



# Pool Programs

## SWIM LESSONS • LIFEGUARDING • FITNESS • TRAINING

With a variety of swim lessons, aquatic training and water sports for children, youth and adults, we make swimming easy and fun. Our trained aquatics staff will assist you in choosing the right program to meet your needs.



## Pool Special Events

Join us for some fun for the whole family!  
(Regular admission applies.)

### Super Hero Swims

Join us for a swim full of super heroes! Our staff will dress up, and there will be activities for the whole family.

Friday, March 15 • 6-8 pm • Nanaimo Aquatic Centre

Friday, March 22 • 6-8 pm • Nanaimo Aquatic Centre

### Wear Your Lifejacket to Work Day

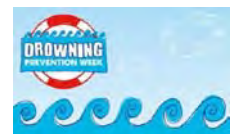
Wear your lifejacket that day and post on social media [wearyourlifejacketatworkday](#) #wearyourlifejacket  
Friday, May 17

### Safe Boating Awareness Week

Saturday to Friday, May 18-24

### National Drowning Prevention Week

Sunday to Saturday, July 21-27



### End of Summer Splash

Thursday, August 29 • 4-8 pm • Beban Park Pool



### Lifeguard Instructors Wanted with the City of Nanaimo!

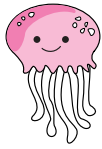
You must be a minimum of 16 years old, hold a current CPR C, National Lifeguard Pool Certificate and a Lifesaving Swim Instructor Certification.

Apply: [employment.opportunities@nanaimo.ca](mailto:employment.opportunities@nanaimo.ca).

## PARENT & TOT LESSONS

### Ages 4-36 months

Caregiver participation is required. Progression is based on age.



**Jellyfish**  
4-12 months



**Goldfish**  
13-24 months



**Seahorse**  
25-36 months

## PRESCHOOL LESSONS

### Ages 3-5 years

Progression is based on completion of level.



#### Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



#### Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5M back swim with buoyant aid



#### Orca

- Front, back and roll-over floats and glides
- 5M swims on front and back



#### Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7M swim on front and back



#### Narwhal

- Deep-water swimming
- 5M front and back crawl
- 4 x 5M swim on back

To advance to Swimmer Lessons, your child must be 6 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

## SWIMMER LESSONS

Progression is based on completion of level. **Ages 6-14 years**



### Swimmer 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5M swim on front and back



### Swimmer 2

- Deep-water activities
- Front, back and side swims
- 10M front and back crawl



### Swimmer 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15M swim on front and back



### Swimmer 4

- Tread water for 1 minute
- Basic breaststroke
- 25M front and back crawl
- Swim to Survive Standard



### Swimmer 5

- Eggbeater for 30 seconds
- 25M breaststroke
- 50M front and back crawl



### Swimmer 6

- 50M breaststroke
- 100M front and back crawl
- 300M distance swim



### Swimmer 7/Rookie Patrol

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



### Swimmer 8/Ranger Patrol

- Eggbeater kick and object support
- First Aid: obstructed airway, checking breathing; shock
- Removing conscious victim



### Swimmer 9/Star Patrol

- First Aid: bone, joint injuries, asthma, allergic reactions
- Support and removal of unconscious victim
- 300M swim in 9 minutes

# Swimming Lesson Tips for Success

We are pleased to bring you the Lifesaving Society's Swim for Life Program to highlight the importance of swimming and water safety skills. Swimming can be fun and is also a necessary life skill. Help your child start swimming on the right foot.

- Evaluate your child's swim ability and choose a class level, date and time. Not sure of their ability? Stop by one of our pools during an "Everyone Welcome" swim session and have one of the lifeguards evaluate your child (depending on staff availability).
- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
- Lockers are available and recommended. Tokens can be purchased from our front desk staff.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- All patrons must shower before entering the pool.
- Bring your child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.
- At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students to master skills and feel successful before moving onto a new level.



Pricing for Swimming Lessons (lesson prices are pro-rated for holidays & swim meets)	
30 Minute Lessons	\$70/10 lessons
45 Minute Lessons	\$110/10 lessons
60 Minute Lessons	\$140/10 lessons
30 Minute Private Lessons *add additional swimmer	\$150/5 lessons \$225/5 lessons

## Waitlists for Swimming

Is a swimming class full? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a new class and contact you to see if it works for your schedule.

## Shopping for Swim Lessons Using the "X" Grid

- STEP 1** Choose your desired day of the week (Monday, Tuesday, etc.)
- STEP 2** Select the lesson best suited for your swimmer (Jellyfish, Orca, Swimmer 1, etc.)
- STEP 3** View the time available for that lesson ("x" indicate available times)
- STEP 4** Register in person, over the phone or online through [recreation.nanaimo.ca](http://recreation.nanaimo.ca)
- Provide the clerk with the level and your choice of dates
  - Search for swim lessons in [recreation.nanaimo.ca](http://recreation.nanaimo.ca) using a key word(s) in the search field (Jellyfish, for example)



# Spring Lessons - Beban Pool

*\*Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

<b>MON &amp; WED</b> <b>Beban Pool</b>  <b>SET 1: April 3-May 1</b> <b>SET 2: May 6-June 5</b>	<b>TUE &amp; THU</b> <b>Beban Pool</b>  <b>SET 1: April 2-May 2</b> <b>SET 2: May 7-June 6</b>
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		6:30 am	7:00 am	7:30 am	8:00 am	8:30 am	9:00 am	9:30 pm	10:00 am	10:30 am	3:00 pm	3:30 pm	3:45 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm	7:00 pm
<b>Parent Participation</b>	Jellyfish					x																						
	Goldfish						x																					
	Seahorse				x			x																				
<b>Preschool Prog. (3-5 yrs)</b>	30 Min. Classes																											
	Octopus					x			x			x	x	x									x	x		x		
	Crab		x				x		x					x	x		x	x							x	x	x	
	Orca	x					x	x	x					x					x						x		x	
	Sea Lion											x				x											x	
	Narwhal											x					x											
	Private		x	x	x			x	x		x																	
<b>School Ages Program (6-13 yrs)</b>	Swimmer 1														x	x							x	x	x		x	
	Swimmer 2	x												x			x	x	x						x	x		x
	Swimmer 3			x								x	x					x					x					
	Swimmer 4													x									x					
	45 Min.																											
	Swimmer 5																											x
	Swimmer 6																											x
	60 Min.																											
	Swimmer 7																											
Swimmer 8/9																												



# Spring Lessons - Beban Pool

*\*Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

		FRI Beban Pool April 5-June 7											SAT Beban Pool April 6-June 8						SUN Beban Pool April 7-June 9													
		3:00 pm	3:30 pm	4:00 pm	4:30 pm	5:00 pm	5:15 pm	5:30 pm	5:45 pm	6:00 pm	6:15 pm	6:30 pm	6:45 pm	9:00 am	9:30 am	10:00 am	10:15 am	10:30 am	11:00 am	11:30 am	12:00 pm	12:30 pm	12:45 pm	1:00 pm	1:30 pm	2:00 pm	2:30 pm	3:00 pm	3:15 pm	3:30 pm	4:00 pm	4:30 pm
Parent Participation	Jellyfish																		X				X		X							
	Goldfish													X				X		X					X					X		
	Seahorse														X	X					X											X
Preschool Prog. (3-5yrs)	30 Min. Classes	Octopus	X				X		X	X					X		X		X			X			X					X		
		Crab			X	X	X						X		X	X		X				X								X		
		Orca		X				X		X	X				X				X						X							X
		Sea Lion										X				X			X				X			X						
		Narwhal										X					X						X						X			
School Ages Program (6-13 yrs)	45 Min.	Swimmer 1					X	X			X			X	X		X	X		X	X		X	X	X			X	X			
		Swimmer 2							X				X		X		X		X			X			X		X		X			
		Swimmer 3									X								X				X								X	
	60 Min.	Swimmer 4												X						X				X						X		
		Swimmer 5															X					X				X				X		
		Swimmer 6													X	X						X	X		X	X		X				
	Swimmer 7													X							X			X								
	Swimmer 8																		X										X			
	Swimmer 9																		X										X			



## Pre-Registered Aquafit NEW!

### Shallow/Deep Combo

This is designed for both shallow and deep water aquafit enthusiasts. Enjoy the benefits of training your cardio, strength and flexibility in this water fitness class. Participants can choose to stay in the shallow water or participate in deep water with an aquafit floatation belt. *This class requires pre-registration in order to participate.*

Sun, Mar 31-May 5 | 8:15-9 am | \$37/6 | [116792](#)

Thu, Apr 4-May 9 | 7:45-8:30 pm | \$37/6 | [116794](#)

Sun, May 12-Jun 16 | 8:15-9 am | \$37/6 | [116793](#)

Thu, May 16-Jun 20 | 7:45-8:30 pm | \$37/6 | [116796](#)

Beban Park Pool



# Spring Lessons - Nanaimo Aquatic Centre

*\*Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

		MON & WED Nanaimo Aquatic Centre SET 1: April 8-May 1 SET 2: May 6-June 5 (no lesson May 20)			TUE Nanaimo Aquatic Centre April 2-June 4				THU Nanaimo Aquatic Centre April 11-June 6						
		SET 1		SET 2											
		8:00 am	9:30 am	10:00 am	8:00 am	9:30 am	10:00 am	9:45 am	10:15 am	11:00 am	7:45 pm	9:45 am	10:15 am	11:00 am	8:00 pm
Parent Participation	Jellyfish						x								
	Goldfish	x													
	Seahorse		x		x										
Preschool Prog. (3-5yrs)	Octopus														
	Crab			x											
	Orca						x								
	Sea Lion														
	Narwhal														
School Ages / Teen Adult Program (6-13 yrs/Teen & Adult)	Swimmer 1							x				x			
	Swimmer 2							x				x			
	Swimmer 3							x				x			
	Swimmer 4								x				x		
	Swimmer 5								x				x		
	Swimmer 6								x				x		
	Teen/Adult 1									x	x			x	x

## Junior Lifeguard Club Camp **NEW!** 8 to 13 Years

Join this exciting skills camp which takes you in, on and around the water! Develop new lifesaving skills and learn attitudes that could one day save your life or someone else's. Focus on fun, teamwork and skill development with games and a variety of activities themed around lifesaving, lifeguarding and first aid. A must for those who are looking for more than lessons. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 15-19 | 12:30-4:30 pm | \$175/5 | [116832](tel:116832)  
Westwood Lake Park (first beach)

## Lifesaving Sport Camp - **NEW!** Fundamental Levels 3-5 10 to 15 Years

Lifesaving Sport is the only sport in the world where participants first learn the skills for humanitarian purposes and later use those skills in competition. The International Olympic Committee (IOC) and the Commonwealth Games Federation both recognize the International Life Saving Federation (ILS) as the world governing body for Lifesaving Sport. The Lifesaving Society represents Canada and is the governing body for Lifesaving Sport Canada. It promotes competition as a training incentive and a showcase for the abilities and professionalism of our lifeguards. (Minimum Swimmer 4 level or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 22-26 | 12:30-4:30 pm | \$175/5 | [116827](tel:116827)  
Westwood Lake Park (first beach)

## Summer Camps at Westwood Lake Park

### Merfolk Camp 8 to 12 Years

Do you enjoy the water? Feel like you could live under the sea? Join others in this fun camp adventure as you transform your feet into fins and swim like the merfolk and dolphins! Who says dreams have to stay dreams? Come channel your desire to join the life under the sea! Enjoy creating new treasures and playing games with our fun aquatic leaders. (Minimum Swimmer 4 level to participate.)

M-F, Jul 8-12 | 12:30-4:30 pm | \$150/5 | [116814](tel:116814)

M-F, Aug 12-16 | 12:30-4:30 pm | \$150/5 | [116815](tel:116815)

Westwood Lake Park (first beach)

### Survivor Skills Challenge Camp 8 to 12 Years

Young castaways! Embark on an incredible journey in an effort to outwit, outplay and outlast one another. Compete for the ultimate prize and bragging rights. Join us for a week of challenges in, on and around the water. This program includes one hour of swimming lessons each day. (Participants must be at a level Swimmer 4 ability or have successfully completed the Swim to Survive Challenge.)

M-F, Jul 29-Aug 2 | 12:30-4:30 pm | \$150/5 | [116816](tel:116816)

Westwood Lake Park (first beach)



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# Summer Lessons - Beban Pool & Westwood Lake

*\*Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

## MON-FRI Beban Pool

SET 1: July 22-Aug 2  
SET 2: August 6-16 (no lesson Aug 5)  
SET 3: August 19-30

		8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Participation	Jellyfish								
	Goldfish								
	Seahorse			x					x
Preschool Prog. (3-5yrs)	Octopus	x				x			
	Crab		x				x		
	Orca			x				x	
	Sea Lion				x				x
	Narwhal				x				x
School Ages Program (6-13 yrs)	Swimmer 1	x	x	x			x		
	Swimmer 2	x			x	x		x	
	Swimmer 3		x						
	Swimmer 4				x				
	Swimmer 5					x			
	Swimmer 6					x			
	Swimmer 7							x	
	Swimmer 8/9							x	

## MON-FRI Westwood Lake

SET 1: July 8-19  
SET 2: July 22-August 2  
SET 3: August 6-16 (no lesson Aug 5)  
SET 4: August 19-30

		5:00 pm	5:30 pm	6:00 pm	6:30 pm
School Ages Program (6-13 yrs)	Swimmer 1		x		x
	Swimmer 2		x		x
	Swimmer 3	x		x	
	Swimmer 4	x		x	

## Waitlists for Swimming

Is a swimming class full that you wanted? Put your child's name on the waitlist for the specific class you want. If a spot comes up, we will contact you. If there is enough interest in a particular level, we will do our best to create a class and contact you to see if the new class works for your schedule. Continue to check our website, as new classes are being added periodically throughout the season.

## Junior Lifeguard Club

8 to 13 Years

Are you interested in a pause from swimming lessons? This program emphasizes fun and aquatic skill development based on personal-best achievement.

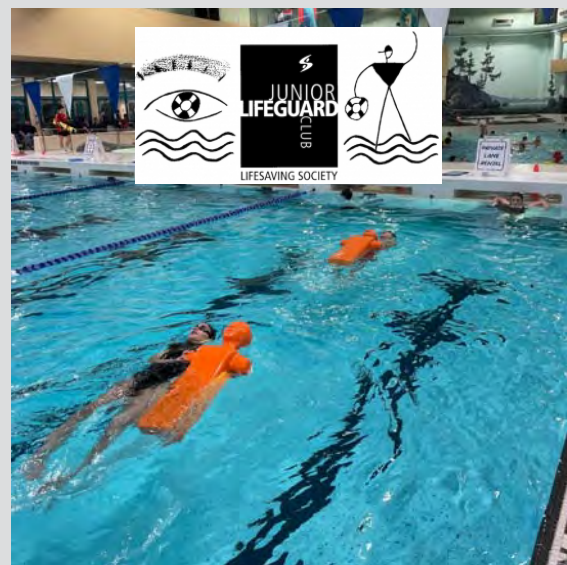
Building on skills they have from swimming lessons, participants will work to develop and improve swimming and other aquatic skills with emphasis on swim and lifesaving knowledge, leadership and teamwork, community education, competition, and personal fitness. This is serious fun!

**Prerequisites: Ability to meet the Swim to Survive Standard (roll into deep water, tread water for one minute, swim 50m).**

Tue, Mar 26-May 14 | 6-7:30 pm | \$76/8 | 117086

Nanaimo Aquatic Centre

**Volunteer community hours available April 13, 12-6 pm at the LSS Sport Meet as a way to see what competitive lifeguarding is all about! Your coach will provide more details on the first day of class.**



# Summer Lessons

*\*Note: Due to high demand of swimming lessons, last minute withdrawals may impact course offerings. Please provide as much notice as possible if a withdrawal from a swim lesson is required.*

		MON-FRI Nanaimo Aquatic Centre July 2-12							MON-FRI Nanaimo Aquatic Centre July 15-19							SAT Nanaimo Aquatic Centre/Beban July 6-August 24 (no lesson Aug 3)					SUN Nanaimo Aquatic Centre/ Beban July 7-August 25 (no lesson Aug 4)								
		8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	5:00 pm	5:30 pm	6:00 pm	6:30 pm	8:30 am	9:00 am	9:30 am	10:00 am	10:30 am	11:00 am	4:00 pm	4:30 pm	5:00 pm	5:30 pm	6:00 pm	6:30 pm
Parent Participation	Jellyfish				x															x									
	Goldfish							x																			x		
	Seahorse			x					x											x						x			
Preschool Prog. (3-5yrs)	30 Min. Classes	Octopus	x			x												x			x			x			x		
		Crab		x				x											x				x			x			x
		Orca			x				x											x						x			
		Sea Lion								x																	x		
		Narwhal								x																	x		
School Ages Program (6-13 yrs)	Swimmer	Swimmer 1	x	x		x	x	x										x	x		x		x	x	x		x		
		Swimmer 2	x				x												x			x						x	
		Swimmer 3			x			x											x	x						x			x
		Swimmer 4		x		x															x						x		
		Private									x	x	x	x	x	x	x	x											
	45 Min.	Swimmer 5																				x							
		Swimmer 6																				x							
	60 Min.	Swimmer 7																										x	
		Swimmer 8/9																										x	

## LSS Sport Fundamentals (5-Level Progression)



### 8 to 13 Years

These courses offer recreational introduction to lifesaving sport skills while teaching team building, fair play, ethics in sport and personal responsibility.

- **Level 1: PLAY FAIR** is the underlying principle emphasized in this level. Participants practice in-water starts, jump starts from the deck, stroke development and Lifesaving Sport Skills.
- **Level 2: RESPECT FOR OTHERS** is a key theme in this level. Participants practice dive starts from the deck, open turns, in-water somersaults, strokes and sculling, as well as throwing accuracy and towing a manikin with a rescue tube.
- **Level 3:** where participants set goals while mastering skills like relay transitions, flip turns, stroke development, swimming with fins and more.
- **Level 4:** where participants set more goals and learn how to STAY HEALTHY. Skills include dive starts from a starting block, turns, 50-metre sprints, advanced throwing accuracy, advanced rescue tube and manikin towing skills.
- **Level 5:** where participants learn about the importance of GIVING BACK. Skills include racing starts from a starting block, relay transitions and more.

### Lifesaving Sport 1 & 2

Thu, Mar 28-May 16 | 6-6:45 pm | \$76/8 | [117070](#)

### Lifesaving Sport 3-5

Thu, Mar 28-May 16 | 6:45-7:45 pm | \$76/8 | [117077](#)

Nanaimo Aquatic Centre

**Volunteer community hours available April 13, 12-6 pm at the LSS Sport Meet as a way to see what competitive lifeguarding is all about!**  
Your coach will provide more details on the first day of class.



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# Join the Team! Be a Lifeguard

## BUILD THE FOUNDATION FOR SUCCESS!

Lifeguards prevent drowning, teach water safety and provide leadership in our community. Consult one of our Aquatic Coordinators at 250-756-5200 to help plan your lifeguard training.



### RECOMMENDED PATH:

- 1 **Bronze courses** develop lifesaving fitness and decision-making skills.
- 2 **Standard First Aid** provides practical skills to handle emergency response situations.
- 3 **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 **Instructor Training** prepares you to teach swimming lessons and lifesaving skills.

**START HERE!**

**Bronze Medallion**  
prerequisite: 13 years or Bronze Star

**Bronze Cross**  
prerequisite: Bronze Medallion

**Standard First Aid (SFA)**  
prerequisite: 15 years

**National Lifeguard**  
prerequisites: 15 years, Bronze Cross, SFA

**Swim for Life Instructor**  
prerequisites: 15 years, Bronze Cross

**LIFEGUARD!**











## CAREER OPPORTUNITIES:




[www.nanaimo.ca/your-government/careers/job-postings](http://www.nanaimo.ca/your-government/careers/job-postings)

# Aquatic Leadership Classes

## Advanced Aquatic Courses

Course	Dates	Time	Fee	Location	Course ID	
Bronze Medallion	Apr 6-May 4	12:30-5 pm	\$199	Beban	116687	
	Jul 2-6	4:30-9 pm	\$199	NAC	116887	
	Judgement, knowledge, skill and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Prerequisites: Bronze Star (does not have to be current) and be 13 years of age (by last day of the course). 100% attendance is mandatory for completion.					
Bronze Cross	May 25-Jun 22	12:30-5 pm	\$195	Beban	117041	
	Aug 6-10	4:30-9 pm	\$195	Beban	116931	
	Students begin transitioning from lifesaving to lifeguarding and prepare for assistant lifeguard responsibilities. Students begin to strengthen and expand their lifesaving skills and apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion (does not have to be current). 100% attendance is mandatory for completion.					
Bronze Medallion & Bronze Cross Combo	Aug 19-30	12:30-5 pm	\$325	Westwood	116850	 
Standard First Aid (see page 57 for more details)	Apr 20-21	9 am-5:30 pm	\$177	Beban	116281	
	Jun 22-23	9 am-5:30 pm	\$177	Beban	116955	
	Aug 24-25	9 am-5:30 pm	\$177	Beban	116034	
	This Red Cross First Aid course includes all of the Emergency First Aid and CPR C instruction on day one before covering head and spine injuries, bone and joint injuries, environmental conditions, poisons and sudden medical emergencies on day two. Prerequisites: 13 years of age is recommended. 100% attendance is mandatory for completion.					
National Lifeguard	Mar 11-22	12:30-5:30 pm	\$499	NAC	101269	
	Jul 8-19	4-9 pm	\$499	NAC	106932	
	This is the national standard for lifeguards in Canada. Candidates develop the fundamental values, judgement, knowledge, skills and fitness required by lifeguards. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current), Standard First Aid (does not have to be current). 100% attendance is mandatory for completion.					
National Lifeguard Waterfront	June 24-27	9 am-3:30 pm	\$270	Westwood	117092	
Swim for Life Instructor	Aug 19-30	12:30-5:30 pm	\$450	NAC	116939	
	Students will be certified to teach the Lifesaving Society's programs, such as Swim for Life and Canadian Swim Patrol. Prerequisites: 15 years of age (by last day of course), Bronze Cross (does not have to be current). 100% attendance is required.					

## Recertification Courses

Course	Dates	Time	Fee	Location	Course ID	
National Lifeguard	Apr 6	9 am-6 pm	\$120	NAC	116933	
	Jun 8	9 am-6 pm	\$120	NAC	116934	
	Proof of previous certifications: NL Pool, CPR C and AMOA (need not be current)					
Lifesaving Instructor	June 1	8:30 am-1 pm	\$120	NAC	116943	
	Sep 6	4:30-9 pm	\$120	Beban	116941	
NL Waterfront	Sep 7	9 am-6 pm	\$120	Westwood	117096	

NOTE: All candidates are required to present their original certification at the start of the recertification clinic. 100% attendance is mandatory for completion.

REFUND POLICY: Starting in April 2024, withdrawals with refund will only be provided for Aquatic Leadership courses with a minimum of **seven days advanced notice**. Withdrawals within seven days of start date are refunded at 50%. No refunds on or after start date.



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