Aquatics
a great place to be

Private Swim Instruction
Are you looking for one to one teaching? Try our private lesson program. Ravensong offers private or semi-private lessons. One lesson or a set of private lessons could quickly help you with stroke correction or skill development. These lessons are available for anyone at any swimming ability.

Private $26.39/30 minutes when booking up to four lessons $24.09/30 when booking five or more lessons

Lessons for 2 people $38.30/30 minutes. Each additional person $13.36.

Free to be Me Inclusion Swim Program 3-8yrs
A swim program that is a stepping stone to main stream programs. This program is for those children with developmental disabilities. This is a great time for children and their caregivers to drop in and enjoy the facilities with minimal sensory distractions.

Tue 1:45-2:30pm $68.60/8
33171 Apr 7-May 26

Homeschool Lessons 4-16yrs
Sign up on line or in person for our afternoon lessons that are tailor made for those of you that homeschool your children. Our regular Swim Kids program curriculum will be taught during the 8 classes.

Mon 1:00-1:45pm
Apr 13-Jun 8 $74.25/8
33177 Preschool
33173 Level 1/2
33174 Level 3/4
33175 Level 5/6
33176 Level 7 and over

Jr Jumpsters 6-8yrs
This is a fun introduction to the diving board. Participants will learn basic jumping and diving skills. Participant must be comfortable in deep water.

Sat 11:00-11:30am $36.54/6
33178 Apr 25-Jun 6

Diving Club 8-12yrs
Learn the basics of diving through progressive land, water and springboard skills. Work at your own pace to learn front and back pike jumps and dives, hurdle jumps, tucks and advanced dives like flips and somersaults. Participants must be comfortable in deep water. Pre-requisite: Swim Kids Level 4.

Sat 10:00-11:00am $52.50/6
33170 Apr 25-Jun 6

Adult Swim Basics 16yrs+
Increase your comfort level in the water through floats, movement and breathing skills. You can start to develop swimming strokes in technique and endurance. Water safety knowledge and skills are also covered.

Mon/Wed 5:30-6:30pm $89.40/10
33868 Mar 30-Apr 29
33154 Jun 1-24

Adult Swim Strokes 16yrs+
Improve your stroke and endurance. This is a great session for those wanting to work on technique.

Mon/Wed 5:30-6:30pm $62.58/7
33158 May 4-27

Kids Swim for Fitness 6-15yrs
This advanced children’s swim program focuses on strength and endurance swimming under the guidance of a swim instructor. This is a perfect motivator for those who are now competent swimmers. This is a non competitive program. There is a one day option. Pre-requisite: Swim Kids Level 6

Tue/Thu 4:00-5:00pm $78/10
33244 Mar 31-Apr 30
33245 May 5-28
33246 Jun 2-25

rdn.bc.ca/recreation
Aquafit
Join us for one of our aquafit classes during the week. We offer a wide range of classes to get you active and fit!

Class Intensity Ratings
* For beginners looking for rehabilitation and physiotherapy.
** For participants that are active on a regular basis.
*** For consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

Gentle Aquafit *
Improve your quality of life! Gentle aquafit is an excellent way to start feeling better! These classes will be in shallow water; working on balance, coordination and range of motion.

Tue/Thu 2:30-3:30pm $72/24
33172 Mar 31-Jun 18

Arthritic Therapy *
This drop-in program is an excellent 45 minute water workout for those with limited mobility and includes joint rotation mobility exercises and activities. Participants tell us they feel much better when they attend regularly.

Tue/Thu
Mar 29-Jun 27
10:30-11:30am
Jun 28-Aug 21 11:00am-12:00pm
Drop-in admission fees apply

Morning Moves **
These drop-in 60 minute low impact exercise classes are aimed at the 50+ crowd with music that will be easy to listen to while you work out with a qualified instructor.

Mon/Wed/Fri
10:00-11:00am
Drop-in admission fees apply
Ends Jun 26

Deep Water Aquafit **
Deep water aquafit classes provide physical conditioning using the water as resistance. Tone and strengthen your muscles without the impact of dry land exercises. Classes are designed for all fitness levels.

Mon/Wed/Fri
9:00-10:30am
Drop-in admission fees apply

Aquafit **
These drop-in 60 minute exercise classes are designed to challenge you with low impact exercises to keep you moving while being easy on your joints!

Mon/Wed/Fri
9:00-10:00am
Tue/Thu
9:30-10:30am
7:30-8:30pm
Drop-in admission fees apply

Aqua Zumba®**
A Latin inspired fitness class, Aqua Zumba is a high energy, easy to follow workout that will help with calorie burning and body toning.

Sun 5:00-6:00pm $90/10
33160 Mar 29-Jun 14

Adult Swim for Fitness 16yrs+***
This is a recreational program designed for those swimmers wanting to refine their strokes, improve overall fitness and enjoy swimming with other people. There is an experienced swim instructor that will provide a workout that will challenge you to improve your strokes and endurance. Participants need to be comfortable swimming 200 metres continuously. Each workout will be between 1000-2000 metres depending on your skill level. There is a one day option is available.

Tue/Thu 7:30-8:30pm $75/10 or $37.50/5
33155 Mar 31-Apr 30
33156 May 5-28
33157 Jun 2-25

See page 25 for Adult Dry Land Fitness programs.

WATER CAMPS

Aqua-Smorg 9-13yrs
Give yourself a break from swimming lessons and join an instructor in this fun-filled water camp which includes water polo, synchronized swimming, diving, water games, snorkeling, lifesaving and first aid. Lots of fun and something new for you to try out!

Mon-Fri 4:00-5:00pm $62.30/5
33751 Jul 20-24
33752 Aug 10-14

Junior Lifeguard Water Camp 8-13yrs
Each day includes a lesson in lifesaving, a lunch break with a movie or a craft session and an afternoon activity. At the end of the session you will have completed either your Rookie Ranger or Swim Patrol certificate with badges and stickers.
Pre-requisite: Swim Kids Level 5

Mon-Fri 9:00am-4:00pm $180.50/5
33180 Mar 16-20
33755 Aug 17-21

Bronze Star Water Camp 8-13yrs
Each day includes a lesson in Bronze Star, a lunch break with a movie or a craft session and an afternoon activity. At the end of the session, if you have completed your Bronze Star, you will receive a certificate with badges and a medal!
Pre-requisite: Swim Kids Level 5

Mon-Fri 9:00am-4:00pm $180.50/5
33169 Mar 16-20
33754 Aug 17-21
Lesson Descriptions

Parent and Tot Program 4mo-3yrs
Learn with a parent or caregiver. Activities are taught through songs and play.

- Starfish - Facility orientation, active supervision, safe entries and exits, staying warm, choking prevention, supports and holds for the caregiver, buoyancy and movement.
- Duck - Active supervision, Stop Look Ask! shallow water entries and exits, PFD and me, and how to get help, choking response, rhythmic breathing, buoyancy and movement, submersion (optional).
- Sea Turtle - Stop Look Ask!, jumping into chest deep water, PFD and me, assisted front and back floats, assisted front swims.

Super Tot Program 3yrs
- Super Ducks - Emphasizing water orientation, breath control and floating.
- Super Frogs - Front and back floats, front glides, kicking and PFD’s.
- Super Pollywogs - Rollovers, glides, kicking (distance).

Preschool Program 4-5yrs
- Sea Otter - Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.
- Salamander - Learn about active supervision, Stop Look Ask an adult, jump into chest deep water, buoyant objects, rhythmic breathing, front float and recovery, front glides with kick and a distance swim of 2 metres.
- Sunfish - Learn about safe entries, surface support, floats and recovery in deep water, front and back and side glides with kick, roll over glides and a distance swim of 5 metres.
- Crocodile - Learn about changing direction in deep water, jumping into deep water, surface support, calling for help, glides with kick, front and back swims for 5 metres and a distance swim of 10 metres.
- Whale - Learn about when and where it is safe to swim, jump into deep water and tread water for 20 seconds, stop, throw, and call for help, front and back swims for 7 metres, as well as a 15 metre continuous swim.

Swim Kids Program 6yrs+
Swim Kids Level 1 - Swimmers receive an orientation to water and the pool area, and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
Swim Kids Level 2 - Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m), learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.
Swim Kids Level 3 - This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15-metre swim.
Swim Kids Level 4 - This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
Swim Kids Level 5 - This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
Swim Kids Level 6 - This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.
Swim Kids Level 7 - This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assist and stride entry. Swimming endurance is increased to a 150m swim.
Swim Kids Level 8 - Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke and breaststroke and a distance swim of 300 metres.
Swim Kids Level 9 - Wise choices and peer influence, boating regulations, self ice rescue, surface dives, shallow dives, front and back crawl, elementary backstroke and breaststroke, as well as a 400 metre distance swim.
Swim Kids Level 10 - Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500 metre endurance swim.

Lesson Fees:
- Parent and Tots $59.75/10
- Super Tot Program $63.90/10
- Preschool Program $63.90/10
- Swim Kids (1/2 hour) $59.75/10
- Swim Kids (1 hour) $87.40/10

Note: all prices are prorated for less than 10 lessons.

Refund Policy see page 58.

Swim Lesson Registration Info:

- We offer free swim assessments during any of our “Everyone Welcome” swim sessions, please check with the front reception desk.
- Lessons missed due to illness will not be refunded or credited.
- If your child has a special need please contact our inclusion programmer for assistance.

Our Guarantee
If you have taken three sessions of the same level and have been unable to complete it, we will offer you one free private lesson.

During the lessons:

- Parents are welcome to view the lessons from the pool deck.
- Please remove your street shoes while on the deck.
- Please remember no food or drinks on the pool deck.
- Please remember to bring your child's previous report card to your new instructor; new evaluations will be added to the original card.
- Each instructor will have a posted sign with the specific level that they are teaching.
- On the 5th lesson, classes will end five minutes early so that parents are able to talk to the instructors for a half way evaluation.
- All unclaimed report cards are filed at the front reception desk under the child's last name for one year.

Lesson Support
During our afterschool and weekend lessons we have lesson support staff who will assist you with any questions or concerns that you may have regarding your child's lessons.

Photo and Video Policy
No image recording in the change rooms.
### Lesson Start Dates

<table>
<thead>
<tr>
<th>Parent &amp; Tot 4mo-2 yrs</th>
<th>Mon/Wed</th>
<th>Tue/Thu</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfish</td>
<td>#1 Mar 30-Apr 29 / 9 lessons</td>
<td>#1 Mar 31-Apr 30 / 10 lessons</td>
<td>Apr 11-Jun 6 / 8 lessons</td>
</tr>
<tr>
<td>Duck</td>
<td>#2 May 4-27 / 7 lessons</td>
<td>#2 May 5-28 / 8 lessons</td>
<td>No lessons May 16</td>
</tr>
<tr>
<td>Sea Turtle</td>
<td>#3 Jun 1-24 / 8 lessons</td>
<td>#3 Jun 2-25 / 8 lessons</td>
<td></td>
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<tr>
<td>Max 10 per class</td>
<td>11:00am</td>
<td>11:00am</td>
<td>10:30am</td>
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<td></td>
<td>10:00am</td>
<td>11:00am</td>
<td>10:00am</td>
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</tbody>
</table>

| Super Tot 3yrs         | | | |
| Super Ducks            | 3:30pm | 9:30am | 10:00am |
| Super Frogs            | 3:30pm | 9:30am | 10:00am |
| Super Pollywogs        | 3:30pm | 9:30am | 10:00am |
| Max 4 per class        | 3:30pm | 9:30am | 10:00am |

| Preschool 4/5yrs       | | | |
| Sea Otter              | 4:30pm | 11:00am | 9:30am |
| Salamander             | 4:30pm, 6:00pm | 11:00am, 3:00pm | 9:00am, 10:00am |
| Sunfish                | 4:00pm, 5:30pm | 10:00am, 4:00pm | 9:00am, 11:00am |
| Crocodile              | 3:30pm, 6:00pm | 10:00am, 4:00pm | 9:00am, 11:00am |
| Whale                  | 4:30pm | 10:00am | 9:00am |
| Max 4 per class        | 4:30pm | 10:00am | 9:00am |

| Swim Kids 6yrs+        | | | |
| Level 1                | 3:30pm | 3:30pm, 6:30pm | 9:00am, 10:00am |
| Level 2                | 5:00pm | 3:30pm, 7:00pm | 9:00am, 10:00am |
| Level 3                | 3:30pm, 5:00pm | 3:30pm, 4:30, 7:00pm | 9:00am, 11:00am |
| Level 3/4              | 5:00pm | 3:30pm, 6:30pm | 9:00am, 10:00am |
|                       | 4:00pm #1 & 3 | 6:30pm #1 & 3, 4:00pm #2 | 9:00am, 10:00am |
|                       | 4:00pm #2     | 4:00pm #1 & 3, 6:30pm #2 | 9:00am, 10:00am |
| Level 5/6              | 9:00am | 9:00am | 10:00am |
| Level 7/8              | 9:00am | 9:00am | 10:00am |
| Level 9/10             | 3:30pm | 3:30pm, 6:30pm | 9:00am, 10:00am |
| 1 hr lesson / Max 8 per class | 9:00am, 10:00am | 9:00am, 10:00am |

### Lesson Start Dates

<table>
<thead>
<tr>
<th>Parent and Tot 4mo-2 yrs</th>
<th>Mon-Fri</th>
<th>Mon-Fri</th>
<th>Tue/Thu</th>
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</thead>
<tbody>
<tr>
<td>Duck</td>
<td>No lesson Jul 1, Aug 3</td>
<td>Aug 10-21 / 10 lessons</td>
<td>Aug 7-31 / 8 lessons</td>
</tr>
<tr>
<td>Sea Turtle</td>
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<tr>
<td>Max 10 per class</td>
<td>10:00am</td>
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</tbody>
</table>

| Super Tot 3yrs           | | | |
| Super Ducks              | 9:30am, 10:30am | 9:00am, 10:00am | 6:00pm |
| Super Frogs              | 10:00am, 11:30am | 10:30am, 11:30am | 6:00pm |
| Super Pollywogs          | 9:30am | 9:00am | 6:00pm |
| Max 4 per class          | 9:30am | 9:00am | 6:00pm |

| Preschool 4/5yrs         | | | |
| Sea Otter                | 10:30am, 11:30am | 10:00am, 11:00am | 6:30pm |
| Salamander               | 9:30am, 10:30am, 11:30am | 9:00am, 10:00am, 11:00am | 6:30pm |
| Sunfish                  | 9:30am, 10:30am | 9:00am, 10:00am | 6:00pm |
| Crocodile                | 9:30am, 10:30am | 9:00am, 10:00am | 6:00pm |
| Whale                    | 9:30am | 9:00am | 6:00pm |
| Preschool Strokers       | 10:30am | 11:00am | 6:00pm |
| Max 4 per class          | 10:30am | 11:00am | 6:00pm |

| Swim Kids 6yrs+          | | | |
| Level 1                  | 9:00am, 10:00am | 9:30am, 10:30am | 7:00pm |
| Level 2                  | 9:00am, 10:00am | 9:30am, 10:30am | 6:30pm |
| Level 3                  | 9:00am, 10:00am | 9:30am, 10:30am | 6:30pm |
| Level 3/4                | 9:00am, 10:00am | 9:30am, 10:30am | 6:30pm |
| Level 4                  | 9:00am, 10:00am | 9:30am, 10:30am | 6:30pm |
| ½ hour lesson / Max 6 per class | 9:00am, 10:00am | 9:30am, 10:30am | 6:30pm |
| Level 5/6                | 9:00am, 11:00am | 9:00am, 11:00am | 6:30pm |
| Level 7/8                | 9:00am | 9:00am | 6:30pm |
| Level 9/10               | 10:00am | 10:00am | 6:00pm |
How to become a Lifeguard/Swim Instructor

✓ **STEP 1** Attend a free lifeguard seminar

✓ **STEP 2** Bronze Star
   THIS STEP IS OPTIONAL

✓ **STEP 3** Bronze Medallion
   13 yrs and up or completion of Bronze Star

✓ **STEP 4** Bronze Cross
   Completion of Bronze Medallion.

✓ **STEP 5** Standard First Aid
   13 yrs and up

✓ **STEP 6** National Lifeguard Pool Option
   16 yrs and up
   Must have Standard First Aid with CPR C
   Current certification recommended

✓ **STEP 7** Assistant Water Safety Instructor
   15 yrs and up

✓ **STEP 8** Water Safety Instructor
   15 yrs and up and completion of Assistant Water Safety Instructor

✓ **STEP 9** Submit your resume to the Aquatic Programmer

Pre-requisites:
- **Assistant Water Safety Instructors:**  15 YEARS OF AGE
- **Water Safety Instructors:**  AWSI & 15 YEARS OF AGE
- **Bronze Medallion:**  13 YEARS OF AGE
- **Bronze Cross:**  BRONZE MEDALLION & 13 YEARS OF AGE
- **Standard First Aid:**  NO PRE-REQUISITE
- **National Lifeguard:**  16 YEARS OF AGE & STANDARD FIRST AID (WITHIN 2 YEARS) & BRONZE CROSS

AQUATIC LEADERSHIP

Interested in volunteering at the pool?
There are volunteer opportunities available for those wanting to help out with swimming lessons or to be an assistant to children with disabilities or with residents from the extended care unit Eagle Park. If you are interested, give the Aquatic Programmer a call. Pre-requisite: Assistant Water Safety Instructor certification and a criminal record check.

Lifeguard Seminar 13yrs+
How do I get a job at the pool? Working as a lifeguard/swim instructor is a great job for youth. Work in a great team environment; learn valuable leadership as well as life skills but most of all have FUN working with kids. It can be overwhelming trying to figure out what course to take and when. Come to the information session to find out everything you need to know about working in a pool!

Wed 4:00-5:00pm FREE
33248 Apr 15
33247 Jun 17

Junior Lifeguard Club 8-10yrs
The first step in aquatic leadership for kids who love the water and may be interested in becoming involved in lifesaving. This program prepares you for Bronze Star by working on the Canadian Swim Patrol levels of Rookie, Ranger and Star. You will learn skills that include first aid, lifesaving and swimming proficiency.

Pre-requisite: Swim Kids Level 5
Sat 9:00-10:00am $67.75/8
33179 Apr 11-Jun 6

Bronze Medallion/CPR A 13yrs+
This course teaches individuals how to respond to lifesaving situations through judgment, skill, knowledge and physical fitness. Participants also learn about obstructed airways, CPR and first aid skills.

Sun 12:00-5:00pm $215.45/8
33249 Apr 12-Jun 7
Mon/Wed 1:00-6:00pm $215.45/8
33809 Jul 6-29

Bronze Cross/CPR C 13yrs+
Introduces teamwork in rescues, spinal injuries and more advanced lifesaving techniques. This course is the pre-requisite for National Lifeguard certification.

Sun 12:00-5:00pm $135.20/8
33249 Apr 12-Jun 7
Mon/Wed 1:00-6:00pm $135.20/8
33809 Jul 6-29

Bronze Lifesaving Camp 13yrs+
Take your Bronze Medallion and Bronze Cross all at once. Skills include: rescue breathing, blocked airways, CPR/AED, first aid, water rescues, spinal injuries, teamwork, stroke efficiency and an endurance swim. Choose one or both of these courses.

Sun 12:00-5:00pm $315.60/8
33249 Apr 12-Jun 7
Mon/Wed 1:00-6:00pm $315.60/8
33809 Jul 6-29

NL Pool Option Course 16yrs+
The National Lifeguard pool option is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The NL course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist lifeguards to provide effective safety supervision in swimming pool environments.

Pre-requisites: proof of a Bronze Cross award, proof of a Standard First Aid (current certification recommended), 16 years of age by the last day of the course.

Sat-Wed/Fri 9:00am-6:00pm $365/6
33811 Aug 8-12/14

NL Precert/Recert 16yrs+
This one day recertification is mandatory to keep your National Lifeguard certification current. Although not a requirement, the BC & Yukon Branch NL Committee highly recommends that candidates attend an NL precert to promote professional development and success. Pre-requisites: proof of a NL pool option award, proof of a CPR C award (current certification recommended).

9:00am-6:00pm $115/1
33252 Sun May 24
33251 Sat Jun 27
33812 Sun Jul 26

Assistant Water Safety Instructor 15yrs+
The Assistant Water Safety Instructor Course (AWSI) introduces participants to the foundation of instructional skills by focusing on the theoretical knowledge that supports learning and teaching. This course prepares the participant for the WSI course and provides leadership development opportunities.

Sat 8:00am-2:30pm $325/5
33162 Apr 11-May 9

Water Safety Instructor 15yrs+
This Red Cross certification teaches candidates the techniques to become a skilled water safety instructor. Basic physical principles and teaching progressions will make you a qualified instructor ready to teach all levels of the Red Cross learn to swim program.

Pre-requisite: Assistant Water Safety Instructors.
Sat 8:30am-2:30pm $326.70/5
33277 May 2-Jun 6

Water Safety Instructor Recert 15yrs+
This one-day recertification workshop will have you ready to teach with fresh new ideas.

9:00am-2:00pm $95/1
33276 Sat Jun 13
33825 Sun Aug 8

Lifesaving Instructor Recert 17yrs+
Do you need to recertify your Lifesaving Instructor? This is a five hour recertification that will include all the up to date material needed to teach the Bronze family; Bronze star, Medallion and Cross.

Sat 9:00am-2:00pm $95.70/1
33250 Jun 20
33810 Jul 25
AQUATIC SPECIAL EVENTS

Regular admission applies to all special events unless otherwise stated.

Pool Toy Times
Every weekend afternoon this spring the large pool toys will be out at these times:

Sat/Sun 2:30-3:30pm
Mon/Wed 7:00-7:30pm

During the summer, they will be out at these times:
Mon-Fri 2:30-3:00pm
Mon/Wed/Fri 7:00-7:30pm

Sno Cone Wednesday Swims
They are continuing for the spring and the summer! Join us on the third Wednesday of the month; we will turn up the tunes and the sno cone machine will be ready for you to taste your favourite treat!

Wed 6:30-8:00pm
Mar 18, Apr 15, May 20, Jun 17, Jul 15, Aug 19
Everyone Welcome

Reduced rate Tuesdays
Every week enjoy reduced rate swim admissions.

Tue Jul 7-Aug 18
1:30-5:00pm
Everyone Welcome

Spring Break Out Swims
Join us at Ravensong for some action-packed adventures each day of Spring Break. Our fabulous leaders will be organizing many games and activities. Prizes will be awarded and there will be fun for all ages/abilities from the young to the young at heart. A schedule of events will be available online and at the front desk.

Themed Swims
Mar 16, 18, 20, 24, 26
1:30-4:00pm
Everyone Welcome

Frozen Family Fun Swim
Let it go and come to the pool for a frozen theme special event swim! Elsa will be here to organize craft and games that will include drawing snowflakes on the deck and put the nose on Olaf. Come and have some frozen fun!

Sat Apr 4
10:00am-12:00pm
Family Swim

Youth Week Free Teen Swim 11-18yrs
Celebrate the start of Youth Week at Ravensong with a free swim. Youth 11 to 18 years can celebrate with a wild, wet and active swim with their friends.

Free courtesy of the YRSP
Fri May 1
7:00-9:00pm

Move for Health Day Swim
Come and get active at Ravensong! Move for Health Day events bring people together in a spirit of fun, inclusivity, and support of healthy active living.

Sat May 9
1:30-5:00pm
Everyone Welcome

National Lifejacket Day Colouring Contest
The Canadian Red Cross and Ravensong Aquatic Centre challenge you to marking the day by submitting an entry into our National Lifejacket Day colouring contest. Colouring sheets and entry details will be available at our front desk.

Thu May 14

Mother Goose Family Swim
Children will enjoy listening to nursery rhymes with Mother Goose. After listening to the rhymes take a turn singing with your children.

Sat May 16
10:00am-12:00pm
Family Swim

How to Train your Dragon Swim
Celebrate your first day of summer vacation dragon style! Our Ravensong team will keep you busy with an action packed afternoon full of games and fun activities.

Fri Jun 26
1:30-3:00pm
Everyone Welcome

Qualicum Beach Triathlon
Sun Jun 28
For more information and to register visit qualicumbeachtriathlon.com

58th Annual Qualicum Beach Ocean Mile Swim
Come out to this long standing community event. You have done the training! Come and celebrate! This is a fun family event that encourages participation in our community. It includes a one mile swim at Qualicum Beach. Registration starts at 1:00 pm and the swim starts at 3:00 pm.

Qualicum Beach
Sun Aug 16 Free Registration

rdn.bc.ca/recreation