca

An online account offers you 24/7 access to registering for a variety of programs. In addition, you can view your schedules, rental agreements, payment receipts, pass usage and pass expiry dates.

Get active, get healthy!

With 24 community centres, 9 indoor pools and 8 ice rinks with a variety of events and lessons, there's something for everyone! Search by activity number, keyword or use the many filter options available.

Flexible options

Many activities offer drop-ins so you can get involved without registering. Check out what's available today on our drop-in calendar.

Save with a Pass

If you regularly visit a pool, rink or Park Board Operated fitness centre, a pass is a great option to help you save money. Many city-wide and location specific passes are available for purchase or renewal online.

REGISTER IN THE RIGHT LEVEL

It's important to register in the correct level! Those who have registered without the proof of pre-requisite levels may be asked to withdraw from the class. If you are unsure of what level to register in, we offer free swim assessments during our public swims. (Please note that if your child is under 8, please be prepared to enter the water during the assessment).

We recommend a swim assessment if your child has not participated in lessons for a minimum of 6 months. Please bring the most recent report card to the first day of lessons.

Junior Lifeguard Club - Kerrisdale Chapter 9-15 yrs

This swim club style program will prepare children for the next step in their aquatic adventures. Swimmers will develop water safety, fitness, lifesaving skills, knowledge, and practice in first aid in a fun and safe environment. The Junior Lifeguard Club is a place for kids to learn important lifesaving and first aid skills, challenge themselves to work for personal bests, improve swimming technique and endurance, make friends, and have a great time! Participants will receive a club t-shirt as well as a WaterLog to mark their progress and their own pocketmask. No class May 18. For more information, visit www.vancouverlifeguards.com.

F 4:00 pm-6:00 pm Apr 13-Jun 22 ▶150628 \$180/10 sess
Instructor: Vancouver Lifeguard Association

Public Swim Schedule

Go to vancouverparks.ca

PARENT & TOT LEVELS 1-3 (4 mos-3 yrs)

At Kerrisdale Pool, we combine the Red Cross levels: Starfish, Duck, and Sea Turtle into one Parent & Tot class. It is designed to introduce your babies and toddlers to the water with songs and play in a fun and safe environment.

RED CROSS SWIM PRESCHOOL (3-5 yrs)

The Preschool program introduces preschoolers to a group learning environment independent from their parents and focuses on making safe choices in and around the water, as well as building confidence as young swimmers.

RED CROSS SWIM KIDS (5-16 yrs)

This 10 level course emphasizes three components: Swimming, Fitness, and Water Safety. With a large portion of time spent on stroke refinement, children will improve their endurance while advancing their techniques. These classes are offered Monday to Thursday after school and Saturdays.

RED CROSS SWIM BASIC 1 + 2

TEENS (12-15yrs)

Youth will learn to swim with their peers in a supportive environment. This program will help beginners and those wanting to refine their stroke techniques.

ADULTS (16+ yrs)

It's never too late to learn to swim. All abilities are welcome.

PRIVATE SWIM LESSONS

These half-hour sessions provide one-on-one instructions tailored to your own specific needs. Let us help you reach your swimming goals! Please contact the pool programmer at 604-257-8107 for specific requests.

HOLIDAY SCHEDULES

SPRING BREAK INTERIM SCHEDULE

March 19-29

Check vancouver.ca for schedule

EASTER LONG WEEKEND

March 30-April 2

VICTORIA DAY WEEKEND

May 19-21

10:05am-11:05am.....Aquafit

11:10am-12:30pm...Length Swim

12:30pm-2:00pm.....Public Swim

