

ADULT / Aquatics

Baby & Me Water-Robics

Be a part of the newest trend in water exercise. Get a workout and bond with your baby at the same time. Join us in the parent and tot water fit class for a cardio workout mixed with some strength, followed by stretching and socializing in the leisure pool.

Th 9:30 - 10:00 am
\$36.00 / 8
Jan.14-Mar.4 12350
\$54.00 / 12
Mar.18-Jun.3 12351



SEAPARC Swim Fit

Swim Fit (formally known as Masters) is a non-competitive club that gives you an opportunity to improve your strokes and endurance with a trained coach.

W 8:00 to 9:00 pm
\$52.00 / 8
Jan.13-Mar.3 12347
W 8:00 to 9:00 pm
\$78.00 / 12
Mar.17-Jun.2 12348

Aqua Bootcamp

Hup, 2 3, 4 HUP! This fast-moving, high intensity water fit class will have you sweating in no time. Challenge yourself with a variety of activities in both our lap pool and leisure pool. This class will focus on strengthening and conditioning.

Tu 9:30 - 10:00 am
\$36.00 / 8
Jan.12-Mar.2 12356
\$54.00 / 12
Mar.16-Jun.1 12357

Adult Private Lessons



Adult private swim lessons are designed with your own individual needs in mind.

Whether you have been out of the pool for a while and would like to brush up on your strokes or you are a non-swimmer who wants the challenge of picking up a new skill, we can help.

Call 250-642-8000 to register. Or call Elizabeth Olsen, Aquatic Programmer (250-642-8007), to discuss what you're specifically looking for.

Aqua Adults

This learn to swim program for adults is for learning how to swim whether you are starting out or just in need of a refresher. Learn in a safe relaxed environment that will have you swimming in no time.

Tuesdays are for those of you just starting out and Thursday are for those comfortable putting your face in the water and floating.

Tu 7:00 - 7:45 pm
\$51.20 / 8
Jan.12-Mar.2 12547
\$76.80 / 12
Mar.23-Jun.8 12548

Th 7:00 - 7:45 pm
\$51.20 / 8
Jan.14-Mar.4 12549
\$76.80 / 12
Mar.25-Jun.10 12550

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

