

Aquatics Fall Schedule

(September 7–December 19, 2021)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am	Early Bird ♦ 6:00–9:00am
Leisure and Lengths ♦ 9:00am–3:00pm	Swim Lessons 9:00–10:30am	Swim Lessons 9:00–10:30am	Swim Lessons 9:00–10:30am	Leisure and Lengths ♦ 9:00am–1:15pm	Swim Lessons 9:00–11:30am	Swim Lessons 9:00–1:00pm
	Leisure and Widths ♦ 10:30–11:30am	Leisure and Lengths ♦ 10:30am–3:00pm	Leisure and Widths ♦ 10:30–11:30am		Integrated Swim 11:30am–1:00pm	
	Leisure and Lengths ♦ 11:30am–1:30pm		Leisure and Lengths ♦ 11:30am–1:30pm	School Swim 1:15–3:00pm	Kids Fun Swim 1:00–5:00pm	Kids Fun Swim 1:00–5:00pm
Everyone Welcome 3:00–5:00pm	50 & Better 1:30–3:00pm	Swim Lessons 3:00–5:00pm	50 & Better 1:30–3:00pm	Parent and Tot 3:00–5:00pm		
Adult Lengths 5:00–6:30pm	Swim Lessons 3:00–7:00pm	Adult Lengths 5:00–6:30pm	Swim Lessons 3:00–7:00pm	Adult Lengths 5:00–6:30pm	Adult Lengths 5:00–6:30pm	Adult Lengths 5:00–6:30pm
Everyone Welcome 6:30–8:30pm	NEW Adult Lengths 7:00–8:30pm	Everyone Welcome 6:30–8:30pm	NEW Adult Lengths 7:00–8:30pm	Kids Fun Swim 6:30–9:30pm	Everyone Welcome 6:30–9:30pm	Everyone Welcome 6:30–9:30pm
Leisure and Lengths ♦ 8:30–11:00pm <small>(Single Lane booking 8:30-9:30pm)</small>	Leisure and Lengths ♦ 8:30–11:00pm <small>(with Masters 8:30-9:30pm)</small>	Leisure and Lengths ♦ 8:30–11:00pm <small>(Single Lane booking 8:30-9:30pm)</small>	Leisure and Lengths ♦ 8:30–11:00pm <small>(with Masters 8:30-9:30pm)</small>	Leisure and Lengths ♦ 9:30–11:00pm	Leisure and Lengths ♦ 9:30–11:00pm	Leisure and Lengths ♦ 9:30–11:00pm
Late Night Swim \$3 11:00pm–12:30am	Late Night Swim \$3 11:00pm–12:30am	Late Night Swim \$3 11:00pm–12:30am	Late Night Swim \$3 11:00pm–12:30am		Late Night Swim \$3 11:00pm–12:30am	Late Night Swim \$3 11:00pm–12:30am

Aquafit Schedule

Deep Water 7:45–8:45am	Shallow Water 7:45–8:45am	Shallow Water 7:45–8:45am	Shallow Water 7:45–8:45am	Deep Water 7:45–8:45am	Shallow Water 7:45–8:45am	Shallow Water 7:45–8:45am
Shallow Water 9:00–10:00am	Shallow Water 10:30–11:30am		Shallow Water 10:30–11:30am	Shallow Water 9:00–10:00am		
Waterworks* 10:00–11:00am		Waterworks* 10:15–11:15am		Waterworks* 10:00–11:00am		
50 & Better 11:15am–12:15pm		50 & Better 11:15am–12:15pm		50 & Better 11:15am–12:15pm		
Shallow Water 1:45–2:45pm	50 & Better 1:45–2:45pm	Shallow Water 1:45–2:45pm	50 & Better 1:45–2:45pm			
Deep Water 6:30–7:30pm		Deep Water 6:30–7:30pm				

Legend * Registered class ♦ Families are welcome in the small pool

All children, under seven years of age, must be accompanied in the water and remain in arms reach of a responsible adult/guardian (16 years of age or older) at all times.

School Swims: Bookings vary, please call ahead to reception to see if the pool is available for booking.

Swim Lessons: The pool and hot tub are not available as a lifeguard is not on duty. The sauna and steam room are available.

Statutory Holidays: Group swim lessons run; reduced aquafit schedule and private lessons are not available.

Swim Session Descriptions

50 & Better Swim

A time for swimmers aged 50 & up, to enjoy length swimming, leisure space, 50+ swimming lessons and drop-in aquafit classes. Adults under the age of 50 are welcome to share the sauna, steam room and hot tub.

Adult Length Swim

An evening adult-only length swim with lane and leisure space available to adults aged 16 & up.

Early Bird Swim

Early morning length swimming, leisure space and drop-in aquafit classes seven days a week for a special rate. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult.

Everyone Welcome Swim

Featuring two waterslides, inflatable toys, rope swings, games and more. Swimmers of all ages are welcome. Length swimming space is not available. Drop-in Deep Water aquafit classes share the pool on Monday and Wednesday evening from 6:30- 7:30pm.

Integrated Swim

Swimmers with disabilities are welcome to enjoy the pool free of charge. Free admission includes one person with a disability and up to two family members or friends. The pool offers an on-deck lift and specialized changing facilities. Length swimming, leisure space and the Blue Slidewinder will be available.

Kids Fun Swim

An action-packed swim for kids and families featuring theme days, two waterslides, inflatable toys, rope swings, games, and prizes. Swimmers of all ages are welcome. Length swimming space is not available

Late Night Swim

Featuring length swimming and leisure space. The droplide runs every night at 9:45pm. Swim for just \$3 after 11:00pm.

Leisure and Lengths

Offers length swimming, leisure space and drop-in aquafit classes. Families are welcome to enjoy the small pool and children 12 years or younger may swim lengths when accompanied by an adult.

Monday and Wednesday evenings from 8:30–9:30pm, three lanes are available for Single Lane Bookings. Call 250-598-2665 to book.

Tuesday and Thursday evenings from 8:30–9:30pm Drop-in Masters Swim.

Leisure and Widths

Width swimming is available in the deep end of the main pool while aquafit takes place in the shallow end. Families are welcome to enjoy the small pool and children 12 years or younger may swim widths when accompanied by an adult.

Masters Swim

A supervised drop-in swimming workout for swimmers of all ages. Starts September 14, Tuesdays and Thursdays from 8:30–9:30pm.

Parent and Tot Swim

A quiet time in the small pool for parents & children under the age of 7. The main pool is unavailable during this swim.

School Swim

A time for local schools to enjoy the pool. The pools, sauna and steam room are not available to the public during this time. For rental inquiries call 250-370-7108.

Swim Lessons

Lessons are offered for all ages and abilities. The sauna and steam room are available to the public during swim lessons, but all pools, including the hot tub, are closed.

Aquafit Descriptions

50 & Better Aquafit

A mild to moderate workout designed for those aged 50 & better. Work on strength, flexibility and range of motion while increasing your cardio stamina.

Deep Water Aquafit

Work on core stability while getting an excellent cardio and strength workout. This class uses weight belts, foam dumb bells and noodles for a no-impact, high energy workout. This class is a moderate to intense level. Comfort in deep water is required.

Shallow Water Aquafit

Get moving with 60 minutes of moderate level aquatic exercises. Noodles, foam dumb bells and other equipment may be used to improve strength, flexibility, and stamina.

Shallow Water Energizer

This high energy, shallow water class offers a moderate to intense workout focused on cardio and strength training.