



# Skating

## Dennise Bowles

### 7-8 yrs

271281	Tu	Jan 06-Feb 24	3:45pm- 4:35pm	7/\$86
271282	Tu	Mar 03-Apr 21	3:45pm- 4:35pm	7/\$86
<b>Pro D Day 1/2 day camp (8- 10yrs)</b>				
271284	F	Feb 20	12:00pm- 1:00pm	1/\$32

### Skate-Power Skating 9-10yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to this program. Take your game to the next level with Victoria's leading power skating instructor. Balance, acceleration, agility, speed, explosive starts, edge control and game stride are all part of this challenging and rewarding program. Full gear required.

- **Pearkes Recreation Centre**

## Dennise Bowles

271285	Tu	Jan 06-Feb 24	4:45pm- 5:35pm	8/\$98
271286	Tu	Mar 03-Apr 21	4:45pm- 5:35pm	7/\$86

### Skate-Power Skating 19yrs+

Dennise Bowles of Power Unlimited brings years of experience and expertise to this program. Take your game to the next level with Victoria's leading power skating instructor. Balance, acceleration, agility, speed, explosive starts, edge control and game stride are all part of this challenging and rewarding program. Full gear required.

- **Pearkes Recreation Centre**

## Dennise Bowles

271289	M	Mar 02-Apr 20	5:55pm- 6:55pm	7/\$222
--------	---	---------------	----------------	---------

## Hockey Programs

### Skate-Pearkes Hockey Program

#### Skater 6-12yrs

Enjoy this program designed to give kids a chance to develop their hockey skills in a fun environment. Participants work on their skills in games and drills, followed by a modified game. Players registered in Minor Hockey are not permitted to register in this program. Participants should be comfortable skaters and capable of stopping. Full gear required.

- **Pearkes Recreation Centre**

271261	Th	Jan 08-Apr 23	5:00pm- 6:00pm	15/\$96
--------	----	---------------	----------------	---------

### Skate-Tot Hockey 3-5yrs

Basic hockey skills in a fun based class. Players must have completed Purple or skate quickly, stop effectively and be able to skate backward. Full gear required.

- **Pearkes Recreation Centre**

271527	Tu	Jan 06-Feb 24	6:45pm- 7:15pm	8/\$48
271526	Su	Jan 11-Mar 01	12:15pm- 1:00pm	6/\$45
271530	Tu	Mar 03-Apr 21	6:45pm- 7:15pm	7/\$42
271528	Su	Mar 08-Apr 19	12:15pm- 1:00pm	7/\$45

### Skate-Adult Hockey Skills - Goalie All

#### Ages

- **Pearkes Recreation Centre**

271026	Th	Jan 08-Feb 26	7:30pm- 8:50pm	8/\$0
271027	Th	Mar 05-Apr 23	7:30pm- 8:50pm	8/\$0
271028	M	Jan 05-Feb 02	9:00am-10:15am	5/\$0
271029	M	Mar 09-Apr 20	9:00am-10:15am	6/\$0

### Skate-Adult Hockey Skills - Player

#### 19yrs+

This fun class allows you to improve your passing, stick handling, shooting skills and ends with an informal scrimmage. This is a co-ed program. Full gear required.

- **Pearkes Recreation Centre**

271034	Th	Jan 08-Feb 26	7:30pm- 8:50pm	8/\$128
271035	Th	Mar 05-Apr 23	7:30pm- 8:50pm	8/\$128
271032	M	Jan 05-Feb 02	9:00am-10:15am	5/\$24
271033	M	Mar 09-Apr 20	9:00am-10:15am	6/\$28

### Skate-Goalie Time Recreational

#### 8-15yrs

This goalie program is designed for beginner to intermediate goalies who want to learn and improve on goalie specific skills. Min. 1 year experience. (Not recommended for advanced goalies.)

- **Pearkes Recreation Centre**

#### Beginner and Intermediate goalies

271089	Th	Jan 08-Feb 26	6:10pm- 7:20pm	8/\$64
271090	Th	Mar 05-Apr 23	6:10pm- 7:20pm	8/\$64

### Skate-Parent & Child Hockey Social

#### 3-10yrs

- **Pearkes Recreation Centre**

271235	Su	Jan 11-Feb 22	12:15pm- 1:35pm	5/\$50
271236	Su	Mar 01-Apr 19	12:15pm- 1:35pm	8/\$80

### Skate-Pearkes Hockey Program

#### Goalie 6-12yrs

Enjoy this program designed to give kids a chance to develop their hockey skills in a fun environment. Participants work on their skills in games and drills, followed by a modified game. Participants should be comfortable skaters and capable of stopping. Full gear required.

- **Pearkes Recreation Centre**

271259	Th	Jan 08-Apr 23	5:00pm- 6:00pm	15/\$0
--------	----	---------------	----------------	--------

### Skate-Private Lessons All Ages

#### Private/Semi-Private/Group Lessons

- **Pearkes Recreation Centre**

271319	Tu	Apr 28-Jun 16	5:45pm- 8:05pm	7/\$15
271313	Tu-Sa	Jan 06-Apr 25	5:45pm- 8:15pm	74/\$15
271293	W	Jan 07-Apr 22	7:45pm- 8:35pm	15/\$15
271295	W	Jan 07-Apr 22	4:45pm- 5:15pm	16/\$15
271298	W	Jan 07-Apr 22	7:15am- 8:00am	16/\$0
271296	Sa	Jan 10-Apr 25	9:15am-10:00am	14/\$15

### Skate-Women's Reg. Hockey Goalie

#### 19yrs+

- **Pearkes Recreation Centre**

271534	W	Jan 07-Apr 22	8:45pm-10:05pm	16/\$128
--------	---	---------------	----------------	----------

### Skate-Women's Reg'd Hockey Skater

#### 19yrs+

Join this fun supervised recreational in-house hockey just for women! This program is offered for beginner and intermediate players. Full gear required.

- **Pearkes Recreation Centre**

271536	W	Jan 07-Apr 22	8:45pm-10:05pm	16/\$256
--------	---	---------------	----------------	----------

## Swimming

### Advanced Aquatics

#### Swim Patrol 8-12yrs

A three-level program introduces kids to the world of lifesaving. Have fun while working towards your Rookie, Ranger and Star Patrol awards. Each level includes three modules: Water Proficiency, Rescues, and First Aid.

- **GORDON HEAD RECREATION CENTRE**

279911	Sa	Jan 10-Mar 14	10:00am-11:00am	10/\$66
279912	Su	Mar 29-Jun 07	10:00am-11:00am	9/\$60

#### Bronze Star 12-14yrs

Your first step to become a lifeguard. Candidates learn CPR, land spinal recovery, solo and partner rescues, searches and other rescue and first aid skills. Pre-Requisites: Star Patrol (Recommended), 12 years old (Recommended) and the ability to swim easily 100 metres (Required).

- **SAANICH COMMONWEALTH PLACE**

278545	Sa	Jan 10-Feb 07	10:30am-12:30pm	5/\$86
278553	Sa	Mar 28-May 02	10:30am-12:30pm	5/\$86

#### Bronze Medallion and Bronze Cross

##### 13-50yrs

Must be able to swim 600m in 18 minutes by the end of the course. Manual included. Pre-requisites: Bronze Star by the first day of the course (Recommended), or 13 years of age (Recommended if participant has Bronze Star, required if they have not taken Bronze Star).

- **GORDON HEAD RECREATION CENTRE**

279199	F-Su	Jan 30-Feb 15		9/\$225
	F		5:00-9:00pm	
	Sa-Su		1:00-5:00pm	
279201	W, M	Apr 15-May 13	5:00- 9:00pm	9/\$225

- **SAANICH COMMONWEALTH PLACE**

#### Bronze Medallion

278554	Su	Feb 15-Mar 08	1:00- 6:00pm	4/\$130
--------	----	---------------	--------------	---------



# Skating / Aquatics

## Bronze Cross

278555 Su Mar 15-Apr 05 1:00- 6:00pm 4/\$130

## Bronze Medallion & Bronze Cross

278568 Su May 03-Jun 14 12:00- 6:00pm 7/\$225

## How to Get a Job at the Pool 12-17yrs

Come and find out all the benefits of working at a pool. You will learn everything you need to know about the steps to become a certified lifeguard and swim instructor. Please register prior to course. Parents welcome.

### • SAANICH COMMONWEALTH PLACE

282551 Sa May 30 10:30am-11:30am FREE

## NLS: Pool Option 16yrs+

National Lifeguard Service Award is required by aquatic facilities for employment as a Lifeguard. Content includes accident prevention, advanced rescue and resuscitation techniques, first aid, communication and leadership skills. Prerequisites: 16 years of age by last day of course (no exceptions), Bronze Cross award and a Standard First Aid award (current within 1 year).

### Saanich Commonwealth Place

#### Vital Energy Technologies

282451 F-Su Jan 09-18 6:00pm-10:00pm 6/\$290

F 11:00am-8:30pm

Sa, Su 9:00am- 6:30pm

282453 Sa-Su May 02-17 9:00am- 6:30pm 4/\$290

## NLS: Pool Option - Recert. 16yrs+

Important note: All candidates must bring with them their NLS pool option wallet card (current within 5 years) and CPR - C (current within one year) and present them to the examiner at the start of the day.

### • Gordon Head Recreation Centre

279207 W, F Apr 01-03 5:00pm- 9:00pm 2/\$85

### • Saanich Commonwealth Place

282447 Sa Jan 17 9:00am- 5:30pm 1/\$85

282448 Su Mar 22 9:00am- 5:30pm 1/\$85

282449 Su Jun 14 9:00am- 5:30pm 1/\$85

## NLS: Waterpark 16yrs+

NLS - Waterpark option is required by Saanich Commonwealth Place and water parks across Canada for employment. Lifeguards receive training in wave pools and water slides...high energy and action packed! Pre-requisites: Current NLS pool option and CPR - C (current within a year).

### • Saanich Commonwealth Place

#### Vital Energy Technologies

282462 Sa-Su Mar 14-22 12:00pm- 7:00pm 4/\$175

282463 Sa-Su Jun 20-28 12:00pm- 7:00pm 4/\$175

## NLS: Waterpark - Recert. 16yrs+

Important Note: All candidates participating in the Recert must bring with them their NLS waterpark option wallet card (current within 5 years) and CPR - C (current within one year) and present them to the examiner at the start of the day.

### • Saanich Commonwealth Place

#### Vital Energy Technologies

282456 Sa Feb 21 10:00am- 6:30pm 1/\$85

282460 Su Feb 22 10:00am- 6:30pm 1/\$85

282461 Su May 31 10:00am- 6:30pm 1/\$85

## Assistant Water Safety Instructor

15yrs+

AWSI is the pre-requisite to the Water Safety Instructor course. The foundation of instructional skills are covered. 8 hours of teaching experience must be completed outside the course. Manual included.

### • Gordon Head

F-Su Jan 16-25 6/\$258

F 4:00pm-7:00pm Sa-Su 10:00am-4:00pm

## Water Safety Instructor Recert 16yrs+

Water Safety Instructor recertification must be done every two years. Bring your bathing suit, towel and certification card.

### • Gordon Head Recreation Centre

279903 Su Mar 29 8:30am-12:30pm 1/\$75

279904 Su May 10 8:30am-12:30pm 1/\$75

### • Saanich Commonwealth Place

278647 Sa Feb 21 1:00pm- 5:00pm 1/\$75

## Red Cross Water Safety Instructor

16yrs+

This course certifies you to teach and evaluate students participating in the Red Cross swimming lesson program. Extra time is required outside of course for projects and lesson planning. Pre-requisite: Red Cross Assistant Water Safety Instructor. Manual included.

### • Gordon Head Recreation Centre

279214 Daily Mar 14-20 9:00am- 3:00pm 7/\$275

## Lifesaving Instructor 16yrs+

Certifies you to instruct the lifesaving programs from Rookie Patrol to Bronze Cross levels. Manual Included.

### • GORDON HEAD RECREATION CENTRE

279906 F-Su May 22-24 5:00pm- 9:00pm 3/\$175

## Lifesaving Instructor Recertification

Recertify your instructor award Bring your manuals and old wallet card.

### • GORDON HEAD RECREATION CENTRE

279908 Su Feb 22 1:00pm- 5:00pm 1/\$88

279909 Su May 10 1:00pm- 5:00pm 1/\$88

# Swimming

## Home School Swim Lessons 3-12yrs

These lessons will provide home schooled children with the opportunity to take Red Cross Swim Lessons while interacting with other children their age. Each child will receive a 30 minute swim lesson and 30 minutes of fun swim time. Parents must accompany each child into the water for their fun swim time following the lesson. All swim levels welcome!

### • Saanich Commonwealth Place

278689 Tu Jan 06-Mar 10 11:00am-12:00pm 10/\$60

278701 W Jan 07-Mar 11 9:00am-10:00am 10/\$60

278700 Tu Mar 24-Jun 16 11:00am-12:00pm 13/\$78

278702 W Mar 25-Jun 17 9:00am-10:00am 13/\$78

## Adapted Aquatics All Ages

The Adapted Aquatics class is a learn to swim program tailored for children with special needs, each child having a volunteer to help keep them safe in the pool environment. A child may bring their own interventionist or a volunteer will be provided by Saanich, Queen Alexandra Hospital or Recreation Integration Victoria. Ratio: one instructor for every 5 children.

### • Gordon Head Recreation Centre

#### Lap Pool

280551 Th Jan 22-Mar 12 3:30pm- 4:15pm 8/\$46

280555 Th Apr 23-Jun 11 3:30pm- 4:15pm 8/\$46

#### Leisure Pool

280556 Th Jan 22-Mar 12 4:15pm- 5:00pm 8/\$46

280557 Th Apr 23-Jun 11 4:15pm- 5:00pm 8/\$46

## Wavemakers 5-7yrs

Wavemakers is for children aged 3 to 7. Fundamental swimming movements are taught through games and movement activities. This highly specialized teaching method develops advanced levels of endurance, kicking skills, body, hand, and breathing control.

### • Saanich Commonwealth Place

#### Wavemakers 5-7 yrs

282795 F Jan 09-Mar 13 4:00pm- 5:00pm 10/\$110

282797 F Jan 09-Mar 13 5:00pm- 6:00pm 10/\$110

#### Junior Wavemakers

282796 F Jan 09-Mar 13 4:00pm- 5:00pm 10/\$110

282798 F Jan 09-Mar 13 5:00pm- 6:00pm 10/\$110