### September 23-December 22, 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Lengths Swim 6:00-8:55am</td>
<td>Rentals Available</td>
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<tr>
<td><strong>Aquafit</strong> 9:00-10:00am</td>
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<tr>
<td><strong>Public Swim</strong> 10:05-11:15am</td>
<td><strong>Public Swim</strong> 10:05-10:25am</td>
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<td><strong>Public Swim</strong> 10:05-10:25am</td>
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<td><strong>Aquafit</strong> 9:05-10:05am</td>
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<tr>
<td><strong>Lengths Swim</strong> 11:20-1:30pm</td>
<td><strong>Lengths Swim</strong> 11:20-1:30pm</td>
<td><strong>Lengths Swim</strong> 11:20-1:30pm</td>
<td><strong>Lengths Swim</strong> 11:20-1:30pm</td>
<td><strong>Lengths Swim</strong> 11:20-1:30pm</td>
<td><strong>Lessons -L -</strong> 1:30-4:00pm</td>
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<tr>
<td><strong>Aquafit</strong> 1:35-2:30pm</td>
<td><strong>Discount Dip</strong> 1:35-2:30pm</td>
<td><strong>Aquafit</strong> 1:35-2:30pm</td>
<td><strong>Discount Dip</strong> 1:35-2:30pm</td>
<td><strong>Public Swim</strong> 2:35-4:00pm</td>
<td><strong>Public Swim -L -</strong> 3:35-5:00pm</td>
<td><strong>Rentals Available</strong></td>
</tr>
<tr>
<td><strong>Public Swim</strong> 2:35-3:25pm</td>
<td><strong>Lessons -L -</strong> 3:30-7:30pm</td>
<td><strong>Deepfit</strong> 6:45-7:30pm</td>
<td><strong>Lessons -L -</strong> 3:30-7:30pm</td>
<td><strong>Deepfit</strong> 6:45-7:30pm</td>
<td><strong>Discount Dip</strong> 4:00-8:00pm</td>
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<tr>
<td><strong>Lengths Swim</strong> 7:35-8:30pm</td>
<td><strong>Workout Swim</strong> 7:35-8:30pm</td>
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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.

**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.
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.

NEXT LESSON REGISTRATION

Tuesday August 27, 2019 at 7:00pm
(Timesavers available at 6pm)

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).

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.

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.

Holiday Schedules

OCTOBER 12-14
NOVEMBER 9-11

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