

NORTH COWICHAN PARKS & RECREATION  
COWICHAN AQUATIC CENTRE | FULLER LAKE ARENA

# SUMMER 2023


# Learn To Guide

SKATING | SWIMMING



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# Learn to Swim Lessons

## Parent & Tot

### Jellyfish

#### COWICHAN AQUATIC CENTRE

Provides an orientation to water for infants and their parent/caregiver learning how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

### Goldfish/Seahorse

#### COWICHAN AQUATIC CENTRE

Teaches toddlers how to play in the water safely! They'll learn how to enter and exit, develop floating and kicking skills with help from their caregiver and will play games to encourage them to get their face wet and blow bubbles in the water.

## Swim Lesson Costs

30 MINUTE LESSONS	
# OF LESSONS	COST
8	\$45.60
7	\$39.90
45 MINUTE LESSONS	
# OF LESSONS	COST
8	\$54.72
7	\$48.88
75 MINUTE LESSONS	
# OF LESSONS	COST
8	\$82
90 MINUTE LESSONS	
# OF LESSONS	COST
7	\$82

## Preschool

### Octopus

#### COWICHAN AQUATIC CENTRE

Preschool 1 is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.

### Crab

#### COWICHAN AQUATIC CENTRE

Teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.

### Orca

#### COWICHAN AQUATIC CENTRE

Teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.

### Sea Lion/Narwhal

#### COWICHAN AQUATIC CENTRE

Teaches skills wearing a PFD, such as deep-water entries, treading water and Swim to Survive® skills. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and will be introduced to front and back crawl.

## School Aged

### Swimmer 1

#### COWICHAN AQUATIC CENTRE

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

### Swimmer 2

#### COWICHAN AQUATIC CENTRE

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl.

### Swimmer 3

#### COWICHAN AQUATIC CENTRE

These swimmers will learn how to dive and will do in water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front and back crawl.

### Swimmer 4

#### COWICHAN AQUATIC CENTRE

These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front and back crawl are further developed.

### Swimmer 5

#### COWICHAN AQUATIC CENTRE

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

## Swimmer 6

#### COWICHAN AQUATIC CENTRE

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

## Rookie Patrol

#### COWICHAN AQUATIC CENTRE

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

## Ranger Patrol

#### COWICHAN AQUATIC CENTRE

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

## Adult 1

#### COWICHAN AQUATIC CENTRE

Work towards 10-15m swims on your front and back while you learn safe entries into shallow and deep water, develop skills while wearing a PFD, learn breath control and underwater skills. Floats, glides, flutter kick and vertical whip kick are introduced. Your fitness will improve through interval training and learning front crawl and back crawl.

## Parent & Tot / Preschool Lessons

LEVEL	MONDAY - THURSDAY					
	JELLYFISH	GOLDFISH/ SEAHORSE	OCTOPUS	CRAB	ORCA	SEA LION/ NARWHAL
JUL 3RD - JUL 13TH		8:30AM - 9AM 56787	9AM - 9:30AM 56789	9:05AM - 9:35AM 56791	11:10AM - 11:40AM 56793	10:30AM - 11AM 56794
JUL 17TH- JUL 27TH	8:30AM - 9AM 56829		9AM - 9:30AM 56830	9:05AM - 9:35AM 56831	11:10AM - 11:40AM 56832	10:30AM - 11AM 56834
JUL 31ST - AUG 10TH		8:30AM - 9AM 56842	9AM - 9:30AM 56843	9:05AM - 9:35AM 56844	11:10AM - 11:40AM 56909	10:30AM - 11AM 56912
AUG 14TH - AUG 24TH	8:30AM - 9AM 56898		9AM - 9:30AM 56903	9:05AM - 9:35AM 56906	11:10AM - 11:40AM 56910	10:30AM - 11AM 56915
LEVEL	SATURDAY					
	JELLYFISH	GOLDFISH/ SEAHORSE	OCTOPUS	CRAB	ORCA	SEA LION/ NARWHAL
JUL 8TH - AUG 19TH	10:30AM - 11AM 56899	8:30AM - 9AM 56901	8:30AM - 9AM 56904	10:50AM - 11:20AM 56907	9:05AM - 9:35AM 56911	10:15AM - 10:45AM 56913

## School Aged+ Lessons

LEVEL	MONDAY - THURSDAY							
	SWIMMER 1	SWIMMER 2	SWIMMER 3	SWIMMER 4	SWIMMER 5	SWIMMER 6	ROOKIE PATROL	RANGER PATROL
JUL 3RD - JUL 13TH	10:10AM - 10:40AM 56810	9:35AM - 10:05AM 56811	9AM- 9:30AM 56819	9:40AM - 10:25AM 56820	10:45AM - 11:30AM 56821	11:05AM - 11:50AM 56822	9:40AM - 10:55AM 56823	
JUL 17TH- JUL 27TH	10:10AM - 10:40AM 56835	9:35AM - 10:05AM 56836	9AM- 9:30AM 56837	9:40AM - 10:25AM 56838	10:45AM - 11:30AM 56839	11:05AM - 11:50AM 56840	9:40AM - 10:55AM 56841	
JUL 31ST - AUG 10TH	10:10AM - 10:40AM 56873	9:35AM - 10:05AM 56876	9AM- 9:30AM 56879	9:40AM - 10:25AM 56838	10:45AM - 11:30AM 56888	11:05AM - 11:50AM 56892		9:35AM - 11:05AM 56919
AUG 14TH - AUG 24TH	10:10AM - 10:40AM 56874	9:35AM - 10:05AM 56877	9AM- 9:30AM 56880	9:40AM - 10:25AM 56883	10:45AM - 11:30AM 56889	11:05AM - 11:50AM 56894	9:40AM - 10:55AM 56896	
LEVEL	SATURDAY							
	SWIMMER 1	SWIMMER 2	SWIMMER 3	SWIMMER 4	SWIMMER 5	SWIMMER 6	ROOKIE PATROL	ADULT SWIMMER
JUL 8TH - AUG 19TH	9:20AM - 9:50AM 56875	9:55AM - 10:25AM 56878	9:05AM - 9:35AM 56881	8:30AM - 9:15AM 56884 10:30AM - 11:15AM 56886	9:40AM - 10:25AM 56891	10:30AM - 11:15AM 56895	8:30AM - 10AM 56897	9:40AM - 10:25AM 56920

# Learn to Swim Lessons

## CROFTON OUTDOOR POOL

### Lesson Set Dates

DATES / LESSONS	
MONDAY - THURSDAY	
DATES	JUL 3RD - JUL 13TH
# OF LESSONS	8
DATES	JUL 17TH- JUL 27TH
# OF LESSONS	8
DATES	JUL 31ST - AUG 10TH
# OF LESSONS	7
DATES	AUG 14TH - AUG 24TH
# OF LESSONS	8

### Parent & Tot / Preschool Lessons

LEVEL	GOLDFISH/ SEAHORSE	OCTOPUS	CRAB	ORCA	SEA LION/ NARWHAL
JUL 3RD - JUL 13TH	11AM- 11:30AM 56828	11AM- 11:30AM 56942	12:25PM- 12:55PM 56951		
JUL 17TH- JUL 27TH	12:25PM- 12:55PM 56955		12:10PM- 12:40PM 56953	11AM- 11:30AM 56952	
JUL 31ST - AUG 10TH		11AM- 11:30AM 56962			
AUG 14TH - AUG 24TH			12:25PM- 12:55PM 56968		11AM- 11:30AM 56969

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# Learn to Swim Lessons

## CROFTON OUTDOOR POOL

### School Aged Lessons

LEVEL	SWIMMER 1	SWIMMER 2	SWIMMER 3	SWIMMER 4	SWIMMER 5	ROOKIE PATROL
JUL 3RD - JUL 13TH	11:35AM-12:05PM 56944			11:35AM-12:20PM 56946	12:10PM-12:55PM 56950	
JUL 17TH - JUL 27TH	11:35AM-12:05PM 56957		11AM-11:30AM 56959	11:35AM-12:20PM 56961		
JUL 31ST - AUG 10TH	11:35AM-12:05PM 56963	12:30PM-1PM 56965	12:10PM-12:40PM 56964			11AM-12:25PM 56967
AUG 14TH - AUG 24TH		11:35AM-12:05PM 56970	11AM-11:30AM 56971	11:35AM-12:20PM 56972	12:10PM-12:55PM 56973	

## Swim Lesson Costs

30 MINUTE LESSONS	
# OF LESSONS	COST
8	\$40
7	\$35
45 MINUTE LESSONS	
# OF LESSONS	COST
8	\$48
7	\$42
85 MINUTE LESSONS	
# OF LESSONS	COST
7	\$75

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# Refund Information

TIMELINE	Camps, First Aid and Career Training
7 days before the start of the course	No cost to withdraw, \$5 refund processing fee, no fee if left as a credit on account
6 days or less before the start of course	No withdrawals permitted, no monies refunded
Medical Withdrawals	In cases of extended illness or injury, a prorated refund or credit may be granted upon provision of a medical note. Classes missed due to sickness, vacation, or other reasons will not be refunded or credited.
Refunds	Payments made by credit card will be refunded to the initial payment method. Payments made by cash, cheque, or debit will be refunded by cheque; please allow a minimum of 2 weeks processing time.

**FULLER LAKE ARENA** 250.246.3811 | [arena@northcowichan.ca](mailto:arena@northcowichan.ca)

**COWICHAN AQUATIC CENTRE** 250.746.7665 | [aquatics@northcowichan.ca](mailto:aquatics@northcowichan.ca)

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