

SWIMMING POOL

5851 West Boulevard,
Vancouver, B.C., V6M 3W9 Phone: (604) 257-8105
Operated by Vancouver Board of Parks & Recreation

Pool Sharks!

Come for a fun frenzy! No lanes! A whole pool for play.
ALL WELCOME!
Fridays 4:00-6:00 pm. \$1 Child Admission, \$2 Adult Admission



KERRISDALE POOL							September 14-December 18, 2009	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Length Swim 6:00-9:00am Swim Club in until 7:30	Length Swim 7:30-9:00am	Length Swim 6:00-9:00am Swim Club in until 7:30am	Length Swim 7:30-9:00am	Length Swim 6:00-9:00am	Aquafit (mod-int) 9:05-10:05am	Aquafit (mod-int) 10:05-11:05am		
Aquafit (mod-int) 9:00-10:00am								
Public Swim/ Lessons-L 10:15-11:15am	Range of Motion 10:30-11:15am	Public Swim/ Lessons-L 10:15-11:15am	Range of Motion 10:30-11:15am	Public Swim/ Lessons-L 10:15-11:15am	Length Swim 10:05-11:30am	Length Swim 11:10-12:30pm	Range of Motion 12:30-1:15pm	
Length Swim 11:15am-1:30pm								
Senior Aquafit 1:35-2:30pm		Senior Aquafit 1:35-2:30pm		Senior Aquafit 1:35-2:30pm	Lessons-L 11:30-3:00pm	Lessons-L 1:15-2:45pm		
Public Swim-L 2:30-3:30pm	Public Swim/ Lessons-L 1:35-3:30pm	Public Swim-L 2:30-3:30pm	Public Swim/ Lessons-L 1:35-3:30pm	Public Swim 2:30-4:00pm-L	Public Swim-L 3:00-5:00pm	Public Swim-L 2:45-5:00pm		
Lessons-L 3:30-7:30pm	Lessons-L 3:30-7:30pm (lane ends at 6:45pm)	Lessons-L 3:30-7:30pm	Lessons-L 3:30-7:30pm (lane ends at 6:45pm)	Pool Sharks Twoonie Swim 4:00-5:00pm \$2 Adults \$1 Children	L - one or more lanes available for length swimming *- Schedule is subject to change		Holiday Schedule Oct 10-12, Nov 11 Aquafit 10:05-11:05am Length Swim 11:05-12:30pm Public Swim 12:30-2:00pm	
Aquafit (mod-int) 7:30-8:30pm	Aquafit Deep Water 7:00-8:00pm	Aquafit (mod-int) 7:30-8:30pm	Aquafit Deep Water 7:00-8:00pm	Public Swim-L Twoonie Swim 5:00-8:00pm \$2 Adults \$1 Children				
	Workout Swim-L 8:00-9:00pm		Workout Swim-L 8:00-9:00pm					

AQUAFIT CLASSES

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

Range of Motion

Focus is on improving mobility, and may be appropriate for individuals with arthritis, injuries, chronic conditions or who are pregnant. This is a non-impact class that takes place in shallow water.

Aquafit

This is a moderate to advanced 60 minute workout in shallow water for those who want to increase their cardio fitness and muscular endurance.

Deep Water

This class takes place in deep water. Participants will be suspended in the water using a variety of floatation devices. Buoyant and resistance equipment will be used to increase fitness and muscular endurance.

Senior Aquafit

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

FEES

Children 5 & Under	Free	Free
6-12 Years	\$2.60	\$20.55
Youth 13-18 Years	\$3.60	\$28.80
Adult 19-64 Years	\$5.15	\$41.15
Senior 65+ Years	\$3.60	\$28.80
Family	\$2.60 Per Person	

Children under 8 yrs. MUST be accompanied into the water by a guardian 16 yrs. or over. Admission fees & schedule subject to change. All prices include GST where applicable.



SWIMMING LESSONS

HOW TO REGISTER



Registration is now available on-line, by phone, or in person.

To register on-line, go to www.vancouver.parks.ca and go "Recreation". Click "register on-line" and follow the instructions. It may take new accounts up to two business days to receive your customer ID and password. All lessons, except Private lessons, are available on-line. A Kerrisdale Association membership is not required for swim lesson registration.

It's important to register in the correct level! Those who have registered without the pre-requisite level 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 bring the most recent report card to the first day of lessons.

SPECIAL EVENTS

Halloween Spooktacular

Come to this event for some spooky pool activities. Have your face painted, eat some treats and enjoy some family fun! All ages welcome. No lanes available.

Loonie/Toonie admission
Fri Oct 24 6:00-8:00pm



Reindeer Swim

Get the family out of the cold and into the pool. Kick off the holiday season with this festive swim. The elves and reindeer will be playing games, making crafts and handing out treats. No lanes available.






Loonie/Toonie admission
Fri Dec 18 6:00-8:00pm

SWIMMING LESSON LEVELS

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



Conversion Chart

BUBBLE PROGRAM	RED CROSS PRESCHOOL
Bubble 1	PS 1 SeaTurtle 
Bubble 2	PS 2 Salamander 
Bubble 3	PS 3 Sunfish 
Bubble 4	PS 4 Crocodile 
Bubble 5	PS 5 Whale 

PT Levels 1-3 (4 months to 3 years of age)

The Waterbabies program has been replaced with the Red Cross Parent 'n Tot program. We will be offering a combined class(levels 1- 3: Starfish, Duck and Sea Turtle) for children 4 months to 3 years.

Red Cross Swim Preschool (3 yrs- 5 yrs)

Like the Swim Kids program, the Preschool program will focus on three areas: Swimming, Fitness Activities and Skills & Water Safety. This program consists of 5 levels. Classes run Monday to Thursday and Saturday and Sunday. Register early as these classes fill quickly!

KIDS (6-14 yrs)

The National Red Cross program SWIM KIDS is used to teach children how to swim. This 10 level course emphasizes three components: Swimming, Fitness, and Water Safety. These classes are offered Mon-Thur after school and Saturdays.

YOUTH (13-18yrs)

Youth will learn to swim with their peers in a fun environment. This program will help beginners to those wanting to refine their stroke techniques. The 4 level youth program is offered on Saturdays.

ADULT (16+ yrs)

It's never too late to learn to swim. Adults are encouraged to register in one of the four level classes. All abilities are welcome. Classes run Tuesday and Thursday afternoons or Tuesday evenings.