

**Pool Maintenance Closure**  
**August 27-September 16**  
 Go to [vancouver.ca](http://vancouver.ca) for additional pool schedules.

**SWIMMING LESSONS**  
 visit [www.vancouver.ca](http://www.vancouver.ca)  
 or see the pool desk

# KERRISDALE POOL

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							September 17-December 23, 2018																									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																										
Lengths Swim 6:00-8:55am	Rentals Available Lengths Swim 7:30-8:55am	Lengths Swim 6:00-8:55am	Rentals Available Lengths Swim 7:30-8:55am	Lengths Swim 6:00-8:55am		-L-	Indicates there is one lane available for length swim.																									
Aquafit 9:00-10:00am					Aquafit 9:05-10:05am																											
Public Swim 10:05-11:15am	Public Swim 10:05-10:30am ROM 10:30-11:15am	Public Swim 10:05-11:15am	Public Swim 10:05-10:30am ROM 10:30-11:15am	Public Swim 10:05-11:15am	Lengths Swim 10:10-11:25am	Aquafit 10:05-11:05am	Lengths Swim 11:10-12:25pm																									
Lengths Swim 11:20-1:30pm	Lengths Swim 11:20-1:30pm	Lengths Swim 11:20-1:30pm	Lengths Swim 11:20-1:30pm	Lengths Swim 11:20-1:30pm	Lessons -L - 11:30am-3:30pm	ROM 12:30-1:15pm	Lessons -L - 1:30-4:00pm																									
Aquafit 1:35-2:30pm	Discount Dip 1:30-3:30pm	Aquafit 1:35-2:30pm	Discount Dip 1:30-3:30pm	Aquafit 1:35-2:30pm		Public Swim -L - 4:00-5:00pm	Rentals Available																									
Public Swim 2:30-3:30pm	Lessons -L - 3:30-7:30pm Aquafit 6:45-7:30pm	Public Swim 2:30-3:30pm	Lessons -L - 3:30-7:30pm Aquafit 6:45-7:30pm	Public Swim 2:30-4:00pm																												
Lessons -L - 3:30-7:30pm	Workout Swim 7:35-8:30pm	Lengths Swim 7:35-8:30pm	Workout Swim 7:35-8:30pm	Discount Dip 4:00-8:00pm	Public Swim -L - 3:30-5:00pm	Rentals Available																										
Lengths Swim 7:35-8:30pm							<b>FEES</b>																									
							<table border="0"> <tr> <td></td> <td>drop-in</td> <td>10 visit card</td> </tr> <tr> <td>Tot 2 &amp; 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</td> <td>Per Person</td> </tr> <tr> <td>Discount Dip</td> <td>50%</td> <td></td> </tr> </table>			drop-in	10 visit card	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%	
	drop-in	10 visit card																														
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%																															

## 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](http://www.vancouver.ca) or [www.kerrisdalecc.com](http://www.kerrisdalecc.com)

### HOW TO REGISTER

#### Visit [recreation.vancouver.ca](http://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.

### NEXT LESSON REGISTRATION

**Tuesday August 21, 2018 at 9:00am**



**Group lessons will be**

online, in-person, or over the phone (when available).

**Private lessons will be**

online, in-person or over the phone (when available).

## 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. For more information, visit [www.vancouverlifeguards.com](http://www.vancouverlifeguards.com).

F 4:00 pm-6:00 pm Sep 21-Dec 7 ▶183875 \$216/12 sess

Instructor: Vancouver Lifeguard Association

### 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 (5-14 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

OCTOBER 6-8

NOVEMBER 10-12

10:05am-11:05am.....Aquafit  
11:10am-12:30pm...Length Swim  
12:30pm-2:00pm.....Public Swim