

West Vancouver Aquatic Centre



Swimming Lesson Information

Building confidence and promoting water safety



Our programs are progressive and cater to all ages and levels of ability. From parent and tot lessons to classes for adults and seniors, we have a program for everyone!

West Vancouver Preschool Swim Program

West Vancouver's very own preschool swim program for children ages 4 months to 5 years old. We have two levels of Parent and Tot classes and thirteen age specific classes for the developing learner. With standardized learning objectives and qualified instructors, these lessons for our youngest swimmers are designed to build confidence in the water while promoting water safety.

Red Cross Swim Kids

Our learn to swim program is based on the Canadian Red Cross Swim program – a program that equally promotes swimming abilities and water safety. This ten level program for children 6 years and older focuses on high quality instruction, swim skill development and water safety with a fitness component. The program will challenge swimmers who have taken

preschool lessons and will provide a starting point for children with limited swimming experience.

Children's and Youth Aquatic Programs

We have an array of programs designed for children and youth to improve fitness levels and swim strokes, learn the foundations of lifesaving and lifeguarding and learn the basics of aquatic sports.

Adult and Senior Programs

You are never too old to learn how to swim. Beginner and intermediate classes are available for adults and seniors as well as one day stroke improvement classes or stroke analysis clinics with an underwater camera.

Our popular recreational Swim for Fitness program is included in our wave membership and we have a morning and evening Masters swimming option for the committed recreational swimmer or elite athlete.



Unsure of Your Child's Swim Level?

We offer complimentary swim evaluations for our lesson program. Please take advantage of this if you are coming from another community or have not enrolled in our classes before. Evaluations usually take five minutes, will help ensure your child gets into the correct level, and can be handled during most leisure swims by our Aquatic Leaders. Call ahead to ensure the pool is quiet enough for an evaluation. If it is a busy swim session, you may have to wait. Our evaluations are free, but if you wish to stay for a swim you must pay admission.

Escorting Children to Lessons

When you arrive at the Aquatic Centre for swim lessons, let the Customer Service team know you are here for lessons. If you require a locker, you can purchase a locker token at the

desk. Take advantage of price discounts with the locker punch card. Once your child is changed, remove your shoes and proceed to the shower area. A quick shower helps keep our pool water clean and can also help protect your child as chemicals in the water may react with bacteria on the skin. Take your child to the pool deck to the lessons meeting area. After your child has moved into the water with the instructor, please move into the Viewing Area to watch the lesson. Please note, we do not have a parent viewing area on the pool deck.

Lesson Supervision

During our after school and weekend lessons we have a Lesson Supervisor who will assist you with any questions or concerns that you may have regarding your child's lessons. The Lesson Supervisor also assists and gives feedback to our instructors to ensure that we are providing the highest quality of lesson possible.



Fitness Options During Lessons

You may choose to take the time while your children are in lessons for your own personal fitness. During lessons, there is always a lane available for adult swimmers in both pools or enjoy the sauna, steam and hot tubs. We also offer great viewing from some of the cardio equipment upstairs in the Health and Conditioning Centre.

Swimming After Lessons

In order to provide quality lesson instruction we have designated specific lane swim and lesson only times in the weekday afternoons and weekend mornings. However, some preschool lessons are offered during our family swim during the weekdays. Children who wish to stay after their lesson for family swim should return to the Customer Service desk to pay admission, as the cost of a public swim is not included in the cost of swim lessons.

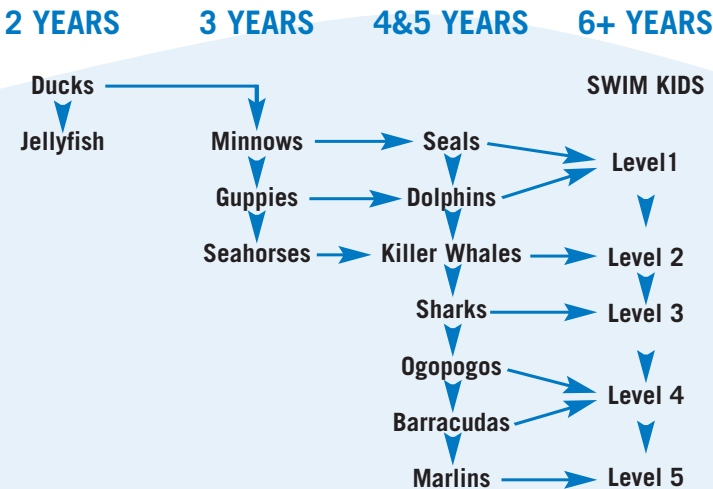
Completing A Swim Level

Please hand in your child's report card on the first day of lessons so the instructor can see the last progressions your child has completed. The instructor will keep the card in a safe place and return the card on the last day of lessons. If your child misses the last day, you may pick the report cards up anytime in the next four weeks from the Customer Service desk. Once you receive your report card, you may register for the next set of lessons knowing you are registering in the correct level.

What's Next for My Child?

The swim lesson conversion chart below explains the progression from the West Vancouver Preschool Swim Program to Red Cross Swim Kids.

Preschool Swim to Swim Kids Progressions



West Vancouver Preschool Swim Program



Our popular preschool program continues to focus on the same learning objectives – building confidence and developing skills in young swimmers. Our small class sizes, qualified and caring instructors and a zero-depth leisure pool provide an optimal learning environment for your child.

We pride ourselves in our low student to teacher ratios for all swim classes. Our two year old preschool classes have a maximum of 3:1 ratio and all other preschool classes have a 4:1 ratio.

	Parent and Tots (4-12 months)	<i>A great introductory class for babies to experience buoyancy and movement in the water.</i>	4-24 months
	Parent and Tots (13-24 months)	<i>In this new class specifically designed for older babies, young participants will build confidence while enjoying the water through games, songs and active water play.</i>	
	Ducks	<i>An introduction to swimming without a caregiver, participants will be introduced to pool safety, water entrances and exits, floats and glides. Now with a ratio of three children to one instructor!</i>	2 years
	Jellyfish	<i>This level will build on the basic skills of Ducks, including water safety and jumps, and an introduction to unassisted floats and glides.</i>	
	Minnows	<i>This program for three-year-olds with little swim experience is designed to make children comfortable in a lesson setting, introduce pool safety and develop basis swim skills.</i>	3 years
	Guppies	<i>An easy progression for swimmers that builds on the basic skills of Minnows, including water safety, breathing, jumps and an introduction to unassisted floats and glides.</i>	
	Seahorses	<i>Swimmers will gain more independence and confidence in the water through deep water floats and jumps, front swim and glides.</i>	
	Seals	<i>This introductory class for older preschool children with little swim experience is designed to introduce pool safety and develop basis swim skills including assisted floats and jumps and more.</i>	4/5 years
	Dolphins	<i>Building on the basic skills of Seals, swimmers will gain more water safety knowledge and work on jumps, glides and unassisted floats.</i>	
	Killer Whales	<i>Swimmers will gain confidence through unassisted floats, swimming with a PFD, rhythmic breathing and more.</i>	
	Sharks	<i>Building on skills from Killer Whales, swimmers will learn pool rules, explore buoyancy, and work on front and back swims.</i>	
	Ogopogos	<i>Swimmers will learn more safety skills, jump into deeper water unassisted, work on a front dive, and practice front and back swims.</i>	
	Barracudas	<i>Swimmers learn swim strokes including streamlined glides, sculling, front swims with breathing and advanced boating safety.</i>	
	Marlins	<i>For the advanced preschool swimmer, participants will work on endurance swims of front and back crawl, dolphin kicks and dives.</i>	
	Marlins Advanced	<i>For the advanced preschool swimmer who has completed the marlins program and has not turned six years of age yet, this level will focus on the equivalent Red Cross Swim Kids level 5 program.</i>	

Red Cross Swim Kids Levels



Red Cross Swim Kids builds solid swim strokes, gives a solid understanding of water safety and includes a fitness component which build endurance and encourages lifelong physical fitness. Levels One and Two have a 5:1 ratio; Levels Three to Five have a 6:1 ratio; Levels Six to Ten have an 8:1 ratio. This gives more individualized attention, more practice time and faster skill achievement.

1

Red Cross Swim Kids Level 1

This entry-level class provides an orientation to the water and the pool area, and introduces floats and glides with kicks.

2

Red Cross Swim Kids Level 2

Swimmers build endurance and skills in front and back swims, and they are introduced to deep water activities and a Personal Flotation Device (PFD).

3

Red Cross Swim Kids Level 3

Swimmers are introduced to front crawl and dives while working on floats, changing directions, and building endurance.

4

Red Cross Swim Kids Level 4

The front crawl and back glide are further developed, and swimmers work on endurance, kneeling dives, surface support and water safety.

5

Red Cross Swim Kids Level 5

Back crawl is introduced along with sculling skills and whip kick on the back. Swimmers also learn stride dives, an introduction to boating safety and further develop endurance.

6

Red Cross Swim Kids Level 6

Swimmers refine front and back crawl and work on the elementary backstroke. Safety on ice, treading water and throwing assists during rescues are also introduced.

7

Red Cross Swim Kids Level 7

Level 7 continues to build skills and endurance for front crawl, back crawl and elementary backstroke, treading water and introduces whip kick on the front.

8

Red Cross Swim Kids Level 8

Swimmers receive an introduction to the breaststroke, foot first surface dives and rescue entries, while building endurance with the dolphin kick and distance swims, and learning about the dangers of open water and hypothermia.

9

Red Cross Swim Kids Level 9

Front crawl, back crawl, elementary backstroke, breaststroke and dives continue to be refined and swimmers are encouraged to try combining different strokes and kicks for fitness.

10

Red Cross Swim Kids Level 10

Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Swimmers learn about sun safety, rescue of others from the ice, and head-first and feet first shallow dives.

Poolside Etiquette

Shoes on the Deck

Please do not wear shoes on the pool deck. If you need footwear while on the pool deck, we sell pool footwear at the Customer Service desk or bring your own. This will help keep our deck clean and help protect you and your family from potential health problems associated with contaminants brought in from outside on the bottom of shoes.

Viewing Area

The viewing deck is an area of the pool deck for individuals who want to watch the pool activities and is a great place to eat, read or meet with friends. This is the only location on the poolside where health standards allow street clothing and street shoes. Please do not use the viewing deck as an entrance or exit to and from the Leisure or Lap Pools or an area to change your children.

Diapers

All children that are in diapers must wear a special diaper that is designed for pool use as well as a tight fitting swim suit or plastic diaper cover. We sell several versions of these at the Customer Service Centre. This will help ensure clean healthy water and reduce temporary closure of the pool. Regular diapers absorb water and weigh children down causing a safety risk for the child.

Photographic Devices

For the safety of all our visitors, camera and video use is restricted and requires supervision by staff. Please ask one of our staff before using a camera. A staff member will be available on the second last class if parents would like to take photos of their child after the swimming lessons. Cell phones are only to be used in the lobby.





Aquatic Programs

Private Lessons

Private lessons are another option to group swim lessons. Children or adults are able to work one-on-one with an instructor. Semi-private lessons are also available for two or three people with similar swim abilities. We can customize the classes to get the results you want. To cancel a private lesson, we require 24 hours notice in order to give you credit for the session. Private lessons cannot be booked after 5pm for the next day.

Stroke Clinics

These one-day clinics specifically for children or adults are the perfect opportunity for swimmers who want to fine tune their swim strokes through drills, endurance and lots of practice. Children who are registered in, or have completed Red Cross Swim Kids Levels 6 to 10 are welcome to register.

Swim For Fitness

Swim for Fitness is offered for adults and children. The adult program has a strong social component and offers a stroke drills program that is sure to keep you in top condition. The children's program focuses on swimming lengths with some stroke correction work, stretching and basic nutrition information.

Junior Otters

This program is perfect for children who are interested in competitive swimming. The Junior Otters will prepare swimmers for regular time trials, a required element to join the Otters Swim Club. Three workouts each week leaves time to participate in other sport and leisure activities.

Youth Leadership and Certification Programs

We also offer youth leadership programs which teach advanced

lifesaving skills and can lead to future employment opportunities in recreation. Our programs can prepare you to excel as a lifeguard, swim instructor or sport coach. Pick up our Leisure Guides or check out our programs online at www.westvancouver.ca/leisureguide.

Sports Programs

We also offer numerous sport programs for the water enthusiast:

Springboard Diving is a growing sport and we offer a beginner class as a feeder program in conjunction with the Dolphins Dive Club.

Water Polo is an excellent program for fun and fitness and promotes teamwork.

Competitive Swim Club is for the committed young athlete and the Otters Swim Club is based out of the West Vancouver Aquatic Centre.

Kayak and Scuba Programs are offered in partnerships with local businesses.

Masters Swimming

Masters Swimming includes structured interval training, stroke correction, fitness, and social events. Competitive

swim team experience is not necessary to join, however, you must be able to swim 400m continuously in nine minutes, 50m in one minute and be competent in at least three strokes.

Access Swim Program

If your child needs the additional assistance of a volunteer to fully participate in swim lessons, please let us know and we will do our best to accommodate your request.

Red Cross vs. I Can Swim

Some people ask why we do not offer the 'I Can Swim' program offered in other communities. Living in our waterfront community, we believe there is a great need for a water safety component in swim lessons, as found in the Canadian Red Cross programs. We have developed our own, 'Swim For Fitness' and 'Junior Otters' programs to help provide alternative choices to the Red Cross Swim program at an affordable cost. If you have already completed a portion of an I Can Swim program we can transfer progress based on the performance of your evaluation.



How to Become a Lifeguard/Swim Instructor



This Place, This Team And You: District of West Vancouver

It's a high calibre, close-knit and supportive team of professionals that makes the District of West Vancouver not only an exceptional place, but an exceptional place to work. We have an incredible team, all we need now is you.

Game Leader/Slide Attendant

Whether it is leading games for leisure swim or maintaining safety on the big red slide, this is a great place to gain experience in aquatics.

Here's what it takes:

- 15 years of age or older
- Bronze Cross
- CPR-C

Lifeguard / Instructor

You love to be poolside – whether it's lifesaving, giving lessons or performing basic pool maintenance – and you're a star at customer service.

Here's what it takes:

- 17 years of age or older
- National Lifeguard Service – Pool Option
- Water Safety Instructor Certification
- Standard First Aid or Aquatic Emergency Care
- CPR – C and Automated External Defibrillation

For more job information, visit our website at www.westvancouver.ca/careers.

Registration

Please see our Community Services Leisure Guides for all lesson times and levels in the Aquatics section.

Try any one of these

Registration Options:

Webreg: webreg.westvancouver.ca

Telereg: 604-925-7475

Telephone: 604-925-7210

In Person: Any West Vancouver recreation facility

If you require assistance please call us, and we'll walk you through the process.

You will be able to register for the next level once the current lesson set is over and the appropriate level has been determined on your report card. You may only register for multiple set of the same level. Our computer system will not allow successful registration into the next level until the prerequisite level has been successfully completed.

If you are registering for the first time in our programs and are not registering into an entry level, you must register in person or call a Recreation Facility Office. Webreg will not allow successful registration without the proper prerequisites.

Policies

New Classes for Wait List Participants Procedures

When any new class is formed our Customer Service staff calls everyone who is eligible from the waitlist for the new class in the order in which they were put on the original list. Those that are eligible will have a spot held in the new class for two business days. Payment must be made to secure the class. Your name will then be removed from all other Learn to Swim waitlists



to ensure that others are given fair opportunity to access programs. If multiple classes are created, you will be called for only one of those classes.

Refunds

We value your feedback and participation, and invite your call to discuss programs that do not meet your expectations.

- Full refunds will be given for any program cancelled by the Community Services Department.
- Full refunds will be given for withdrawals made before the second class of the program. Please let us know the reasons for your withdrawal to help us provide the best possible programs in the future. Pro-rated refunds will be given for medical conditions and extenuating circumstances.
- Full refunds will be given throughout the previous Wednesday to the end of the business day for two week summer swim lessons which start the upcoming Monday.



West Vancouver Community Services

Building personal and community health

West Vancouver Aquatic Centre

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west vancouver



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