

Arbutus Park Swim Lessons

Every summer, Cowichan Lake Recreation offers a variety of swimming lessons at beautiful Arbutus Park in Youbou. Our lessons are among the most affordable in the Cowichan Valley and our certified swim instructors will help your child refine their skills in a truly nostalgic setting.

Arbutus Park Swim Lessons	Set A July 2 - 25 Tuesdays/Thursdays 8 Lessons	Set B July 29 - Aug 16 Mon/Wed/Fri 8 Lessons *No class Aug 5	Set C Aug 19 - 28 Monday - Friday 8 Lessons
	Please note that lessons do not run on weekends or statutory holidays.		
Sea Otter & Salamander	3:00 p.m. - 3:30 p.m. 8 Lessons \$40 Code: 10521	3:00 p.m. - 3:30 p.m. 8 Lessons \$40 Code: 10619	3:00 p.m. - 3:30 p.m. 8 Lessons \$40 Code: 10632
Sunfish, Crocodile & Whale	2:30 p.m. - 3:00 p.m. 8 Lessons \$40 Code: 10525	2:30 p.m. - 3:00 p.m. 8 Lessons \$40 Code: 10626	2:30 p.m. - 3:00 p.m. 8 Lessons \$40 Code: 10635
Swim Kids 1	2:00 p.m. - 2:30 p.m. 8 Lessons \$40 Code: 10543	2:00 p.m. - 2:30 p.m. 8 Lessons \$40 Code: 10651	2:00 p.m. - 2:30 p.m. 8 Lessons \$40 Code: 10684
Swim Kids 2	12:45 p.m. - 1:15 p.m. 8 Lessons \$40 Code: 10617	12:45 p.m. - 1:15 p.m. 8 Lessons \$40 Code: 10654	12:45 p.m. - 1:15 p.m. 8 Lessons \$40 Code: 10685
Swim Kids 3 & 4	12:15 p.m. - 12:45 p.m. 8 Lessons \$40 Code: 10623	12:15 p.m. - 12:45 p.m. 8 Lessons \$40 Code: 10655	12:15 p.m. - 12:45 p.m. 8 Lessons \$40 Code: 10686
Swim Kids 5 & 6	11:45 a.m. - 12:15 p.m. 8 Lessons \$40 Code: 10634	11:45 a.m. - 12:15 p.m. 8 Lessons \$40 Code: 10656	11:45 a.m. - 12:15 p.m. 8 Lessons \$40 Code: 10687
Swim Kids 7 & 8	11:00 a.m. - 11:45 a.m. 8 Lessons \$48 Code: 10650	11:00 a.m. - 11:45 a.m. 8 Lessons \$48 Code: 10669	11:00 a.m. - 11:45 a.m. 8 Lessons \$48 Code: 10688
Swim Kids 9 & 10	10:15 a.m. - 11:00 a.m. 8 Lessons \$48 Code: 10652	10:15 a.m. - 11:00 a.m. 8 Lessons \$48 Code: 10674	10:15 a.m. - 11:00 a.m. 8 Lessons \$48 Code: 10689



Arbutus Park Lifeguard Schedule

Lifeguards are on-duty every day from Tuesday, July 2 until Thursday, August 29. The on-duty hours are 10:00 a.m. until 5:00 p.m. Monday through Friday, and 12:00 p.m. until 5:00 p.m. Saturday and Sunday.

Arbutus Park Rules

Please help us provide a safe swimming environment by respecting our rules:

- Swimmers at Arbutus Park swim at their own risk.
- Lifeguards are not responsible to ensure that swimmers stay within their limits and abilities.
- Absolutely no inflatable devices in the water.
- Diving board is used at your own risk, one person at a time.
- Do not hang from or swim under diving board.
- No horseplay on or swimming under the dock.
- Children under 7 years of age must have an adult with them at all times.
- Please respect the rights of others.
- No alcohol or illegal substances in the park.
- No dogs on the beach. Animals must be on a leash.

Red Cross Preschool Lessons



Sea Otter

Ages 3 - 5

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

Salamander

Ages 3 - 5

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 2 metres upon completion.

Sunfish

Ages 3 - 5

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 5 metres continuously.

Crocodile

Ages 3 - 6

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 10 metres continuously.

Whale

Ages 3 - 6

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.



Swim Lesson Awards & Summer Mini Carnival

All Ages

Join us for an evening of swim award recognition followed by our mini carnival. Plenty of games for kids with varying levels of difficulty.

Wednesday | Aug 28

6:00 p.m. | Swim Awards

6:30 p.m. - 7:30 p.m. | Carnival Games

FREE Admission

CLR - Youbou

Red Cross Swim Kids



Ages 6 - 12

Swim Kids 1

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

Swim Kids 2

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted), and swim 10 metres continuously.

Swim Kids 3

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.

Swim Kids 4

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling, and swim 25 metres continuously.

Swim Kids 5

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

Swim Kids 6

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

Swim Kids 7

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry, and swim 150 metres continuously.

Swim Kids 8

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

Swim Kids 9

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.

Swim Kids 10

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet and head-first surface dives with underwater swim, and swim 500 metres continuously.