

Advanced Aquatic Programs



PRIVATE LESSONS & COACHING

Super Saver Swim Lessons

Need some extra help? Our instructors can make a difference! These lessons are a great option if you and your child have specific goals in mind. See pages 26-35 for dates and times. Please note missed lessons cannot be rescheduled.

Private Swim Lessons

Do you have...A fear of the water? A different learning style? A crazy schedule? If so, private swim lessons are for you! Whether you are new or experienced in the water, SEAPARC swimming instructors will cater to your specific needs. Days and time are flexible. Private lessons are a fun, safe way to improve your swimming skills at your own pace. Up to 2 participants

\$20/30-min. Lesson

\$85/5 30-min. lessons

Private H2O Personal Training

Are you looking for more 1-on-1 time to work on specific wants or needs? Whether your goal is improved cardio, core stability, or just a well-rounded workout, this 30-minute personal training session in the water is for you! You will have an individualized workout designed specifically for you and your body. Nothing to lose but pounds and inches!

\$20/30-min. session

\$85/5 30-min. sessions

Private Coaching Sessions

Training for a triathlon, a swim competition or just want to improve your stroke? Book a private coaching session or a series of sessions with a certified coach. These coaching sessions are geared towards those who already know how to swim and are looking for additional training techniques. Video analysis is also available.

\$20/30-min. session

\$40/60-min. session

\$170/5 60-min. sessions

Water Safety Instructor - Assistant

15+yrs

The Assistant Water Safety Instructor Course teaches candidates the foundation of instructional skills such as teaching methods, learning styles, physical principles, progressions, communication, safety, supervision, and feedback. The certification allows co-teaching of Red Cross Swim. This course is the pre-requisite for the Water Safety Instructor Course. 100% attendance is required. Participants must complete eight (8) hours of teaching outside class time to complete this course. Teaching hours to be arranged with Aquatic Programmer.

15413 Sa, Tu, Th 4:00pm- 8:00pm Feb 11-Feb 25 7/\$262.50

Water Safety Instructor

15+yrs

This course prepares candidates to instruct the Red Cross Swim programs. Candidates learn how to plan, develop and evaluate swimming and water safety skills in the Red Cross Swim Preschool, Swim Kids and Teen/Adult programs. 100% attendance is required. Pre-requisites: 15 years old & the completion of AWSI. Practice teaching is required to obtain certification. The practice teaching will take place during spring break. Must be available from 3:30-5:30pm.

15414 Sa, F 3:00pm- 8:00pm Mar 3-Mar 17 5/\$262.50

Greater Victoria Advanced Aquatic Assistance Program

Are you over the age of 13 and looking for financial assistance to become a lifeguard or swim instructor? The Aquatic Assistance Program can help!

Contact your local pool or download an application form at :

www.fitinfitness.ca

