

Come Swim with Us



The Sunshine Coast Regional District (SCRD) Recreation Division is dedicated to providing the community with fun and educational aquatic programming. Our staff are fully qualified Red Cross Instructors as well as Life Saving Society Lifeguard / Instructors.

The SCRD operates three aquatic facilities for your enjoyment. The facilities are located in Gibsons, Sechelt and Pender Harbour.



our aquatic facilities



GIBSONS & DISTRICT AQUATIC FACILITY 953 Gibsons Way, Gibsons

This facility includes a lap pool (20 metres), tots pool with a water feature in the centre, a round pink pool and a hot tub.



SECHELT AQUATIC CENTRE 5500 Shorncliffe Avenue, Sechelt

This facility includes a leisure pool, lap pool (25 metres), lazy river, waterslide, hot tub, steam room, sauna, gym and fitness studio.



PENDER HARBOUR AQUATIC AND FITNESS CENTRE 13639 Sunshine Coast Highway, Madeira Park

This facility features a lap pool (20 metres), hot tub, sauna, fitness studio and a weight room.

We have levels appropriate for every age!

It's never too late or too early
to learn to swim!

PARENTED
Four months to 3
years old

PRESCHOOL
3 to 6 years old

CHILDREN
6 to 12 years old

YOUTH
13 to 18 years old

ADULT
19+ years old

Unsure what level to register for?

To ensure that your child is in the best learning environment, please register for an age and skill appropriate level.

If your child is new to swim lessons, we recommend that you register in the age appropriate beginner level.

If your child has previous swim lesson experience, you can register in the swim class recommended on their progress report card.

If your child is an experienced swimmer and you are unsure of what level to register them, call us at 604-885-6801 for more information.

If you are registering your child for more than one session at a time please register up to the next level for the following session. If your child does not complete the first session, all efforts will be made to find the appropriate level in the second session.

Swimming is fun and good for you!

BLOCK REGISTRATION

Block registration is used to reduce waiting lists and wait times in various levels. On the first day, students are divided into groups based on their previous experience and swimming ability.

FEES

Lesson fees cover the cost of instruction. Fees for public swimming are not included.

FIRST DAY OF LESSONS

On the first day of lessons please check in at the front desk of the facility. A token may be purchased for a locker. Once your child is changed, have them wait at the appointed location for their instructor.

COMPLETION OF SWIM LEVELS

Progress report cards from previous levels are provided by the pool facility to new instructors at the start of lessons for assessment. Instructors will hand out report cards on the last day of the session. If your child misses the last class, the report card may be picked up at the front desk.

LESSON SUPERVISION

A lesson supervisor is available for followup and feedback during afterschool and Saturday swimming lessons.



POOL SPACE

Pool space will be reduced during afterschool and Saturday lesson times. During certain lesson times, the leisure pool will not be available. Lap swimming and hot areas will remain open.

SHOES

According to pool operation guidelines, we ask that you do not wear shoes on the pool deck.

DIAPERS

We ask that children who are not yet toilet trained wear a diaper designed for water. Disposable diapers are not suitable for swimming.








PHOTOGRAPHIC DEVICES

For the safety of our customers, camera and video equipment is not permitted. If you would like to take photos of your child, our staff will be able to assist you.

Red Cross Swim Programs

We offer Red Cross Preschool and Red Cross Swim Kids programs. Placement in Red Cross Swim programs depends on many variables including age, skill proficiency, previous experience and readiness. The charts below serve as a guide only.



Level	Age	Description
 Starfish	4 to 12 months (parent or caregiver assisted)	Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.
 Duck	12 to 24 months (parent or caregiver assisted)	Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.
 Sea Turtle	24 to 36 months (parent or caregiver assisted)	Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.
 Sea Otter	3 to 5 years	Preschoolers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.
 Salamander	3 to 5 years successful completion of the skills in Red Cross Preschool Sea Otter	Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim two metres upon completion.
 Sunfish	3 to 6 years successful completion of the skills in Red Cross Preschool Salamander	Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim five metres continuously.
 Crocodile	3 to 6 years successful completion of the skills in Red Cross Preschool Sunfish	Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim ten metres continuously.
 Whale	3 to 6 years successful completion of the skills in Red Cross Preschool Crocodile	Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.

Level	Age	Description
Level 1	At least 5 years of age, no previous swimming experience required.	Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim five metres.
Level 2	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 1.	Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim ten metres continuously.
Level 3	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 2.	Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.
Level 4	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 3.	Swimmers learn back swim with shoulder roll and front crawl (ten metres), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.
Level 5	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 4.	Swimmers develop front crawl (15 metres), learn back crawl (15 metres) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.
Level 6	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 5.	Swimmers increase their distance on front and back crawl (25 metres), learn elementary back stroke (15 metres), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.
Level 7	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 6.	Swimmers increase their distance on front and back crawl (50 metres) and elementary back stroke (25 metres), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.
Level 8	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 7.	Swimmers increase their distance on front and back crawl (75 metres) and elementary back stroke (25 metres), learn breast stroke (15 metres), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.
Level 9	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 8.	Swimmers increase their distance on front and back crawl (100 metres), elementary back stroke (50 metres) and breast stroke (25 metres), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.
Level 10	At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 9.	Swimmers increase their distance on front and back crawl (100 metres), elementary back stroke (50 metres) and breast stroke (50 metres), learn sidestroke (25 metres), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim.

Aquatic Leadership Courses

I WANT TO BECOME A LIFEGUARD

- 1** Bronze Star
8 to 12 years old
- 2** Bronze Medallion
13 years old or completion of Bronze Star
- 3** Bronze Cross
Completion of Bronze Medallion
- 4** Aquatic Emergency Care or Standard First Aid
- 5** National Lifeguard Service Award 16 years old by last day of course

Junior Lifeguard Club

Kids learn attitudes and skills that could one day save a life—their life, or someone else's. The Junior Lifeguard Club is designed to let kids participate in activities similar to those of real lifeguards—in a safe, fun and controlled setting. Just as important, kids also experience teamwork and a sense of belonging. The Junior Lifeguard Club is a unique program, which is geared to a 'coaching' environment of long-term goals and short-term 'personal best' achievements.



I WANT TO TEACH SWIMMING LESSONS

Assistant Water Safety Instructor:
You need to be 15 years of age.

Water Safety Instructor:
You need to be 15 years of age and have completed the Assistant Water Safety Instructor Course.

FOUR REASONS TO TRY AQUAFIT

- 1 Made to measure fitness.** Your instructor will offer plenty of modifications to increase or decrease the difficulty of the moves.
- 2 You've never felt better in your bathing suit.** Unlike traditional group classes such as aerobics or dance, aquafit is non-competitive.
- 3 The options are endless.** As more and more people discover the benefits of working out in water, an ever increasing variety of classes are available.
- 4 Stay balanced.** Aquafit helps you balance out muscle groups that may have become uneven through repetitive actions.



AQUAFIT PROGRAMS

AQUA ARTHRITIS / GENTLE WAVES

A fitness class at a gentle pace for people with arthritis and other joint concerns. Learn how to use the water to exercise safely and within your own abilities to improve the performance of daily activities.

SHALLOW WATER FITNESS

Includes all the components of a fitness class and is designed to be a low-impact, self-paced class suited to all levels. Classes are a total body workout that improves cardiovascular fitness, uses the water's resistance to enhance muscle conditioning and uses the water's buoyancy to promote core stabilization and improve posture.

AQUA NIA

The ultimate east meets west program, Aqua Nia fuses dance arts, martial arts, healing arts, great music, imagination and fun. Tone your body, free your mind and ignite your creative fire. There are three levels of intensity for personalized conditioning.

DEEP WATER AQUAFIT

Includes all the components of a fitness class and is designed to be a non-impact, self-paced class that can offer a high intensity workout for all fitness levels. Experience a variety of movements and training techniques designed to improve muscle strength, aerobic fitness, flexibility, balance, core stabilization and posture. Participants will wear a floatation device, be suspended in water and unable to touch the bottom.



Refund Policy

Class dates and times are subject to change. Classes with insufficient registration may be subject to cancellation.

WITHDRAWAL POLICY: If you find that the activity you registered for is not what you expected and you want to cancel, please make sure that you call **BEFORE** the second session of the activity and we will credit your ActiveNet account for the remaining sessions.

Credits are not given after the second session. Full credits are given if the Sunshine Coast Regional District cancels an activity.

Refunds or credits will not be given for dates of classes which have been passed. Your ActiveNet credit can be refunded by cheque or to your credit card—please note that refunds by cheque or credit card are subject to a 10% administration fee.

CALL US

604-885-6801

Press "1" for Customer Service

EMAIL US

recinfo@scrd.ca

VISIT OUR WEBSITE

www.scrd.ca (Recreation)

